**Experiencing a new perspective**

**Louise**

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| 100 | Mindfulness as a way of ordering (processing) thoughts  Slowing thoughts down | REC: The bubble one um … [giggles], more … its kind of, still got bubbles, but like mindful washing up kind of thing. I find sometimes I just get overwhelmed with the amount of stuff that I feel like I’ve got to do, and I feel like I’ve got a whole long list, and if I just go, like do the washing-up mindfully, then after that um, I could kind of process things a bit more clearly, and not just, be like my thoughts just running around [giggles]. | Overwhelmed  During mindfulness I process things  Not just my thoughts ‘running around’  Before head full, thoughts running  Afterwards thoughts processed – head clear  *Pictures of the mind – analogies- running – how you understands the problem in your mind determines what you pick up from mindfulness?* |
| 104 | Slowing thoughts down  Clearing up thoughts | REC: Yeah. Like, I think it just slows it down a bit, ‘cos, not just like a million worries on top of each other [giggles], like just going too fast, like, they kind of overlap and I can’t process any of them. So it just, like, slows it down a bit so that they’re still there but I can think about them, like, kind of one by one, rather than a big mess. Yeah. | After mindfulness the running slows  Pre mindfulness Piles of worries, overlapping can’t be processed  Thoughts continue but can be processed and are tidier rather than one big mess |
| 116 | Should I do more or less of the things I dislike  Insight in to emotions through physical awareness | REC: I don't know. Um … [pause]. I don't know, like, I kind of … like people in the past have said to me that I’m not very connected to, like, what my body is doing, and when I’m asked to focus on, like, my, the sensation to my body, I find it really hard, and I think she’s trying to help, like mindfulness with that, because obviously that links into other things, like if I’m able to tell what my body is kind of doing I might be able to kind of tell what emotion I’m having, and things like that. So I think that’s why she was trying to help with, like, that bit. Kind of. | Unsure of connecting up to the body – is there a good reason for this?  Other people notice problems with connecting to the body  Links from problems in the body to other things  *Do i need to be mindful of my body to be mindful of my emotions?*  *Mindfulness as connection physically and emotionally*  *Mindfulness as uncovering the unknown – if I can tell what my body is doing…* |
| 170 | Slowing thoughts down  Dealing with difficult input from the outside  Understanding emotions through body awareness | REC: Um … That I could kind of, like, the slowing of my thoughts down so that I can, so that I’m not just getting overwhelmed by, like, just stuff in my head and like input and stuff; but then also I guess being like mindful of the body sensations and stuff so that I can figure out what I’m feeling and kind of do something [giggles] before it just gets to really, really high emotions, and, and I’m like, Oh! [giggles] OK. Like, that escalated. | Prevention of being overwhelmed by in head input and stuff  By understanding what I feel I can do something to prevent escalation  Prevention of high emotion  *Mindfulness being used as an antidote to too much input into the mind/brain?* |
| 194 also processes | Minfulness as focus on one thing  Mindfulness dealing with difficult things from the outside  Dealing with being overwhelmed | REC: [pause]. I don't know, just focussing on one thing, rather than, like, just everything [giggles], if that makes sense, ‘cos I, like, I had a lot of, like, thoughts going around in my head and then, like, sensory [giggles] stuff from outside, like the noises outside, and it just all gets very [giggles] kind of loud, if that makes sense … | Process of focussing brought the thoughts into order, reduce impact of external stimulus  Emotional element to having to think about everything rather than just one thing – not just cognitive  Use when things are loud |
| 202 | Dealing with the situation differently after a period of mindfulness | REC: Um … well in this particular instance instead of thinking, Oh my God, I have, like, a million things to do, I was, could think, OK, well I’ll just, I’ll do this first, and then that, and then it’ll be fine [giggles], kind of thing. But yeah, I don't know. | Allowing her to do one thing at once which made the task more manageable  *Self talk in the situation rather than reaction to situation*  Panic of a million things becomes a calm just one thing at a time |

**Kirsty**

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| 194 | In my own little world  Helpful to relax  Being free | REC: It kind of, like, when I cancel everything out it feels like that, I’m in my own little world, and, like, I’m in, like, my own little world where I can just like relax, and, like, I’m just free really. | Going into my own little world – *away from this world*  Relax and be free  Free from thinking? Free from reality  Escaping reality rather than being in touch with reality |
| 222 | Just myself in the moment  Slowing thoughts | REC: I think it’s ‘cos like when I was, like, really anxious my thoughts was, like, kind of going all over the place, and I was like really racing; and then, like, as soon as I got into a mindfulness activity they just kind of … I was able to distract myself for a moment, like, just myself into the moment, and that’s what I was able to do. | Dealing with thoughts going all over the place  Slowing racing  Just myself into the moment – *being with self away from thoughts*  *How does the use in DBT compare to experience in other therapies? i.e. would they use for racing thoughts or would they use for something else?* |
| 234 | Use to manage anxiety  Doing activity means calmer after  After mindfulness can deal with difficult task | REC: Like, for example, um, when I’m using the ‘phone – ‘cos I get really anxious using the ‘phone – um, he suggested me, um, use the mindfulness for that, like, before, during and after, so I can, like, focus in on what I’m actually doing. And also, like, whilst I’m doing, like, quite anxious things like talking to someone in person, like, he also said that I should use mindfulness then like before and after. | Anxiety of everyday situations using mindfulness to reduce anxiety and focus on the task.  Using mindfulness as directed – *used as a prescription for dealing with a certain situation rather than a practice that could change way you live/function more generally* |
| 242 | Using mindfulness to calm anxiety  Slowing down thoughts  Dealing with crazy thoughts (chaotic?) | REC: Like, when I was before … when I was using it before, like, I know I was, like, really anxious, like, I felt in myself that I was, like, really anxious, and so when I actually used it before, I tried to use it to, like, calm myself down; and then afterwards I used it to just, like, just like bring my thoughts, like, back, like, here, like in the present, ‘cos I only did that that afterwards, my thoughts would have gone like really crazy, and, like, they would have been racing again. So, yeah. | Notice anxiety in self – dealing with the body? Or the mind? Or both?  Using to calm self  Bringing thoughts to the present  Using afterwards to stop thoughts racing again – *dealing with rumination?* |
| 330 | Weird  Just focusing on feelings feels not enough  Insight into feelings  Mindfulness ac calming | REC: Um, like, at first it was really weird, like, kind of just focussing on how we’re feeling, and, like, it was like really weird to, like, yeah, focus on how we’re feeling, and like, focussing on our physical sensation, what we’re feeling. Like, It was, like kind of really weird at first. But then, like, we was told to practise it, and um, when we was actually practising it a lot more it kind of just felt natural, it’s like focussing on how we’re actually feeling. Like, for example, when we’re having panic attacks, or something like that, we’re able to, like, recognise, like, symptoms, and, like, the physical sensations; so we’re able to, like, calm ourself down and bring us back into the moment. | Feeling weird again to focus in on feelings  Becoming natural  Focussing on **actual** feeling rather than what?  *Is there a sense of mindfulness showing things for what they really are?*  Understanding own experience better leading to better coping |
| 404 | Rules – what Im meant to do | REC: Um, it helps me ‘cos, like, I’m … ‘cos I’m challenging my thought and everything, and it kind of, like, helps me because, like, I’m able to, like, … I’m able to, like, kind of think inbetween, like, about, like, my other two thoughts, and, like, I’m able to, like, kind of think about an easier solution to what, like, I’m meant to be doing. | Thought challenging –CBT like  Wise mind gives easier solutions  What im meant to be doing – *mindfulness takes back to the authentic – what is meant to happen*  Seems quite unsure of this |
| 412 | Helps to think ahead | REC: ‘Cos, like, when I, when I’m doing it it’s ‘cos I’m actually thinking ahead, like, I … I kind of, like, thinking to myself about, like, the situation, like, the … yeah. | Thinking ahead helps  Not just dealing with things as they come up  Continues to seem unsure |

**Philippa**

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| 186 | Getting to the middle path | Then when you’ve got like bridges which you build, you have the middle part, so you’re thinking, you’re taking into consideration the emotional suggestions, and the rational suggestions, and just walking the middle path, as we call it. | Building bridges  Taking emotions into consideration  Getting into the middle through mindfulness |
| 236 | Simmer down – calming  Getting to the middle path | REC: But it’s speeds my heart up; it … adrenalin is just … yeah. And so, calming my breathing down using 5:3:6 it just lets everything just simmer down for a second, and so I can walk the middle path again without being completely emotion in mind, and wanting to take drastic measures and doing target behaviours, which we’re not allowed … well, I wouldn’t say we’re not allowed to, it’s strongly disagreed on. | Simmer down for a second and walk the middle path again  Not completely in emotional mind – lead to drastic measures  Rules – not allowed to do target behaviours |
| 286 | Following the rules | So I went through that, and I actually wrote it down. And then proceed mindfully, I was, like, OK; now what would we, what would you do in a mindful mind? You wouldn’t do this because you’re actually doing a target behaviour, which is frowned upon. And is actually um, breaking DBT code. Well we call it a code – once you’re in um, well once you’re in treatment, you’re pretty much, we’re not allowed to do that. Because before treatment I didn’t do it, in other words I did it when I was a lot younger, when I was about Year 8 and Year 9, and then I stopped for quite a while, and things took a turn - which was actually round this time - um, while I was in, when I was still in treatment, and I ended up doing it again, which I do regret to this day actually. | Writing down  Proceeding mindfully due to the ‘Rules’ of DBT/ mindfulness. External regulation  Mindfulness as a set of steps/ recipe for dealing with the situation |
| 310 | Allowing decisions  Allowing thinking  Different perspective after mindfulness | And so by going into, well using Mindfulness you, it calms you, and it bring … as I said, it brings you back to you for a minute, and then once you’ve done the tasks that you need to do to calm down, you try and go back and think about it, or you completely disregard it – it depends on what it is. But you can go back and think about it and be, like, was this actually as drastic as I thought it was? And usually it’s no. | Mindfulness stops multiplying the emotion so it wont hurt as much – self awareness  Choices about how to go back to thinking about the painful situation and whether to go back to it  After mindfulness – not as drastic as I thought it was |
| 316 | Numbing pain  Forgetting physical and emotional pain | REC: It’s … I wouldn’t say it feels empty; I’d say it feels calm. ‘Cos, like, I have a lot of things wrong with my body, that’s um, my mind really, that’s just me, and while I’m doing Mindfulness I, it kind of just lets you forget about it for a minute, and just do what you’re doing. Like I have a really bad ankle at the moment – I managed to twist it on the weekend, and I have um, schizophrenia as well, and so I have, I constantly have voices and things and this, that and the other going on, and while doing Mindfulness it kind of numbs them out for a minute. | Not empty  Calm  Forget about what’s wrong with my body  Numbs unwanted symptoms  Temporary effect – for a minute changes the symptom *but doesn’t resolve the symptom* |
| 318 | Focus – pulling thoughts back  Quietens voices | And so that’s why I try and do Mindfulness as much as I can, especially when they’re getting too much, because, like, once you’re completely focussed – and even if your thoughts do drift you pull them back – and so you’re just doing what you’re doing and you, like, once all your focus is on what you’re doing, you don’t think about it. And for me personally they just get a bit quieter. | Bringing the focus back  Pulling drifting thoughts back  Reduces experience of voices  They just get a bit quieter |
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| 321 | Chilling  Clearer thinking  Different perspective  Changing mood | Um, yeah … it, it really does help. Like, even all those little things; even if, like, you’re just in a bit of a bad mood sometimes, and once you do Mindfulness, and you think about the situation and you just chill, and then you can go back to it and be like, OK, this is the situation; this was the possible solutions; now what am I going to do from this experience, and put to a positive. Yeah. | Helps with ordinary bad moods  Clearer thinking  Different perspective on the situation  Get to a positive |
| 329 | Mindfulness slows down chaotic thinking  Relaxation  Changes in mind state  Changes in body state | REC: Because, as everyone knows, day-to-day life now is chaotic; like, everything is just going at a million miles an hour, and with Mindfulness you kind of feel that everything is just slowed down for a minute and, like, … I personally really, really, really um, … the white \*[00.32.37] centre actually just down there, um, you would, we would sit there around the table and just close our eyes and everything would just kind of fade out for a minute; and once you just focussed and you just don’t really think anything and feel anything, you just are solely focussed on what, on um, sometimes a recording, sometimes the colouring, or just whatever – you’re just completely focussed, and you … it just like … it doesn’t … it kind of leaves your body heavy, like, you know after you’ve laid down for a while and you’re completely relaxed, you feel that afterwards and you don’t want to stand up. You kind of get that, and, yeah. You just … | Life is chaotic  Life is million miles an hour  Mindfulness slower  Contrasting mind states  Stop thinking and feeling – just focussed  Fade out for a minute  Body feels heavy like you’ve laid down and feel completely relaxed  Changed mind state, changed body state |
| 355 | Regulating emotions  Calming the brain  Moving away from negative emotion | REC: It kind of … it regulates really. Like, if you’re in a terrible mood, like I used to be a lot, mindfulness kind of brought you away from it, and It’s just a way of, for me personally, it’s made me realise that the severity of the situation wasn’t as much as I thought it was. It … yeah… It just kind of makes you just think about it. Like once you’ve … ‘cos … I think of it like when you’re in crisis your brain is shaking; - well this is just a personal thing – like your brain is shaking, your thoughts are everywhere, you don’t know what to do. Mindfulness lets your brain calm down, think about the one thing that you’re doing, ‘cos it takes your mind off of it, and like gets you away from the emotion for a minute and just lets you, just be calm. | Mindfulness regulates emotion  Bringing away from terrible mood  See the severity of situation differently  Brain shaking – brain calm  Takes you away from the emotion so that you can be calm |
| 387 | Let you be you  Not allow stress to bother you | Or you can just chill for a bit, and just let you be you, and just water off a duck’s back, everything. | More resilient  Change of mindset  After mindfulness – stress is water off a ducks back |
| 403 | Think before you speak | REC: Well, how can you take notice of what you’re saying. ‘Cos sometimes, personally, I talk before I think. And so I could be saying something completely stupid and potentially offensive, and Mum will be like, OK, stop. How can you say that mindfully? So I’ll go back, I’ll think about what I’ve said - If I’ve said something offensive I’ll apologise - and then you either rephrase it or you just … you say it in a way where you’re actually, you’re thinking about what you’re saying. So it’s kind of think before you speak. | Others using it as a way of doing things – do it mindfully  Code for think before you do |
| 409 | Slowing down  Considered speech | REC: So you don’t rush through everything, you just, yeah, it’s like a slow down. OK, this is what I’m saying; this is what I want to say, and this is what I want to be understood from what I’m saying – speak. | Not rushing  Slowing down  Insight into life |
| 429 | Mindfulness is a tool  Calming  Getting back to me  Not thinking of the hard stuff | No matter how much people bad-mouth it, especially my Father, it’s a wonderful tool. Like, it gets me through day-to-day life, if I just need a minute to calm down for a bit; or even if I don’t really, I just try and do it, just to kind of get back to me really, instead of thinking about this, that and everything else. But yeah. | Other people bad mouth it – not universally appreciated or experienced positively  Do it sometimes without the crisis to get me back to me |

**Maria**

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| 21 | Brain training | REC: … things like that; chain analysis, um, of course Mindfulness, um, … tsk, just em, finding … it’s almost like trying to re-train your brain … | *Re-train your brain as if there is something wrong with the training that has happened thus far. The wrong information going in before but being corrected now* |
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|  |  | **INT: OK.** |  |
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| 25 | Thinking things through | REC: … to think differently. And sort of, just to stop before you react, and think. Em, use some of the skills, or a skill, that you’ve been taught in ECS, to sort of, um, like OK, am I over-reacting here? Am I justified? Am I going to feel worse? And it stops you hitting your target behaviours. Em, that’s … | Stop before reacting  Balancing thoughts |
| 83 | Slowing down reactions | Along with the other skills that I use as well, but I will always do Mindfulness first. I’ll calm meself down, be mindful of what I’m feeling. Um, am I judging? Am I upset? I mean is it a fact? So all my other skills will come into play in Mindfulness. | Sees mindfulness as central to other skills making a difference.  Noticing thoughts and feelings when being mindful  Slowing down the reaction process – more consideration |
| 97 | Acceptance  Living in the now | It doesn’t mean that that memory or that trauma doesn’t exist, it just means that you accept that it happened and there’s nothing you can do about it, because you’re now living in the now; you’re not living in the past and you can’t live in the future. Em, everybody, to me, in the world is trying to get there, to be there; you can’t get there, you know, like, you can only be here, and that’s mindfulness. | Use of being in the now  You can only be here – change of perspective from I want to get there |
| 99 | Dealing with worries | So I no longer worry about, Oh, it’s Christmas coming, yeah? I haven’t got the presents in. Well Christmas is coming, it’s not here yet, so I’m mindfully aware that I don’t have to rush around like er, its that panicking, because OK, I will do it. | Speaking so very calmly as she talks.  Now and the future – used to cause anxiety, now no panic |
| 103 | Dealing with rumination | REC: It’s extremely hard. It’s em, radically accepting them things have happened, and the more you think about them and dwell on them, and you know, ruminate over them, the only person you’re hurting is yourself, no one else. | Too much thinking causes hurt  Connecting mindfulness to radical acceptance |
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| 105 | Acceptance | So the more you do that and then just sit and say, OK, that … I’m not saying that thing was small, that was horrible, ‘cos I’ve had unpleasant experiences in my childhood, and I was like, in my late teens, they happened; I can’t change it. And going over it and over it in me head just makes me uncomfortable, and more upset, and therefore you’re more likely to reach a target behaviour because it does jog the memory. | Connecting lots of thinking to acting in an unhelpful way –‘target behaviour’ due to more connection to the memory –  *What is the difference between able to sit with and not ruminating* |
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| 107 | Acceptance  Sit with it  Start small and build up | So if you sit with it and you think I can’t change it, but you really have to mean it; but you start off with small things, not big things, you know, like I can’t change the weather; you know, you accept the weather is what it is, you have no control over that, so don’t worry about getting wet, you can get wet and be angry, right? But I’d rather just get wet, and not be angry about getting wet. [chortles] That’s radical acceptance. | The intention has to be there to sit with it  Size of difficulty- size = strength of feeling  Moving from small less emotional acceptance to acceptance that is ‘big’  Change of perspective from being wet and angry to accepting you’re getting wet. |
| 132 | Mindfulness basis for other skills  Dealing with emotional dysregulation  Hope | REC: Pheeew! Without that skill I’d still be going … I think I don’t … to be honest with you I don’t think I could have accepted the other skills and got as much out of the other skills if I hadn’t got the mindfulness. And that’s the truth. And for someone like me who has, you know, emotional disregulation, if you like, em, my emotions used to be … I’d feel every emotion under the sun in the one day, so therefore I actually … and, you know, I have been in XXXXXXX I have been in a hospital, and never, ever thought I’d get better, yeah, I thought it was impossible, I was a lost cause. | Mindfulness is what makes the other skills work  Moving from feeling hopeless to having hope |
| 138 | Living in the now  Awareness  Not getting rid of thoughts | REC: The simplicity of it; what it is. It’s about living in the now, being aware, not in jud-, not judging – that is the, the basis of it I would say; just living in the now, and being aware. I mean people say, Oh but I felt upset. I said, but you were mindful you were upset, so therefore you were being mindful. And it’s not a case of, Oh I’ve got all these thoughts; it’s not getting rid of the thoughts ‘cos you can’t get rid of thoughts, that’s how your mind works; your mind comes in and put thoughts in your head, but it’s just letting them pass and then trying to concentrate back on whatever mindfulness em, practice you were doing at that time. | Pointing out that can be mindful and experience a negative emotion at the same time.  Not getting rid of thoughts – let them pass then refocus |
| 156 | Dealing with anxiety  Acceptance  Not getting wound up  Cant change what you cant change | And then you, you know, goals I had to achieve. I always, I had to fill them in and I always put, put what was standing in my way would be my anxiety and fear, and it would be what would help me outside – mindfulness, be aware. And that was it. That was the start of my recovery. Going outside the front door was the start of my recovery [giggles]. Um, I learnt how to smile again – I hadn’t smiled and laughed for a long, long time, and I’d forgotten that. Um, yeah. I mean I was in an office yesterday and people were getting annoyed ‘cos the computers were playing up, and I just laughed; they said, What are you laughing at? And I thought, there’s nothing you can do about it. So, it’s like don’t get wound up. Until the IT person comes and fixes it there’s nothing you can do, so ranting and raving is not going to fix the computer faster; just accept it. So mindfully accept it. | Using mindfulness in a specific situation to deal with anxiety  What will help? – mindfulness  Noticing unmindful behaviours in others in the office  Using mindfulness to accept an unwanted situation  So, it’s like don’t get wound up - often talking to herself to coach herself aware of thinking |
| 186 | Connection to the body  Not judging  Awareness | REC: Tsk, eh, mindfully, you know I might do that, and I do that. It’s like a pattern on me chest. Not too firm, and not too soft; almost like a heartbeat, and I just do that if I’m feeling quite anxious. But I’m mindful where ‘cos I’m touching meself. How my breathing feels, and what thoughts are going through me mind; am I distressed? Why am I distressed? You know, what’s happened? What’s triggered this off? You know. Are you right? You know, ‘cos you … we’re, we’re human beings, we all judge. But with mindfulness it’s trying not to judge. | Making a connection with her body to reduce anxiety  Touch increases awareness  Mindfulness helping her to understand what has happened and what she is feeling  Important for her that when she is being aware that she doesn’t judge what is happening |
| 222 | Beyond words  Emotional regulation  Control | REC: Tsk, Eeeeehhh. The one then when it really works – that feeling is just like, Wow! That’s … I don’t think I have a word, and I’ve got quite a good vocabulary now, I mean, but it’s sort of failed me today. Em … it’s like I need to do more of this ‘cos it works. That brought me from there to there. You know, the … and it stops you going like that. And I know you’ve got a dictaphone and you can’t see my arms moving up [giggles] you know what I mean; but as you go from zero to ten in a nanosecond it stops that. And that has got to be good. Normally I’d have been throwing plates and, you know, I just thought, Is this me? It’s not. [laughs]. I don’t have to be like that, but I didn’t know how to control my emotions, because I, Im borderline … So, and anxiety, and it helps my Epilepsy too. | Experience of mindfulness is beyond words  Getting hooked on mindfulness  Stops feelings getting difficult.  A different understanding of what being me means. Found out that something I thought I had to do I didn’t have to do |
| 240 | Turning point  Awareness  Choosing to escape in head  Changing emotion | REC: Yeah, oh yeah. Yeah, totally. It will always be a big, big part of my life. Huge part. ‘Cos it was a really big turning point, because then I could, I could see whether that mindfulness worked and then all the other skills came into play, like ECS. ‘Cos, ‘cos they all link in, you know. I mean if you’re not mindful of how you are and what you’re feeling you may just say: Oh I feel rubbish today. I don’t like it. I don’t like that. Not explain what … Well my head hurts, there’s a lot of … you know, a lot of thoughts going through that are not pretty; my body’s shaking and burnt with fear and anxiety. You know, so it’s a, don’t just say, I feel, you know, Yuk, I’m not in a good place today. So tell me what is that good place. So you’re mindfully … make you mindfully aware. OK. Now then you using, take them to another place mindfully; could be a safe place, ‘cos I do my safe place mindfully where you create a safe place in your head … | Awareness allows for more detail in understanding – instead of – I just don’t like that  Greater understanding of what the problem is  Choosing to escape in her head to somewhere different – to change her emotion |

**Maria**

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| 181 | Making decisions through mindfulness  Noticing internal dialogue | REC: I don’t have a lot of feelings for punching people in the face, it was jus-, it was that I was angry, just like that. Um, I don't know. ‘Cos you’re like … tsk, as I was saying it was like thinking about is it helpful? Is it useful? What’s the outcome going to be? And um, … you, like, it’s just thinking about stuff really; it’s like you kind of you’re like, Oh this person is being a little bit annoying, and, um, I want to punch them in the face, and then you just think, will I get in trouble for this? Will I regret this? Will I … I don't know. And if the answer’s yes then you just don’t feel like, it’s all good, it’s not worth it in the grand scheme of things. | Using mindfulness to make decisions by encouraging thinking about a situation. Coming to a balanced choice.  Description seems to be of an internal dialogue that she seems to be suggesting is different to what she might have experienced before |

**Rachel**

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| 261 | Change emotional state | REC: Yeah. ‘Cos then I don’t feel so sad. ‘Cos you’re not thinking about how sad you are, you’re just kind of … you know, thinking about the happy people on the screen. | Focus on the people on the screen  Focus on a different emotional experience to yours so that you feel different |
| 269 | Slowing down  Listening to others | REC: Just … just trying … just, … I don't know that, like, um … trying to like listen to what people are saying, and um, I mean, like in the Mindfulness sense, like, like, actually, if you’re in an argument or something like that *just slow down and listen to what they’re saying*. I have tried that, but … um, I’m not very good at that, ‘cos … | Slow down and listen to what they are saying - |
| 273 | Paying attention  Distraction  Sub conscious | REC: Yeah. I guess just paying attention to stuff, ‘cos what am I gonna … and ways to distract yourself. I guess that’s what I’m gonna remember. It probably won’t be like so much from memory, or like a conscious thing any more, do you know what I mean, like, more of a subconscious technique that I can use to work out what I’m gonna do. | Mindfulness will be present in the subconscious somewhere to help with making decisions – like a conscience |
| 305 | Control  CAlm | REC: Even thinking about it now I get very angry [chuckles]. But, like, in that moment I, I manage to, like, [*sniffs*] um, keep control, calm myself down. Yeah. Mmmm … basically all I find difficult is my \*[00.33.17] is how easily angry – easily angry, yeah? – um, and like, ‘cos just loads of things annoy me like other people’s ignorance, and stuff like that | There is a very lose sense of control that she looks to mindfulness to help her with keep control, calm myself down. |
| 321 | Regulate not change emotion  Middle ground – thats being normal | REC: Not change your emotions, but regulate your emotions, and keep them … like, find the middle ground. Is that what wise mind is? I dunno. Um, but like to not be the extremes. That’s what wise mind is! Sorry, I’m just remembering now! Not to be, like, irrational and act, act out, like, you know, but not to think about things too carefully either, or to be too cautious, but to be a middle. [*sniffs*]. But like, yeah … I guess just make yourself as normal as possible [chuckles]. | Being mindful is being in the middle, being normal |

**Sam**

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| 310 | Might help to feel in control | REC: Like, probably like, you’d feel, like, in control maybe; like, if you were, like, … ‘cos you knew what was going on and, like, there was just about, like, that moment, like, in that day, or whatever; probably feel a bit more like in control than if you’ve got, like, your whole future to, like, worry about. But I don't know. | Again gives a really clear explanation but back tracks to ‘I dont know at the end. There seems to be a disconnect between what she understands about the theory in her head and what her emotional experience of mindfulness is. |
| 314 | Might help to feel in control | REC: Like, probably like, you’d feel, like, in control maybe; like, if you were, like, … ‘cos you knew what was going on and, like, there was just about, like, that moment, like, in that day, or whatever; probably feel a bit more like in control than if you’ve got, like, your whole future to, like, worry about. But I don't know. | Again gives a really clear explanation but back tracks to ‘I dont know at the end. There seems to be a disconnect between what she understands about the theory in her head and what her emotional experience of mindfulness is. |
| 346 | Want to think more positively | REC: Like they said it and then they, like, left a pause and you were supposed to, like, repeat it in your head. So then … And I guess, ‘cos it was like calming music and stuff like that; also when I used it I was, like, a bit calmer I think, like, … maybe just like … because, like, you have loads of, like, obviously, like, loads of people; everyone’s got, like, negative thoughts and stuff, and then when there’s, like, they’re saying it’s just like all, like, positive and, like, stuff, it’s really like … it makes you feel a bit better, like, a bit more, like, empowered, to, like, do stuff. Yeah. I don't know. | Like to have an external source of positive thinking to counteract the negative thinking she experiences  She experiences empowerment from this |
| 418 | Want to deal with negative thinking | REC: Well it’s like, so if you have, like, a thought, like, um, … I’m, like, I’m so bad at maths or something like that, I don't know, I can’t do it. It’s about like finding, like, … so you’d be like … I don't know, like, not putting yourself down, but, like, saying, like, maybe I find it difficult, but it doesn’t mean that I can’t do it, or something like that. | Likes the idea of ebing able to think differently about herself but is not sure completely how mindfulness would fit with that.  Really struggling to put the concepts together. |

**Tara**

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| 112 | Sort things out by not acting | REC: … um, but if I give myself a break, I find that I’m a lot more able to cope with things. Like, I guess it is ‘cos I’m self-consciously thinking that I’m not like, actively trying to sort something out. | When takes the pressure off actively sorting things out can return to them feeling calmer |
| 128 | Unsure of why it works  Switch off for a bit  Return to life later  Focus on the external | REC: I do-, … I think I, I don’t completely understand how it works - I just know that it does. Like, I have a lot of games on my ‘phone as well, um, like there’s this one that you have to connect um, connect things, and I just, I will just sit there and completely focus on that. And then I’ll get to one where I can’t solve it, um, and I then kind of come out of it and that’s the point where I was like, very … what can I do now um, to sort out my life. But … I don't know, because … it just kind of helps, I’m not sure why. [giggles]. | It’s not completely clear how mindfulness works for her.  Seems to be switching off from busy thoughts for a bit and then return to her life  Needs the focus of something external to do this. |
| 218 | Stop thinking about problems  Change focus of thinking  Taking a step back | REC: I think when you just randomly zone out, you’re, you’re kind of, you’re still thinking about the problems in your life, um, and stuff like that; whereas if you mindfully zone out you’re kind of, you’re, kind of thinking about nothing, so you’re taking a step back from your life, and I think that’s why it helped me so much, ‘cos I don’t have to think about me 24/7; I can think about nothing, and it works like that. | There has been a change in her focus from her own thoughts all day every day she wants to have time when she thinks about nothing. When she has a break from her thoughts.  She want to take a step back from her life. |
| 222 | Stop thinking about issues | REC: it feels good. Like, it feels, it … aah … I don’t … I don't know the feeling for it, but it just, but you can stop thinking about the issues in your life, and kind of … I don't know. I, I have no idea what emotion, \*[00.25.17]; it just does feel good. And I know that sounds really stupid but … | Feels good to stop thinking about the issues in your life |
| 226 | Controlling thinking  Controlling feeling | REC: No. Like, … ‘cos I, I guess its ‘cos I didn’t have any direction before, um, I, I did, I was a day-dreamer. I, I still am a day-dreamer, but, like, I day-dream about bad things and like, I just found my mind would go to , like, bad places; whereas now they, now that I’ve been through the Skills Group and I’ve been given a lot of other skills as well, and I can kind of stop my mind from going to that place, and kind of focus on other things so that I don’t have to be in that place any more. | Day dreaming before took her to bad places – she had little control over the content of her thoughts. She now has control over what she spends her time thinking about so she doesn’t become emotionally overwhelmed. |
| 230 | Stop rumination  Thinking differently  Not getting worked up | REC: Yeah. I know, I … that sounds really, like, horrible, if I was like actually doing it to myself, but I just, … I dunno … I was stuck in a place, I was stuck in a really bad place, and I just … my mind kept going back there ‘cos I didn’t know how to deal with it; I didn’t know how to move on from all of the issues that I had in my life, and I still have the issues, but I don’t think about them as much, and I find that I get a lot less stressed out about them, and er, like, … yeah, I guess I, I get a lot stressed out – a lot less stressed out so I can deal with them more. Instead of getting worked about them. | Feels less stressed about issues in her life despite them being there because she thinks differently – seems to be less ruminative – as if before the idea was she could slolve the issue by thinking it over and over again. Now she chooses not to think about things so much and she finds she is less stressed.  She deals with the thoughts without getting worked up about them – seems to be an emotional shift form how she approaches her difficulties and thinking about them. |

**Vicky**

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| 92 | Mindfulness make more effective  Practical mindfulness | REC: Um, it allows me to, like, proceed I suppose more effectively, and do things more effectively. | She is talking like a text book using a lot of mindful language  Is this showing a level of understanding or a level of mimicking?  Sense of being emotionally disconnected. |
| 96 | Mindfulness helps with order  Doing one thing at a time | REC: Um, doing things sort of in the right order, and be able to prioritise, and not sort of trying to do too many things at once. | Being focussed allows her to be organised in her actions.  Not doing too many things at once – a very practical use for mindfulness – to get things done. |
| 100 | Reduction of stress | REC: Um, it makes it a lot easier, you know, it reduces like the stress and everything else. | Being organised reduces stress. |
| 128 | Mindfulness helps to be more practical | REC: Yeah. I’m able to, um, give a lot more suggestions, you know, when we’re doing some sort of piece of work, you know, I’m able to participate more and more. | Being mindful helps her to give suggestions – participate more – again very practical – getting the therapy done |
| 140 | Being free from worry  Focus on something else | REC: Um … well it feels like … I feel more, sort of more fr-… like free I suppose. You know, like, I feel like it’s lifted off because I’m so focussed on that. Um, yeah. | Sense of a burden being lifted off because she is focussing on something else  Feeling of freedom from whatever is bothering her |
| 156 | Changing perspective on thoughts | REC: Um … You observe them like, as a thought. So I think it makes it easier, like, to realise that it is a thought and it isn’t a fact. | Changing her perspective on thoughts. Reducing her belief in the veracity of her thoughts. This makes things easier for her – in what way? Because thoughts were troublesome to her? |
| 243 | Gaining insight  Going inside | REC: Um, I found it, like, sort of, quite dark, almost as if, like, the top of the staircase was like how you appeared to others and how you want to appear. Yeah, like the further down you got, like, the deeper it was, like the more you let yourself be … how you almost felt, and what your thoughts were. | Gaining insight into things that are going on inside thoughts and feelings that are not on the surface –let yourself be...yourself |
| 267 | Able to stay with the aversive | REC: Um, yeah, I think it would be quite a good \*[00.13.07] to do it, you know, you like, when I feel a bit lost, you know, not knowing what, what I feel; I think that would be a useful one to do. | The balance of aversive and helpful was right for her – she would do it again if she felt lost –helps her to find herself |
| 387 | More mindful than I think  Takes effort  Reduces agitation - calming  Reduces tension | REC: Um, … I’m not really sure. I think maybe I might be mindful more often than I what I think for, because I, unless I’m, you know, sort of gone out of my way to be mindful I’m, I don't know that I’m doing it really. Um … I think, you know, just being able to be more focussed, um, is quite, sort of like, one of the main things I think I’ve noticed. Um, and feeling more relaxed, and not feeling tense or agitated. | Has reduced tense and agitation – feeling more relaxed  Being more focussed is most noticeable  Suspects that mindfulness is not just at the focussed mindful times and that she might be doing it without noticing it  Mindfulness is not naturally part of life – go out of your way to be mindful |
| 419 | Helps me get things done  Use when nothing else to do | REC: Um, I think maybe if I’m not doing, I’m not getting done what I wanted to do I’d do the sort of one Mindful, you know, just doing one thing at a time and being fully focussed on that; I think that helps me, you know, get everything done. Um, like do like the observing in a car journey, not necessarily because um, I’m anxious, just because, I don't know really, because I want to practise it, you know, if it’s a long car journey, that sort of thing. | Using mindfulness in a very practical sense to help get things done  Will use it if there is nothing else to do – car journey. |
| 463 | No extremes in thinking  Making decisions | REC: Um … um … I think maybe it would sit more in one of the extremes, which would maybe have one extreme benefit, but it may also have one extreme disadvantage; whereas if it’s in wise mind then I’m able to balance out both to make sure that I get the best possible decision. | Using mindfulness to get away from extremes in thinking  Using it for decision making |
| 487 | Can achieve more  Do things properly | REC: Um, I think now I will achieve, be much more effective with my time because I can use the Mindfulness exercise to become much more focussed, um, and that allows me to get things done properly and as I would want them to be done. Yeah. | Being more effective with my time – more productive. Get things done properly.  Interesting use of mindfulness rather than focus on negative emotions. |
| 527 | Noticing something new | REC: Yeah, sort of like something that I knew something was bothering me maybe, but I didn’t know what it was, you know. And then, sort of, I’m able to say where the tension is, or know where it is. | Able to notice something that was bothering her that she hadn’t noticed before |