(*Inaudible words are indicated by \*\_\_\_\_ followed by a number in brackets. Control F then \* will take you to the next asterisk, and the corresponding place on the recording is shown by the number in the brackets).*

**Interview - 150821.001**

Transcriber : Barbara Hellyer.

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|  | **Codes** | **Transcript** | **Exploratory Comments** |
|  |  | **INT: How long have you been doing DBT for?** | Normal font = Descriptive analysis  Underlined = linguistic  *Italics = interpretative* |
|  |  |  |  |
|  |  | REC: About six months. I think I’m halfway through. |  |
|  |  |  |  |
|  |  | **INT: OK. So it’s a year programme?** |  |
|  |  |  |  |
|  |  | REC: Yeah, yeah. |  |
|  |  |  |  |
|  |  | **INT: And um, what sort of things have you been kind of learning and working on?** |  |
|  |  |  |  |
|  |  | REC: Um … I’m trying to think, ‘cos it’s been really wide. [giggles]] Sorry it might take me a minute … |  |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  |  | REC: … to get comfortable [giggles]. |  |
|  |  |  |  |
|  |  | **INT: No, it’s fine.** |  |
|  |  |  |  |
|  |  | REC: Um … I mean obviously like reducing target behaviours and stuff, and … | Not much info on what she has needed to work on ?DBT rule? |
|  |  |  |  |
|  |  | **INT: Yeah.** |  |
|  |  |  |  |
|  |  | REC: … and then using like the Mindfulness and emotional regulation stuff and distress tolerance. Um … yes. |  |
|  |  |  |  |
|  |  | **INT: Yeah. So is it going … does it … is it going all right for you? Is …** |  |
|  |  |  |  |
|  | DBT takes time for change | REC: Yeah. It kind of took a while for me to be like, its actually making a change, but by like, target behaviours have gone down a lot, um, and I’ve kind of been able to do some stuff like … that, was my r-, … well I thought I wasn’t going to be able to continue with the DB team … | Change taking time  Change separate from her - target behaviours |
|  |  |  |  |
|  |  | **INT: Oh OK.** |  |
|  |  |  |  |
|  |  | REC: … because various things, but I managed to get, like, a part-time job and um, a place to stay so I can now continue with it, but without the DBT I don't think I would have been able to do those things … |  |
|  |  |  |  |
|  |  | **INT: Oh, OK.** |  |
|  |  |  |  |
|  |  | REC: … to continue with the DBT, so … yeah, I think it has helped. A bit, yeah. | Tentative positive connection to DBT |
|  |  |  |  |
|  |  | **INT: Cool. So we’re going to be focussing on mindfulness, um, and that bit of the DBT programme, and the way we’re going to start this is just to have a look at someone, um, in … introducing a um, mindfulness exercise. As well I’ve got to see whether the technology is my friend today.** |  |
|  |  |  |  |
|  |  | Recording being played: *OK, so what’s relevant is another Mindfulness exercise, um, and that’s why I’ve got these gongs here. What I’m going to do is I’m going to bang each of the gongs, um, during a two minute time period, and all I want you to do is I want you to notice the sound of the gong, the sound it makes. Now it’s going to fade out; I want you to notice as it fades, and what I want you to do is if you find your thoughts drifting onto something else, I want you to just gently bring those thoughts back to the sound that the gong is making.* |  |
|  |  |  |  |
|  |  | *So I kind of want you to empty your thoughts of almost everything other than the sound of the gong. OK? So in two minutes starting now, lets see how you’re doing. [sound of gong]. Long silence.* |  |
|  |  |  |  |
|  |  | **INT: So we’re not actually going to do the mindfulness [giggles]. So how does that compare to um, the sorts of things you have done, \*[00.03.13] exercises?** |  |
|  |  |  |  |
|  | Taking time to understand mindfulness  Uncertainty about doing it ‘right’  Key elements of mindfulness: focus on one thing; bringing thinking back from wandering | REC: Um … Yeah, I mean we’ve done some similar to that um, like being quite still, and yeah … because its like the focussing on one thing, and its that um, he said, like, if you find your thoughts wandering off, I think that’s the main mindfulness thing that it kind of took me a while to get my head around, but that’s like the main thing I was like , Ah no! My thoughts were wandering off, I’m doing it wrong. But then I realised that that’s kind of, that the mindfulness thing is bringing it back afterwards, it’s not wrong for your thoughts to, like, wander off and stuff. Um … | Staying still  Focussing on one thing  Noticing thoughts wandering off – that’s the main mindfulness thing  Takes time to understand  Feeling of doing it wrong  Shift in thinking – and then I realised  What is right and wrong when doing mindfulness  Ah No! – like not again, Im making the same mistake  Bringing it back  What is the mindfulness thing?  *The desire to do mindfulness right. Is this a useful of unuseful way of thinking about mindfulness? Is it possible to come to a new idea and not judge whether you are doing it right?*  *How much is what she saying about using the language of mindfulness or a connection to the experience of mindfulness* |
|  |  |  |  |
|  |  | **INT: So that kind of clicked with you at some point?** |  |
|  |  |  |  |
|  | Mindfulness is weird  Mindfulness is confusing  Initial scepticism | REC: Yeah, yeah. I think it took a while … I mean I’ve only really … I still, mindfulness still really confuses me because it, its like why … its like why does it work, and its … At first I was like, this is so stupid [giggles]. Like, it seems like one of those weird meditation things, and … yeah. | Taking time  Continue to feel confused  Why does mindfulness work?  At first stupid *– still feel embarrassed? By giggles?*  Weird – because it’s like meditation |
|  |  |  |  |
|  |  | **INT: Can you remember when you were first told about it then?** |  |
|  |  |  |  |
|  | Just sitting there is non-connection to mindfulness  Mindfulness as stupid | REC: Yeah. I, I think it was during my DBT assessment kind of thing, and yeah, the person assessing me she was like, we’re going to do a mindfulness thing, and it was about, like, imagining your thoughts floating on a leaf, like away, or something, and I was just sitting there like this, the stupidest thing I’ve ever done, like [giggles]. Like what is the point of this? And I couldn’t do it at all, because I couldn’t imagine it, I just … I was just like this is stupid. | First impression – the stupidest thing I’ve ever done – more giggles – embarrassed?  *Why would this make any difference to me?*  Difficulty in the process – couldn’t imagine. What made this hard? *are some people more predisposed to being able to do it than others? is it moreimportant for those who find it easy or find it hard or doesn’t it make a difference?*  *While doing it thinking it stupid – did that make it harder?* |
|  |  |  |  |
|  |  | **INT: So there was this kind of … was the stupidness, what was that about? Was it , I don't know …?** |  |
|  |  |  |  |
|  | Difficult to do  Become frustrated  Mindfulness is Hippy (new age) | REC: I was just … it just seemed like really hippy, and kind of … And then I think I was also a bit frustrated because I couldn’t do it. Like, and I … I like to do things [giggles], in a kind of right, and I was quite frustrated ‘cos … | Connected to be hippy, negative connection – *not real? Relevant? About me?*  Frustration – I want to do it right. I couldn’t do it. *What blocked the ‘ability’ to do it at the outset?* |
|  |  |  |  |
|  |  | **INT: So there’s this sense that it had to be right? I had to be …** |  |
|  |  |  |  |
|  | Mindfulness taking time  Uncertainty about being right | REC: Yeah. Yeah. Which I’ve kind of gotten out of it; it’s not about being right, but it took me a while to get there. | Tentatively found a change – I’ve Kinda gotten out of  Realisation of not about being right *– is she telling this to herself because she heard it or because she believes it?* *Acquiring the language of mindfulness or making a cognitive shift?*  Taking time |
|  |  |  |  |
|  |  | **INT: So the first one you ever did was this leaf floating thing?** |  |
|  |  |  |  |
|  |  | REC: Yeah. Or, I think it might have been mentioned a couple of times over … |  |
|  |  |  |  |
|  |  | **INT: Yeah.** |  |
|  |  |  |  |
|  | Timing of being introduced to mindfulness matters | REC: … the years, like, yeah, before this I hadn’t really, like, engaged or whatever, so yeah, I think that was the first time I was … | Being mentioned before – people had identified that mindfulness may help over the years but not engaged with it before – *why now? Timing of being introduced to mindfulness* |
|  |  |  |  |
|  | Difficult to understand the point to mindfulness | Oh no! Actually that was the time [giggles]] before that as well. Um, at the university like counsellor, and she was kind of trying to explain it, about it, by saying like focussing on an object, and stuff like that. But it was a, like a plant pot, and I just didn’t get it. I just didn’t get it. I was like what? What is the point? Why am I looking at the plant pot [giggles] kind of thing, kind of thing? Yeah. | Difficult to explain, people had tried in the past  First explanation – focussing on something  The first point in time –I didn’t get it. *What’s the shift between didn’t get it and now i get it?*  *Does the first thing focussed on matter – a plant pot what’s the point*  *No connection to how focussing on an object might be useful at first.* |
|  |  |  |  |
|  |  | **INT: So it didn’t connect with you with anything else, it was kind of …?** |  |
|  |  |  |  |
|  |  | REC: No, I was just like, what? I don’t, I don’t get it, kind of, yeah. | What? Like you haven’t heard it or not heard it correctly.  You can’t really be saying that. |
|  |  |  |  |
|  |  | **INT: And does that seem to be the sense that, sort of, when you’ve been in a group and stuff, that other people are saying those sorts of things as well? Like, well, I’m not quite sure why this would be?** |  |
|  |  |  |  |
|  | Suspending disbelief and jumping in | REC: Um … No. I mean … I’m not sure. I think, although I’ve been there six months I’m still one of the kind of, like, newer, members of the group, so when I got there … I don't know, like everybody kind of, kind of seemed to just be doing it, and so I kind of just jumped in and [giggles], um, yeah, did it with everyone else, and it still seemed a bit weird for a while, but then I kind of got it a little bit more, and I think I can do it a bit more in my own way. | Although I didn’t get it everyone else seemed to be accepting it so I did it too.  Just jumped in –to the unknown, didn’t hold back due to others doing it already.  Weird what does that mean to her? Unsettling, unusual, unnatural  *Continues to be uncertain as to whether she has ‘got it’. Maybe has made it her own but not what is right.* |
|  |  |  |  |
|  | Focus on the body is difficult | Like I still … ‘cos there are the, like, different exercises, and there are ones which you kind of have to focus on your body, and things like that, and I find those ones really hard. But then, ones when I’m doing activities and focussing on doing the activities I find easier. And, yeah, my like individual therapist has said that we’re going to focus a bit more on, like, the body ones, and stuff like that … | Personal preference for activity.  How does she connect to focussing on her body?  Why is her therapist suggesting she do this?  Focussing outside of body is easier. |
|  |  |  |  |
|  |  | **INT: Oh, OK.** |  |
|  |  |  |  |
|  |  | REC: … but, but yeah, I can … I’m pretty good at doing the activity, kind of doing something and, yeah. Mindful. | I’m good at this part – comfortable? |
|  |  |  |  |
|  |  | **INT: What, what do you think it is about the activities that make that easier?** |  |
|  |  |  |  |
|  | Focus on the body uncomfortable/ make things worse | REC: Um … I’m not really sure. [pause]. I don't know. I think maybe its just for different situations, ‘cos there was a time where I was, like … where it was … I was first doing mindfulness and I’d only really learnt about, like, the bodily sensation and kind of focussing on outside stuff, and I tried to do it when I in quite a, like, heightened state, and that didn’t really work, it … ‘cos when I was focussing on my body it just made everything worse ‘cos I was just like, Oh my God! My heart’s going so fast, and it just freaked me out more, like, yeah … I don't know, the activities … | Mindfulness in a heightened state difficult  Body focusing focussed on the difficult sensation – ‘made things worse’ rather than better. Could mindfulness make things worse?  Freaked out by the feelings in her body – when first doing mindfulness  *Where is mindfulness’ place in dealing with unwanted/uncomfortable feelings?* |
|  |  |  |  |
|  |  | **INT: So that the timing of using it made you …?** |  |
|  |  |  |  |
|  | Preference for mindfulness as relaxation | REC: Yeah, yeah. ‘Cos I think at that point I could have used, like, a kind of mindfulness kind of relaxation kind of thing; I like the one where you like blow bubbles and focus on just the bubbles and them popping, and stuff like that; I find that one, like, quite relaxing. But, yeah. I think the time of like … | Is mindfulness being used as relaxation/distraction  Different points call for different mindfulness  Bubbles – why are they important?  Timing of what you do important in some way. |
|  |  |  |  |
|  |  | Like, ‘cos er, I don't know, I feel like there’s all sorts of different mindfulness activities, yeah. | Difference within mindfulness |
|  |  |  |  |
|  |  | **INT: Are there any others that stick in your mind? You’re saying the bubble one, and …?** |  |
|  |  |  |  |
|  | 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?* |
|  |  |  |  |
|  |  | **INT: So it makes a difference to those thoughts?** |  |
|  |  |  |  |
|  | 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 |
|  |  |  |  |
|  |  | **INT: So, you do the mindfulness as part of the group …** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: … yeah, but you also said something about um, talking about it in individual therapy as well.** |  |
|  |  |  |  |
|  | Struggling with mindfulness of the body | REC: Yeah. Um, I’ve kind of … like, it’s mainly in the group that we do it, but I’ve … ‘cos at the start I really didn’t kind of get it, we did a couple of ones um, individually, like in individual therapy, um, like the body scan one, because that’s something that I was really, like, struggling with when I tried to do that the first time, like, I just, I couldn’t feel my body, I could feel my head but I couldn’t feel, like, anything down, like, yeah, being asked to focus on it, I was like, “I can’t do that”. And yeah, just \*[00.10.50]. | Needed more guidance for body focus  Focusing on the body was blocked –I can’t do that |
|  |  |  |  |
|  |  | **INT: What do you think that was about?** |  |
|  |  |  |  |
|  | 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…* |
|  |  |  |  |
|  |  | **INT: Connecting up somehow?** |  |
|  |  |  |  |
|  |  | REC: Yeah. Yeah. |  |
|  |  |  |  |
|  |  | **INT: And, and so, you know, when you’ve been doing stuff in individual therapy has it come up as kind of, like um, you know, maybe mindfulness is part of the solution in this, in this process?** |  |
|  |  |  |  |
|  | Mindfulness as a way in to managing difficult situations  Situation can become too difficult for mindfulness to work  Unable to measure the effects of mindfulness | REC: Um … I’m trying to think. [long pause]. I think sometimes, like, ‘cos, you know, we like do the chain analysis, and things like that, and obviously it won’t come up, like, later in the chain, but its like maybe if I’d done some kind of mindfulness right at the start, then things wouldn’t, possibly, like, snowball. And its kind of come up like, like with that, but honestly its one of, like, … I feel like I’m quite confident with, like, the emotional regulation and distress tolerance, but the mindfulness I’m kind of not, and I don't know whether that’s just because its less, like … you can’t kind of quantify it, its this weird thing [giggles], that you, you can’t really tell whether its, like, is it working or not because its not something that’s, like, works. I don't know. It’s just weird. I find it really strange. | Mindfulness preventing the ‘snowball’  Can be too late to use mindfulness – not later in the chain  Low confidence with using mindfulness – it cant be measured, it is hard to tell if it makes a difference – is it working or not.  Not something that works – (in the conventional sense of cause and effect?)  Still weird  Strange  Mindfulness as mysterious |
|  |  |  |  |
|  |  | **INT: There was … it can’t be measured in the same way that the others can?** |  |
|  |  |  |  |
|  | Uncertainty about whether it is working  Uncertainty of doing it right  Need to do mindfulness over a period of time to see effects | REC: Yeah. Yeah. ‘Cos, I don't know … like, … yeah. I guess it’s that same thing like you can’t tell if you’re doing it right, or whatever. And has it, like, worked or not. [giggles]. Um … because its supposed to be like this ongoing kind of thing. It’s not like just something you do once and it fixes this thing; like it’s supposed to be kind of, ongoing. It’s kind of confusing. Yeah. | Can’t tell if it’s right  Not instantly changing things – ongoing, no quick fix  *How long does it take to fix things?*  Why keep going with something that seems weird and immeasurable? What gives the push to keep trying it? |
|  |  |  |  |
|  |  | **INT: So its … it doesn’t feel like a skill in the same way as …?** |  |
|  |  |  |  |
|  |  | REC: Yeah. Like the others. |  |
|  |  |  |  |
|  |  | **INT: Mmmm.** |  |
|  |  |  |  |
|  |  | REC: Yeah. I find it kind of frustrating \*[00.13.55]. | Frustration of it being immeasurable |
|  |  |  |  |
|  |  | **INT: It’s hard to know if it’s working>** |  |
|  |  |  |  |
|  | Doing mindfulness because someone else tells you to  Taking a leap of faith | REC: Yeah, ‘cos … yeah, you’re like, well they’ve told me to do this thing so I’m gonna do it ‘cos they know what they’re talking about I guess [giggles], um, but it still seems a bit, like … yeah. | Having faith in the leaders – they know what they are talking about  Suspending disbelief due to the relationship.  *Do you have to do mindfulness on faith to begin with or can it be explained adequately in order to completely understand the reasons for doing it and the benefits?* |
|  |  |  |  |
|  |  | **INT: So is it something that you ever talk to kind of other people about? Do you ever kind of mention mindfulness to other people, or …?** |  |
|  |  |  |  |
|  |  | REC: Um, I tried to explain it to one of my friends once … |  |
|  |  |  |  |
|  |  | **INT: Yeah.** |  |
|  |  |  |  |
|  |  | REC: … because I was gonna lead a, like, at the group … |  |
|  |  |  |  |
|  |  | **INT: Yeah, OK.** |  |
|  |  |  |  |
|  |  | REC: … um, and I was just doing a thing where you were focussing on an object, and it was a two pence piece; I was trying to explain to him what I was gonna do [giggles]. |  |
|  |  |  |  |
|  |  | **INT: Yeah.** |  |
|  |  |  |  |
|  | Mindfulness as embarrassing/silly  Using mindfulness language | REC: Um, and so I was explaining, like, you focus on this object, and um, what it looks like and feels like, and like, yeah, and everything like that, and every time your thought wanders off you bring it back to the coin, and he was like … he was just like, well my thought’s wandered off while you were telling me that [laughs]. But yeah, he was just like that. That sounds really weird, which is what I thought when I first heard about it, probably with the plant pot, so yeah. | Feeling silly when explaining – because of experience of thinking it was weird like the plant pot experience  Others feeling silly about it – making a joke  *Explaining just like it would be taught in DBT – learnt the language* |
|  |  |  |  |
|  |  | But I haven’t really talked to anyone else about it, like … I guess people have heard of it because its getting kind of more popular now, but … I don't know. |  |
|  |  |  |  |
|  |  | **INT: But hard to explain somehow?** |  |
|  |  |  |  |
|  |  | REC: Yeah. Yeah. I don't know. I think until you kind of do it, it doesn’t make any sense, [giggles], you’re just like, yeah [giggles]. | Need to do it for it to make sense |
|  |  |  |  |
|  |  | **INT: So, you said about kind of in the training \*[00.15.52], sometimes you put um, you think maybe mindfulness might come at the early stages …** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: … um, what would be your hope of doing that? What …** |  |
|  |  |  |  |
|  | 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?* |
|  |  |  |  |
|  |  | **INT: Mmmm.** |  |
|  |  |  |  |
|  |  | REC: Kind of, yeah. |  |
|  |  |  |  |
|  |  | **INT: And does it ever come … I don't know … do you have, like, skills coaching as well as part of the DBT programme that you’re on, that you can ‘phone in ?** |  |
|  |  |  |  |
|  |  | REC: Um, yeah. I haven’t used it that much I have to say though [giggles]. But yeah. |  |
|  |  |  |  |
|  |  | **INT: I was just wondering whether it had ever been, kind of, mentioned during skills coaching, kind of using \*[00.17.16]?** |  |
|  |  |  |  |
|  |  | REC: No, I … I haven’t really used it that much [giggles]. Um, working on it by telephones, I’m not … not, not … |  |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  |  | REC: … into, so yeah. |  |
|  |  |  |  |
|  |  | **INT: OK. So, can you, can you think of times when you have used mindfulness, when you haven’t been in group, when you haven’t been in individual therapy, it’s just kind of like, yeah I think mindfulness is what I need to do right now – can you think of a time like that?** |  |
|  |  |  |  |
|  | Focussing on an activity to self soothe  Mindfulness giving space to breathe | REC: Um … I can think of a time, I’m just trying to think what was going on. [pause] Um … like it was before I went on holiday, so a couple of weeks ago, and I was really stressed out about having to pack and I was like, I’m going to forget something. And … or, you know, go wrong and everything, and I was like … ‘cos I have like that kind of self- soothe/mindfulness kind of box thing, and I got the bubbles out and just um, yeah, kind of watched the bubbles kind of popping. Um … and, I don't know, after that I was like, OK I can just breathe, I can do this kind of thing. I don’t … yeah. | Self soothe and mindfulness connected  Prompted to use mindfulness due to stress, fear of forgetting, fear of things going wrong  Watching bubbles popping – what is it about bubbles?  After mindfulness I can just breathe  Sense of can do afterwards  Shifting of emotion and cognition |
|  |  |  |  |
|  |  | **INT: What do you think happened in you that, I don't know, what … how would you describe what happened that got you to that point where you could breathe?** |  |
|  |  |  |  |
|  | 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 |
|  |  |  |  |
|  |  | **INT: Yeah.** |  |
|  |  |  |  |
|  | Mindfulness as focussing on one thing  Mindfulness helps to order thoughts | REC: … and then focussing on what, that one thing, and just doing that one thing, and bringing thought back to that one thing, kind of, … Then after I’ve done that for a little while I can kind of focus on one thing at once, rather than everything. | One thing  Focus  Allows for processing thoughts |
|  |  |  |  |
|  |  | **INT: So it changed the situation afterwards, in what way?** |  |
|  |  |  |  |
|  | 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 |
|  |  |  |  |
|  |  | **INT: You’ve said a few times um, about this kind of, it’s weird what mindfulness is it, um, how do you measure it …** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: … how do you know when you’re being mindful?** |  |
|  |  |  |  |
|  | Mindfulness focussed on a mindfulness exercise  Using mindfulness language | REC: Um … that’s a hard one actually. I think I can tell when I’m being mindful when I’ve … yeah. I don't know. ‘Cos I can tell sometimes, obviously, when I’m, when I’ve gone, I’m going to do a mindfulness exercise now, but um … sometimes it’s like on holiday I was kind of snorkelling and stuff, and like just watching the fish, and I was suddenly like, I’m probably being mindful right now, ‘cos I’m doing one thing, like, in the moment using beginners mind, kind of thing, so I’m probably doing mindfulness right now [giggles] without kind of realising it. | Difficult to explain the sense of being mindful  Activity based mindfulness  Did catch herself doing it – using beginners mind, one thing in the moment – *using the language of mindfulness when she’s not sure how to explain the process from within.*  Self-doubt about whether she is doing it right im probably being mindful right now |
|  |  |  |  |
|  |  | **INT: So, so its something you notice even, at times even if you’re not frightened of the mindfulness exercise?** |  |
|  |  |  |  |
|  |  | REC: Yeah. Yeah, I was like well this probably counts [giggles], kind of, yeah. |  |
|  |  |  |  |
|  |  | **INT: Do you think there’s been any other times that you’ve kind of caught yourself being mindful?** |  |
|  |  |  |  |
|  |  | REC: Mmmm … I don't know, that’s a big one I can think of. |  |
|  |  |  |  |
|  |  | **INT: Mmmm.** |  |
|  |  |  |  |
|  |  | REC: [long pause]. I’m not really sure. |  |
|  |  |  |  |
|  |  | **INT: So most of the time it’s about doing the exercises?** |  |
|  |  |  |  |
|  | Uncertainty about the effects of mindfulness  Things getting easier through practice | REC: Yeah, yeah. For me at the moment, I’d say I need a bit more practise with it, but yeah. I don't know, I think some kind of, with reading I’ve become a bit more mindful because, yeah, I used to find it like really hard, and I’d just wander off and I’d be like I haven’t read any of that page, I don't know what’s going on. But I think I’ve … like, I can concentrate on it better and, I don't know whether that has anything to do with mindfulness, but … I think it kind of does ‘cos I just catch myself wandering off and I’m like, OK, that’s fine, but lets go back. Kind of. | Improved concentration  Activity based mindfulness  Unsure if mindfulness is the cause of better concentration  *Internal dialogue changed from Ive wandered off i don’t know whats going on to Ive wandered off thats fine lets go back.* |
|  |  |  |  |
|  |  | **INT: And … Are there any times, sort of, um, I don't know that … um, tsk, … mindfulness has had an effect emotionally on you? Say, how would you say it does, you know?** |  |
|  |  |  |  |
|  | Initial negative effect  Difficult to mindful of the body | REC: Um … I think at first it was kind of a negative kind of, emotional effect, because, … I don't know. Like, I was suddenly being more aware of what I was feeling, and kind of, yeah, my body and stuff, and it was kind of like this is scary, [giggles]. Um … But I’m not sure, like now, whether it kind of has an emotional effect on me, but I’m not really sure. | Initially negative to be aware of what she was feeling and her body – this was scary  Unsure if there is a emotional effect now  Sudden awareness *after avoidance of awareness or just natural autopilot* |
|  |  |  |  |
|  |  | **INT: So there was a bit of fear about it to begin with?** |  |
|  |  |  |  |
|  | First experience was scary | REC: Yeah. To begin with, ‘cos … yeah, I think I was kind of … It is this, like, new thing and I was kind of experiencing it, and I was like, This is different and kind of scary [giggles]. Yeah. | Different – not like anything before – so scary  I was experiencing it (it?)  Being different |
|  |  |  |  |
|  |  | **INT: And it … there was something uncomfortable about , you know, just saying …** |  |
|  |  |  |  |
|  |  | REC: Yeah. Yeah. I don't know. |  |
|  |  |  |  |
|  |  | **INT: And do you find that now? That at times it’s uncomfortable?** |  |
|  |  |  |  |
|  | Mindfulness where no distracting activity is difficult  Focussing on the body is difficult | REC: Um … yeah, I don't know. Like, … I don't know. The only thing I can think of at the moment is that we did, like, er, one, an exercise in group where we actually like, have to, like, sit with the discomfort of, like, I don't know, just feeling like little things in our body that feel, like, uncomfortable and resist the urge to like do anything about them. And I found that really hard [giggles]. I was like … So yeah, it’s kind of uncomfortable in that way, sometimes. | Hard to sit with experience and not react  Resist the urge to do anything about the uncomfortable feelings – *not looking to change the feeling looking to change the urge associated with the feeling* |
|  |  |  |  |
|  |  | **INT: So that, that sounds like you’ve kind of, um, purposely becoming aware of discomfort?** |  |
|  |  |  |  |
|  |  | REC: Yeah, yeah. Like, yeah, on purpose, and then just being mindful of it, but not doing anything about it, which … yeah. |  |
|  |  |  |  |
|  |  | **INT: So how do these kind of um, exercises in-group then relate to dealing with your own stuff?** |  |
|  |  |  |  |
|  | Different exercises more or less useful  Discussing the exercise helps to understand – uncertainty about what the exercise is about | REC: Um … I don't know sometimes [giggles]. Um … I don't know, ‘cos we do like a wide range of them, I think it gives you, like, ideas of what you can try by yourself, um, ‘cos yeah, some of them I haven’t found helpful and some of them I’ve kind of … like the bubble blowing one is one that I learnt in group and then I kind of, it was like yeah, that was really good, I’ll do that at home, and stuff. But … And sometimes, like at the end of the mindfulness exercise, they do like a little [giggles], not speech but a little bit about, like, what that kind of relate to, um … which kind of makes it, kind of make more sense in a way, but … | Mindfulness as activities to try which may of may not be helpful  Trying by yourself is different to doing it in the group – *try an activity, see if it works rather than a process of insight* – try it  Experience of activities being really good – liking them – what is it about bubbles?  More sense when joined up by leaders  *Exercises as mindfulness in everyday life in itself or as an illustration of how you can come to your own experiences. Mindfulness as a tool/first aid or as a new way of coming to life i.e rather than doing a mindfulness exercise to deal with a problem situation coming to the problem situation mindfully observe etc the situation rather than inserting a mindfulness exercise.* |
|  |  |  |  |
|  |  | **INT: And there’s some that you haven’t really liked?** |  |
|  |  |  |  |
|  |  | REC: Yeah. Yeah. |  |
|  |  |  |  |
|  |  | **INT: Have you kind of stayed away from completely?** |  |
|  |  |  |  |
|  | Some types of exercise more or less accessible  Should I work on the ones I don’t like/find difficult? | REC: Um … I still kind of don’t do the kind of body sensation [giggles] ones, or like, well that first kind of floating, thoughts floating away on a leaf thing, ‘cos I can’t visualise things very well. But I’m like … its, it’s a bit hard to work out whether, so should I try and improve on that, or does it not matter, and I should just go with the stuff that works, or seems to be, like, going OK, and that I like. | Blocks to certain ways of being mindful – not imaginative enough, focussing on the body  Unsure whether to do more of the things that are difficult – does it matter if don’t do some of the exercises? Is it ok to stay with the ones i like?  *Are some mindfulness exercises more mindful than others? Is there a hierarchy away from distraction to embodiment?* |
|  |  |  |  |
|  |  | **INT: What’s your gut feeling about that? May be you should be working more at that, or leaving it, or …?** |  |
|  |  |  |  |
|  |  | REC: Well, I’m thinking kind of if its hard I should probably be trying to do it more [giggles], but … |  |
|  |  |  |  |
|  |  | **INT: I wonder what makes those harder than the other ones?** |  |
|  |  |  |  |
|  | Certain mindfulness exercises difficult due to personal characteristic | REC: Yeah. I don't know. Like, I know, like, the visualisation one is just ‘cos I, I have real trouble visualising things in my head, um, and for me, personally, I don't know, I just find experiencing like body sensations really hard. So I think its just a personal kind of … | Personal reasons for not liking certain activities – or is it wider than that?  Not wanting to experience body sensations |
|  |  |  |  |
|  |  | **INT: ‘Cos that … do you know of other people who would really like those ones?** |  |
|  |  |  |  |
|  | Just sitting there = no connection to mindfulness | REC: Yeah. Yeah. Like, ‘cos obviously we do like the feedback after, afterwards, and they’re like, yeah I really liked that one. And I was just sitting there like, why did you like that [giggles]. Um, so I guess it’s different for different people. | Other people’s feedback suggests that there might be a personal element to which ones are liked.  I was just sitting there *use of just sitting to indicate no connection to the exercise* |
|  |  |  |  |
|  |  | **INT: And where do you think it will go from here with mindfulness?** |  |
|  |  |  |  |
|  |  | REC: I don’t really know. [long pause] I guess me, I’m just going to continue doing it, um … |  |
|  |  |  |  |
|  |  | **INT: Do you see it as something kind of that you will continue doing, or just be kind of around while you’re in DBT? What is it …?** |  |
|  |  |  |  |
|  | Mindfulness developing over time  Uncertainty as to place in her life | REC: I think I’ll probably continue doing it, but, because I’m only kind of half-way through it’ll probably develop and, like, my feeling might change about it, and … I, I don't really know [giggles] I, like, after DBT. I’ll probably keep some of the stuff around, but I’m not sure yet. | Not embedded as part of life, unsure if would go back after treatment  My feeling might change about it – *change from the current uncertainty to something more positive?*  Feeling that there is more to learn – that mindfulness is something that develops. |
|  |  |  |  |
|  |  | **INT: And you said you’d tried to talk to your friend a bit about it …** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: … how, how would you describe it to someone? You know, in terms of what it does …** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: … whether it, you know, …?** |  |
|  |  |  |  |
|  | Key elements to mindfulness: focus on one things, bring mind back when it wanders | REC: I don't know. I guess, I, I would say, like, its just doing one thing and focussing on one thing, being in the moment. Um, and the main thing is that you kind of notice when your thoughts wander from that one thing, and then bring it back. So, um … | Can use the language and explanation of the practical process |
|  |  |  |  |
|  | Uncertainty as to effect of mindfulness – why do we do it? | I don't know whether I’d be able to explain why you would do that [giggles], like … or what it really helps with, still, I don't think. | Harder to explain the process and reasoning behind mindfulness  What does it help with?  *Leap of faith to use mindfulness- it is not clear how it helps – I do it because I am told it will help* |
|  |  |  |  |
|  |  | **INT: That’s still a mystery to you?** |  |
|  |  |  |  |
|  |  | REC: A little bit, yeah [giggles]. Yeah. |  |
|  |  |  |  |
|  |  | **INT: Have you got any kind of inklings of what, you know, what its done for you, not what kind of it’s supposed to do, but … ?** |  |
|  |  |  |  |
|  | Effect of mindfulness – awareness of feelings, slowing thoughts down  Uncertain as to effects of mindfulness | REC: Yeah, um … [pause]. Yeah, for me I guess I have become more aware of what I’m feeling, like, and … I don't know, like … obviously the times where I can like slow down my thoughts. I don’t [giggles] … I’m still, I’m still a bit in the dark [giggles]. Yeah. | Still in the dark about why she is being taught mindfulness to help her  Awareness of feelings  *Starts to wonder if it is being more aware of what she is feeling or being able to slow down her thoughts – doubting self* |
|  |  |  |  |
|  |  | **INT: But possibly something about being aware of feelings …** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: … and being able to slow them down?** |  |
|  |  |  |  |
|  |  | REC: Yeah. But I don't know [giggles]. |  |
|  |  |  |  |
|  |  | **INT: Just check that there’s nothing else on my little ….** |  |
|  |  |  |  |
|  |  | REC: OK [giggles]. |  |
|  |  |  |  |
|  |  | **INT: … schedule that I haven’t asked you about. Oh yes! There is.** |  |
|  |  |  |  |
|  |  | REC: [giggles]. |  |
|  |  |  |  |
|  |  | **INT: Um, tsk, so all the way through kind of, um, being told about mindfulness, all of that, what, what have you made of the people that are telling you about it? What have you made about they’ve gone about it, and …?** |  |
|  |  |  |  |
|  | Explanation needs to be down to earth  Initial negative thoughts about mindfulness | REC: Um … Well I have to say, like, the first person, like the person that’s asked me, was like a psychiatrist, and it, kind of, felt like, yeah this is just some rubbish you’re telling me, like. I don't know, like, I don't know; when I, when I’ve … ‘cos my individual therapist is a nurse and just, for me, kind of personally, like, the situation she, she is like more down-to-earth and so her telling me about it, like, made it seem less like, airy fairy; this psychiatrist just said do this thing, in a way. I don't know. Like, its not just something a doctor has been, like, yeah this works, kind of. I don't know. Does that make any sense[giggles]. | Experience of an explanation being airy fairy but needing it to be down to earth  Connecting the profession with the ability to explain  Experience of it being like rubbish (*nonsense, bad advice, stupid idea?)*  Not enough for someone to prescribe it – like a doctor saying this will work. |
|  |  |  |  |
|  |  | **INT: What, what do you think she said or did that made it seem less airy-fairy?** |  |
|  |  |  |  |
|  |  | REC: Um … I’m trying to remember back now [giggles]. [pause]. I can’t remember. |  |
|  |  |  |  |
|  |  | **INT: That’s OK.** |  |
|  |  |  |  |
|  | Needing to have time to understand | REC: I really can’t. Oh no! I think she might have just taken a bit more time to kind of explain it, maybe, rather than just kind of throwing me in, like, yeah, we’re going to do this mindful exercise now [giggles]. But I’m not sure really, ‘cos it was a while ago, I can’t really … | Taking time to explain helps rather than being thrown in *like into deep water. Sense of loss of control. Will I be able to swim? What will the temperature be like?* |
|  |  |  |  |
|  |  | **INT: And how about in the group when its sort of introduced to the group?** |  |
|  |  |  |  |
|  | Strangeness of mindfulness | REC: Um … I thought it was a bit weird at first; it was like the gong thing [giggles]. Um … But now I think its quite good with that, just the beginning and end, like very obvious. Um … I’m not sure. | *Gong not used in every day life (hippy connections)?*  Mindfulness practice having a beginning and end. *Exercise vs lifestyle* |
|  |  |  |  |
|  |  | **INT: Do you think they could have done anything differently in how they kind of … ?** |  |
|  |  |  |  |
|  | Being in it together  Doing it because others are | REC: Um … Not really, no. I th-, I do actually, I quite like how it was done in the group, that everyone does it at the same time, regardless of how long they’ve been there, and stuff. Because, obviously, me coming in as a newbie, I w-, I was like, What is this? But everyone else was kind of doing it, so you just do it as well [giggles], . It makes you feel, like, silly in a way. Um … | Mindfulness not belonging to those with the longest experience  Encouraged by the group doing it  Conforming to what is expected despite it feeling silly  *The sense of people doing it together no matter how experienced – does this help with the ‘silly’ factor?* |
|  |  |  |  |
|  |  | **INT: There’s a silly factor to it?** |  |
|  |  |  |  |
|  | Mindfulness as silly  Uncertainty of how a silly exercise can help | REC: Yeah. Well there is. You’re just sitting down, like, looking at a coin, or like, really, really focussing on eating a piece of orange, so it does seem a little bit silly, like, explaining it to somebody would seem really silly [giggles]. But yeah. | The activity itself seems silly. How can just sitting be important? |
|  |  |  |  |
|  |  | **INT: Yeah. Cool. Thank you.** |  |

Reflections/initial analysis

* In writing the person seemed older than early 20’s
* Seemed to be a lot of ambivalence towards Mindfulness
* Lots of what she can and cant do – is this due to a belief that she is not one of the mindful elite who have something she does not have?

-issues around the body – un comfortable with being present in the body but seemed to be connected to her own specific issues about her body

- seems to use mindfulness as a distraction or a set of exercises does not feature as a way of being

- language of mindfulness/DBT using the language but seems mystified as to what mindfulness is doing for her. Is there a real cognitive connection? Has she internalised the language or is she mimicking the language. Are there any points where she is making her own connections or using her own language?

- experience remains unfathomable, unable to deconstruct the experience

- use of mindfulness superficially to focus the mind to deal with a problem not connected to it ‘spiritually’

-only described use in superficial problems. Didn’t describe a crisis situation. Is it not useful then or doesn’t come to mind? I didn’t push for more difficulties – sense of don’t go near that

-can mindfulnessbe a threat to the self, body – opening up places that we don’t want to go

- is she using it as it is taught in DBT to allow her to make wise decisions and not necessarily to process pain and trauma – aim of stabilising and therefore not using vipasana (insight) techniques