(*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 – 160330.001.**

Transcriber : Barbara Hellyer.

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|  | Code |  | **Exploratory comments** |
|  |  | **INT: You’ve been … you were a part of the Emotional Coping Skills group …** |  |
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|  |  | REC: Mmmm. |  |
|  |  |  |  |
|  |  | **INT: … and how long were you doing that for?** |  |
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|  |  | REC: I think it was, it was only six months I think. |  |
|  |  |  |  |
|  |  | **INT: Yeah.** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: So … Um, [clears throat], and how did it all go for you? Did it make much of a difference to you in general?** |  |
|  |  |  |  |
|  | Sceptical at first  Change of view on DBT | REC: It didn’t at first. At first I just, er, I was thinking it was a bit pointless and why am I turning up to this. But um, I found that actually when I came away from it um, I’d, was actually using the skills; … | Was sceptical about DBT as a whole in the first instance but started to use some skills |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  | Only realised used skills after | REC: … I wasn’t realising that I was using them; and then afterwards, like, after I’d used one I’d be like, Oh, what exactly I did … I learnt about that. Um, so I found, you know, it did help, and I’m still friends with the people that do it, so … | Used skills without noticing she was using them – was she suing them before DBT but just didn’t have a framework for them? |
|  |  |  |  |
|  |  | **INT: Good.** |  |
|  |  |  |  |
|  |  | REC: … I, yeah, … it make a difference in my life which I didn’t think it would, so … |  |
|  |  |  |  |
|  |  | **INT: Yeah, Yeah. So we’re going to be speaking specifically about the Mindfulness element of the programme, um, and to kind of just get a \*[00.01.08] [background noise], I’m just going to play this little video :-** |  |
|  |  |  |  |
|  |  | **Video playing.** |  |
|  |  |  |  |
|  |  | **Cool. So we’re not actually going to do the Mindfulness exercise, um … How similar was that to the sorts of things you did in the group?** |  |
|  |  |  |  |
|  |  | REC: Um, we actually did that exercise. |  |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  | Using activity to focus | REC: Um, we did quite a few Mindfulness things um - my favourites were the colouring because I’m, I’m quite arty so kind of focussing on the colouring, and I have used that since. Um … | Mindfulness – favourite exercise – something I enjoy doing |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  | Preference for activity for mindfulness  Anxious about silence | REC: … I’ve got one of those adult colouring books and I just … sometimes if I’m getting too stressed out with college and stuff I just sit and draw for a bit, and might listen to music, and I can kind of … I can do the Mindfulness exercises. So it really did \*[00.02.49] [coughing] I didn’t really like the gong one ‘cos I didn’t really like the silence ones. I fe-, I felt really like anxious and stuff while I was doing ‘em. But they have helped, like … | Preference for the activity of colouring over an exercise that was in silence  Used it to deal with feeling stressed  How was drawing listening to music mindful in particular  Silence increased anxiety |
|  |  |  |  |
|  |  | **INT: Wha-, what do you think about …** **It was about the silence ones that kind of led to that anxiety?** |  |
|  |  |  |  |
|  | Silence easier on own  Silence with others self conscious | REC: I don't know. I think it was more … like, when I’m on my own I can do it. Um, I, I did it um, … I went up to um, this forest that I like to go to, and just sat for a while, and when I was very sad, and it made me feel better, but I think it was because there were other people in the room; I think that staying silent with other people, like, watching you and stuff I just, I didn’t really like it. I felt really weird. | Silence was ok on her own silence with other people made her self-conscious |
|  |  |  |  |
|  |  | **INT: OK. Which is that weird kind of feeling of …** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: Um, the colouring that you, you said you kind of enjoyed …** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: … um, what difference does that make to you?** |  |
|  |  |  |  |
|  |  | REC: Um … I don't know … what do you mean by what difference does it make? |  |
|  |  |  |  |
|  |  | **INT: Well, what’s the difference between how you are before you start doing the colouring, and how you are afterwards?** |  |
|  |  |  |  |
|  | Feeling calm  Deal with anxiety  Deal with boredom | REC: I just felt calmer; like I usually do it when … I sort of, I’ve downloaded coursework and stuff, and I’d just be sitting there and I’d be like really bored and kind of like anxious about it, doing the work; and then I’ll colour for a bit and I just feel a little calmer, and a lot like I can get back to work now, it kind of refreshes me. | Feeling calmer  Refreshes me  Using it to deal with anxiety and boredom |
|  |  |  |  |
|  |  | **INT: OK. So you get a feeling of refreshment – what, what makes it kind of different, um, that colouring being Mindfulness colouring rather than just Oh I fancy doing a bit of colouring right now – what’s the difference?** |  |
|  |  |  |  |
|  | Careful focus on activity  Activity without focus is not mindful  Relaxation | REC: Um … it’s different because um, like when you’re just colouring you’re kind of thinking about things; but if you focus on the colouring then you kind of, you’re not thinking about coursework; you’re not thinking about what you have to do next, and you can just kind of relax and focus on one particular thing, rather than your life around you, and, and its like my life tends to be hectic, um, and its just nice to kind of take a step away from that. | Focus on the activity without thinking about other things is the thing that makes it mindful  Taking a step away from hectic life  Not thinking about what comes next  Seems to be a little bit of sanctuary with the knowledge that she will move on |
|  |  |  |  |
|  |  | **INT: And, what does it feel like?** |  |
|  |  |  |  |
|  | Calming  Taking a step back  Sense of Acheivement | REC: I don't know. It feels calming. I, I know I’ve used that word quite a lot, but it does; it just, it feels calming and kind of … and you, you do get a sense of achievement afterwards as well, like having taken a step back from your life and completed the drawing, and like, it just, it feels good. Yeah, I could do that. | Calming  Taking a step back from your life feels good  Getting a sense of achievement from completing the drawing |
|  |  |  |  |
|  |  | **INT: And are there any other kind of Mindfulness exercises that stick out for you, for you?** |  |
|  |  |  |  |
|  | Focus on one thing at a time  Comes naturally | REC: Um … not really. I like the silence ones, but I find that I do the silence one so that I can \*[00.05.48]. Like, for example my Mum was um, taking me, I think I was going to the airport actually, um, before I went to Ireland, and um, she, she was just driving me through, and we were at traffic lights and I suddenly realised that I was watching the cars and I wasn’t thinking about anything else but the cars. Um, I was like, oh that was, that was Mindfulness, but I hadn’t even realised that I wasn’t … I didn’t set my mind on going to do it. | Being focussed on one thing at a time.  Can do this quite naturally and then will notice she has done it.  Seems to be a positive for her when she notices she has been naturally mindful. |
|  |  |  |  |
|  |  | But um, I don't know. I don’t really remember much of the other ones we did. |  |
|  |  |  |  |
|  |  | **INT: And do you think that would have been something that you would have ended up doing before you, kind of, learnt the Mindfulness in the group?** |  |
|  |  |  |  |
|  | Calling it mindfulness is important | REC: I’m, I’m not … possibly, possibly the silence one yes, although I wouldn’t have known what it was. And I’m not sure I would have got as much out of it if I hadn’t known what it was, ‘cos I would have just been looking at cars. | There was something useful for her in it being identified as being mindful rather than just staring at cars. |
|  |  |  |  |
|  |  | **INT: So can you remember um, the first time someone spoke to you about um, Mindfulness, what your sort of first reaction to it was?** |  |
|  |  |  |  |
|  | Silence too soon caused anxiety  someone told me it would help | REC: I, I was confused. [giggles]. I didn’t really know, I didn’t really understand what it was or anything, or why I would need it. Um, … I don't know, I just … When I, when I started the group I was kind of like, I was here because my counsellor thought it would be good for me, and, and stuff, and, and they started going on about Mindfulness, and I was like what, what is this? Um, … I don't know. After we did the first … ‘cos the first one we did was silence, um, obviously that made me feel quite anxious, so I was already kind of anxious ‘cos there were new people and stuff. | Someone else thought it would be useful  Doing the first one in silence caused anxiety |
|  |  |  |  |
|  | Unexpected  Initially strange | But, I don't know, I found the first time I ever did Mindfulness quite strange. Um, I, I remember it perfectly ‘cos we were, we were sitting and it was quite dark outside ‘cos it was winter, and um, I think they opened the windows so we could listen to the wind. Um, it was just a strange experience the first time we did it, ‘cos no one really knew what to expect. | First experience of mindfulness was strange  No-one knew what to expect |
|  |  |  |  |
|  |  | **INT: And, and do you remember if you had any thoughts about why you might be doing it?** |  |
|  |  |  |  |
|  | Initially not sure of the point  Understood through experience | REC: Um, one of them \*[00.08.20] like trying to explain it to us, and I remember them saying that um, like, it was to help focus our mind on one thing. Um, no at first I didn’t really know, like, why I would need to. But, like slow-, er, then I started to understand after we did it, like a couple of times, I was like no, this does help. | Didn’t understand why they were being asked to do it in the first instance.  Was told it was useful to focus on one thing  The experience led her to think it does help |
|  |  |  |  |
|  |  | **INT: What do you think it meant that you started to understand?** |  |
|  |  |  |  |
|  | Mindfulness useful as part of overall skills training | REC: I don't know. I think it was just practising the skills and stuff, and that … that I am better for it; I, I stopped counselling pretty much like in the middle of the Skills Group ‘cos I didn’t feel like I needed counselling and that. Um … I think that, like, ‘cos I started to understand it, and why we were doing it, and like, having the skills that I learnt from that group, I think it made me better as a person. I, I don’t really know why, it’s like I don’t understand it, I think we just practised it a lot so … | Doesn’t quite understand why it started making a difference for her.  Seems to be part o the overall skills training experience |
|  |  |  |  |
|  |  | **INT: So when does Mindfulness come up in your life now?** |  |
|  |  |  |  |
|  | Use to deal with a problem situation  Use in everyday situation to deal with coursework | REC: Um … I use it quite a bit, um, like, when I’m doing course work and stuff. Or I, I still have a lot of problems with some of my friends and stuff, um… Recently my two best friends got into a massive fight with each other, and I was just kind of like, I was just gonna get off social media for a bit and just kind of be Mindful. | Changed her reaction to a situation – withdrew from the impact of a friends argument. |
|  |  |  |  |
|  | Able to deal with problem afterwards  Silent – then can deal with things | I know this sounds really stupid, but um, like, I just … I couldn’t deal with them. So I stopped talking on social media for a bit; I just kind of relaxed and was Mindful and did colouring and stuff, and was just silent for a bit on my own in my room. And it kind of, it helped me to kind of think, great, I can do this, I can sort this out. Um, yeah. | By being silent for a bit I was able to think I can do this  I can sort this out because I’ve spent some time being mindful |
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|  |  | **INT: And how long did you spend doing that before you got to the point where it was like, I can talk this out now?** |  |
|  |  |  |  |
|  | Mindfulness takes more time for bigger problems | REC: That was about an hour because I was [chortles] I just couldn’t deal with them and I was like, no they’re still going to be arguing. Um, but like if I would do it after coursework, if I’m, if I’ve done quite a bit of coursework I’ll just settle for about 10 minutes, um, maybe less, but I’ll just go back into our flat ‘cos … | Needs to take more time over mindfulness if the situation is more difficult.  Seems to be a way of slowing things down and giving her time to collect her thoughts. |
|  |  |  |  |
|  | Sorts me out  Big things take a lot of time from mindfulness | But if it’s big things that usually take a lot of time out, ‘cos I’m like No, I need to properly calm down, and sort myself out before I sort them out. | Experiences that she needs to be calm herself before she can deal with external pressures.  Talking to herself – no, i need to properly calm down.  Increased internal dialogue? |
|  |  |  |  |
|  |  | **INT: And what do you think of, it is about the Mindfulness that means you end up sorting yourself out?** |  |
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|  | Allowing mind to sort it out without thinking | REC: I don't know. I just… when I’m not thinking about things, I guess I’m self-consciously thinking about things … | There might be a sub conscious process going on for her when she is not actively thinking about things. Could this be that she is not triggering the emotional response that makes it hard to think about things? |
|  |  |  |  |
|  |  | **INT: OK.** |  |
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|  | 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 |
|  |  |  |  |
|  |  | **INT: You’re not weighing it all up and trying to …** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
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|  |  | **INT: … work it out.** |  |
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|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: But somehow the Mindfulness bit gets you to a point where its easier to?** |  |
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|  |  | REC: Yeah. |  |
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|  |  | **INT: OK.** |  |
|  |  |  |  |
|  | 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. |
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|  |  | **INT: Do you think it will continue to be part of your life?** |  |
|  |  |  |  |
|  | Mindfulness will stick | REC: Definitely. I think this is a skill that I’ve learnt that I will definitely use, like, forever. It’s just … it calms me a lot. I keep using that word, I can’t think of another word for it, but it just, it relaxes me. | Is certain that she will continue to use mindfulness because it calm her |
|  |  |  |  |
|  |  | **INT: Are there any kind of bits of Mindfulness that you would stay away from though?** |  |
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|  | Dont want the activity to stimulates thinking | REC: Um … The noise ones, like the, the gong, ‘cos I found they didn’t really … and, and bubbles – we did bubbles as well, and I didn’t find that helped, ‘cos I was kind of more focussed on that rather than … and I found that the noise ones, ‘cos I get migraines anyway [coughing in background], and I was thinking about the gong and then, like, loads of thoughts came into my mind; I didn’t find that helped very much. | Some activities stimulate thinking more than others for her focusing on sound stimulates thought  Foudn the bubbles didn’t help – more focussed on that? – the making of bubbles? |
|  |  |  |  |
|  |  | **INT: So, so … any activity that makes you think of other things …** |  |
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|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: … stop, makes it harder to be mindful?** |  |
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|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: OK.** |  |
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|  | Focus not distraction | REC: Like, the, the bubbles distracted me a lot, and um, I, I just, I couldn’t be Mindful ‘cos I just kept giggling about things, and I was, I don't know. | Feeling too distracted by an activity to be mindful – stimulated thinking and giggling |
|  |  |  |  |
|  |  | They made me happy, I guess that’s a good thing, but like if ever I was sad I could blow some more bubbles so that … | Separating out the idea of it causing a positive emotion and being mindful. |
|  |  |  |  |
|  |  | **INT: So how did you know you weren’t being Mindful in that situation?** |  |
|  |  |  |  |
|  | Mindfulness is not thinking random things | REC: ‘Cos you just start thinking about, like, really random things. Um, like they kept telling us to think about, to focus on one thing, and focus on, like, focus on the wind, focus on the gong, focus on, like, those things, and you kind of realise that you’re not doing that. I think that’s, that is the difficulty with the silence ones, ‘cos unless you have something to focus on you kind of, you start thinking a lot. But um, I usually, with the silence one I can usually clear my mind and just stare at a piece of wall, and I’m, I’ve got … I had to practise a lot the silence one, and I don’t really like doing it unless I’m on my own, but … like, I don't know, you just … life comes into your head, and like random things, like someone you haven’t talked to in ages will come into your head, and like No, I’m trying to be Mindful! | Experiences that it is hard to focus on things for a long time as thoughts come into her head. She likes something that absorbs her more so she doesn’t think of random things. |
|  |  |  |  |
|  |  | **INT: Have you ever tried to explain Mindfulness to someone else?** |  |
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|  |  | REC: I did once. I tried to … ‘cos my Mum was quite curious about what we were doing, and I tried to explain it to her, and she didn’t really get the idea of it. |  |
|  |  |  |  |
|  |  | **INT: Can you remember what you said?** |  |
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|  | Understanding by experience | REC: No, I’ve … I can’t remember. I know I was just trying to … I kept saying about focussing on one thing and she got really confused ‘cos she was, like, but why? Why, why do you do this? And I said because it helps, I don't know. I, I don’t really … ‘cos I’m, I know what it is but I just can’t describe it to someone; and I know why I do it but I can’t … it’s difficult to kind of tell people. Like, when they told us I didn’t really understand, but through doing it I started to understand it from my point of view. And I think that’s the only way anyone’s ever going to understand it. | The only way anyone is going to understand mindfulness is by doing it. She doesn’t seem to be at all bothered by what the theory is she seems happy to have experienced it as helpful to her without needing to analyse why.  Being focussed is central to her experience of mindfulness. |
|  |  |  |  |
|  |  | **INT: Was there ever a time outside of the group that [clears throat] someone suggested doing, using Mindfulness in any particular situation?** |  |
|  |  |  |  |
|  | Not just activity – focussed activity | REC: No. The, the … we learnt breathing techniques in, um, in the Skills Group, and then, um, they, like, people would suggest them to me, but never in Mindfulness. But the, I … I guess the breathing could be Mindfulness techniques, but they were never described to me as done, like, outside the group. | Not encouraged to use mindfulness outside of the group but did so anyway.  She very precisely separates out an activity and doing an activity mindfully. |
|  |  |  |  |
|  |  | **INT: There seems to be a bit of an overlap between, like, you know, the activity; how do you know that its, its Mindfulness and not, like, distraction you’re doing, or …?** |  |
|  |  |  |  |
|  | Clear difference between doing activity mindfully and not mindfully | REC: I don't know. I do-, I, I honestly don’t know, like … I guess a lot of things could be Mindfulness, ‘cos if you’re focussing on one thing that’s kind of what Mindfulness is. And the breathing, you’re kind of, you’re completely focussing on the breathing, so I guess that could be, but I don't know. | Focussing on one thing whatever it is could be mindfulness but doing an activity in itself is not mindfulness. |
|  |  |  |  |
|  |  | **INT: And is the Mindfulness you do always connected to an activity, as it were? Or do you ever feel that you’re being mindful just within a situation?** |  |
|  |  |  |  |
|  | Everyday life vs stepping back from experience  Stepping back | REC: I guess you could, like, when I’m doing coursework I guess I’m mindful, because I’m completely focussed on the coursework. Stuff like that. I’ve never really thought of it before, but yeah, I guess that you are, like, I cook a lot for myself now ‘cos I’m 18, so yeah I guess you are mind-, well I am mindful a lot, but like in situation rather than just taking a step back from things. I don't know, I’ve never thought of it like that. | She talks about noticing that she will focus completely on coursework or cooking and now sees this as being mindful in every day life.  Noticing the difference between stepping back from a situation to be ‘mindful’ and being focussed and mindful in everyday life |
|  |  |  |  |
|  |  | **INT: Tsk, [clears throat]; let me just check if there’s other things …… So what did you think about the way in which Mindfulness was introduced to you?** |  |
|  |  |  |  |
|  | Thrown in at the deep end  Couldnt explain it better – only be experience  Repetition useful | REC: I think we were kind of thrown in a bit. I think that, because it was the first activity we did, um, and they did that every single session, like, we did Mindfulness at the beginning, and we had a break halfway through, then we did Mindfulness again. Um, and although that helped, like, that, that meant that we were constantly doing it and constantly picking up these skills, it was, it was quite weird being thrown in there, like, straight away with something we didn’t really understand. | Being ‘thrown in’ feels like having no control and being fearful of what to expect.  Doing it a lot at the beginning felt uncomfortable because it was doing something weird time and again  She thinks the repetition was necessary |
|  |  |  |  |
|  | Repetition helps | A bit like I said early, like they think the only way to understand it is by doing it quite a bit, so I guess that was quite a good way. And when, when they tried to explain it I don't think any of us really understood. So … yes, yeah, being thrown in was a good idea, it just didn’t feel like it; it felt quite scary, like … being thrown in at the deep end [chuckles]. | The explanation of mindfulness made less difference to her than the repeated exercise of mindfulness.  She thinks there was a good reason to ‘throw them in’ but at the time she found it scary - |
|  |  |  |  |
|  |  | **INT: What do you think it was about you that meant that you did go on and give it a go and kind of give it a go outside of the group as well?** |  |
|  |  |  |  |
|  | Ready for mindfulness 9DBT) | REC: I, I think I was ready to get that though, and I think I was ready to pick up these skills. Um, … I, there was someone in the group who, um, actually left half-way through because she really wasn’t getting on with it, and I don't think she was ready to kind of learn the skills and kind of go off and get better herself; I think she needed a lot more help. | Some people don’t seem ready for it |
|  |  |  |  |
|  | Have to be ready to change | Whereas I had kind of, I’d been in counselling for a lot of years, and kind of the talking therapy wasn’t working for me, and coming into this group and kind of being given the chance to help myself, I think I was ready to do that, and I was really to go on from that and kind of improve my life myself, rather than getting talking therapy help and all the other stuff. So yeah. [giggles]. | Ready for mindfulness after a long time in individual counselling  Had to be ready to improve my life |
|  |  |  |  |
|  |  | **INT: So if you would do your best shot at kind of thinking about how Mindfulness work, what it kind of does for you, what would you … how would you best describe it?** |  |
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|  | Focussing not thinking  Not allowing thoughts  Understand thoughts better | REC: Um … I would say that to be mindful you have to think about one … you have to focus on one thing; um, completely clear your mind; forget about your life at that ti-, at that time, um, just, just don’t think really. Or if you’re doing it, if you’re doing a certain activity, so if you’re colouring completely focus on the colouring and don’t let any other thoughts come into your head. And then what I always do is when I stop, stop being mindful I think about it and I think about, like, how it went … | Focussing and forgetting life  Not allowing ordinary thinking to happen  Uses the mindfulness to understand what’s in her head – which thoughts did come up despite trying to focus |
|  |  |  |  |
|  |  | **INT: Uh huh.** |  |
|  |  |  |  |
|  | Control thinking | REC: … ‘cos I find that helps; I find that, like, I can improve myself if I think about how, like, if I thought about anything stupid, or anything like what I thought about stuff. | She sees it as a way to self –improve – to understand her mind particularly about thoughts that are stupid |
|  |  |  |  |
|  |  | **INT: So you’d be kind of reviewing what you …** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: … thought about in the Mindfulness … and what sort of things would come up that would just …?** |  |
|  |  |  |  |
|  | Self talk  Self control  Controlling thinking | REC: Um … actually just completely random things like, I, I’d just be colouring and then suddenly I’d think about, like, a film that I really want to watch, or recently, ‘cos um, I’ve been thinking about tattoos quite a bit, ‘cos I got my first tattoo like a few weeks ago, and um, I was ju-, like, I was colouring the other day – I can’t remember what I was colouring – but I suddenly thought, Ah, that’d be really cool as a tattoo, and I just couldn’t stop thinking about tattoos, but … it was … yeah, so stuff like, really random stuff that, they just kind of pop into your head and you’re, No [giggles], I’ve got to be mindful [giggles] . | Describing how her mind wanders and how she talks to herself – no I’ve got to be mindful |
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|  |  | **INT: And can you describe what difference it makes to you, how it makes you feel, [clears throat] what would be your best shot at doing that?** |  |
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|  | Calming | REC: Calm. I know I keep using the word but it does make me feel calm, like, I can just, er, when I was um, zoning out to the traffic, um, I kind of came out from, from it and I was just like, Oh, OK, I’ve just spent about five minutes watching traffic, but I did feel really calm. Like, I think that is the best word to describe it. | Calming for her seems to be connected to not thinking as if it is the thought processes that stop her from feeling calm. |
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|  |  | **INT: And you said about zoning out …** |  |
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|  | Zone out mindfully  Zone out unmindfully | REC: Yeah. I, I’ve always zoned out, but like it’s never really helped; and then, now when you zone out to certain things I find that it helps a lot more. ‘Cos if you’re just zoning out, like, … I don't know, I just, I guess it helps to think about being mindful, um, rather than just zoning out and thinking about random things. | Zoning out mindfully for her is different to zoning out in general – the focus on one thing is more helpful to her than allowing random thoughts to pass through her head |
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|  |  | **INT: So there’s a difference between mindful zoning out and …** |  |
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|  |  | REC: Yeah. |  |
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|  |  | **INT: … just zoning out.? What do you think the difference is?** |  |
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|  | 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. |
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|  |  | **INT: What is it like that step back thing? What, how does that feel?** |  |
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|  | 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 |
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|  |  | **INT: And you wouldn’t have been able to do that before?** |  |
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|  | 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. |
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|  |  | **INT: So before it felt like you had to keep going back to thinking like that?** |  |
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|  | 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. |
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|  |  | **INT: [clears throat]. [pause]. Tsk, so is there anything that we haven’t kind of talked about in terms of Mindfulness that you think has been important to you in the experience of, of Mindfulness?** |  |
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|  |  | REC: I don't know. I think more people should know about it. |  |
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|  |  | **INT: OK.** |  |
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|  | Should be made available more  Would have liked it before | REC: I think more people should, like, learn how to do it, and maybe not in, like, groups, but in actual counselling sessions. Because I feel, I feel if I’d learnt this at, back when I was doing my GCSEs it would have been a big help to me. Rather than … because although I am grateful that I learnt it, like, when I did, um, as I’m now finishing college and stuff, kind of wish I’d had it a bit before, um, while I was in counselling, when I was younger and stuff. I feel like more people should know about it, and, and even if it doesn’t help them I know that, like, different things help different people, but if it could help some people. | She doesn’t think it is talked about enough for people to have the chance to use it  She would have appreciated the chance to use mindfulness earlier in her life to deal with GCSE’s |
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|  |  | **INT: And do you think you would have been able to kind of take it on back when you were doing your GCSEs?** |  |
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|  | Might not have been ready before | REC: Possibly not. Um, I was kind of … I didn’t really want to be helped back then. But, I dunno; I guess if I’d been given the choice that it would have been nice, but … I don't know, maybe it wouldn’t have helped ‘cos I wouldn’t have wanted to take it on board. But, I dunno. [giggles]. | Not sure if at a different time in her life she would have been able to use the mindfulness - need to want to be helped to use something like mindfulness |
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|  |  | **INT: Mmmm, do you think there is something about timing with being introduced to Mindfulness?** |  |
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|  | Personal timing | REC: I, … I’m not sure. I think there’s a … I think it’s more to do with personal timing. I think it’s more to do with, um, … I think the whole counselling thing is all to do with when you’re personally ready to be helped, and to get through it. Um … ‘cos I don’t think I was ready until last year to kind of get out of that slump. \*[00.29.37] I look back and think why wasn’t I ready? I dunno. I think it is about personal timing and kind of, your own personal treks at the top of the mountain, which is very cliché, but … I kept getting \*[00.29.59]. | Personal journey to come through difficulties – need to be ready to be helped |
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|  |  | **INT: [coughs] And has anything stood out for you about any of the, um, tsk, like, terms that might come up in Mindfulness, like um, … wise mind, or non-judgemental, or anything like that, that kind of ?** |  |
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|  | Not theory based | REC: Um, a lot of those I don’t actually remember kind of, like … I remember them but I couldn’t for the life of, of me tell you what they meant. Like, I remember those \*[00.30.36] as well, and I just, I cannot remember. | Hasnt connected to the theory of mindfulness |
|  |  |  |  |
|  | Changing how deal with things  Change not through knowledge 0through experience | I think … I think want more, like, what affected me more was kind of I picked them up over, like the, the skills that we learnt about repeatedly, I picked them up and I started using them in my practical life, um, but I, I couldn’t tell you what any of them meant, and I do use, like, some of the skills I learnt now, like I found that I was using them, like, … the reason I did the Skills Group was ‘cos I wasn’t very good at … like, I, I always said “sorry”, always, like, to everybody, like, even though if it wasn’t my fault; I was, I’m still a push-over, but I’m less of one, um … and I found that, like, I can say “no” a lot easier now, which is something I really struggled with before; like I would do, I would do things for everybody that I found myself in situations where I was like, why am I doing this? I don’t want to do this, I don’t have the time to do this. Um, so I slowly, over the course of the, of the, of the um, thing, I picked up … | Generally has begun to deal with her life better and thinks this is because of skills training but not because she really knows the skills. |
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|  |  | **INT: [coughs].** |  |
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|  |  | REC: … the skills that they were trying to teach us. And even if I couldn’t name them I started to learn them, um, I don't know, just … I began to cope a lot easier, like, over the course of the … So that I still, I think they, they were trying to throw, throw a lot of skills at us, and I, I dunno. |  |
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|  | Need the repetition to understand | Maybe if it had been over a longer period of time, um, and kind of, we’d learn about the skills and, like, … not repeated the whole sessions, but something like that ‘cos I found that the skills I learnt, I picked up on most, were the ones that we, like, so Mindfulness we did every session, so I picked up on that, like, a lot. Whereas the others we kind of did once or twice. And actually the ones we didn’t understand we re-did, um, like, like \*[00.33.14] points, and I found I picked up on those again. So … I feel like you learn more through repetitive … But I dunno. | Helpful that mindfulness was repetitive because this meant that she picked up on it more than the other skills – but the experience of mindfulness not the theory. |
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|  |  | **INT: Great. Well there’s nothing else that I need to ask you about.** |  |
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|  |  | REC: OK. |  |
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|  |  | **INT: Um, if there’s nothing more ………** |  |