(*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 – 160810.002**

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|  | **Code** |  | **Explanatory comments** |
|  |  | **INT: So, you’ve been on a DBT programme,…** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: … and how long were you on the DBT programme for?** |  |
|  |  |  |  |
|  |  | REC: Um, so I’ve been on it for 15 weeks, or thereabouts. |  |
|  |  |  |  |
|  |  | **INT: OK. And what sort of things have you been kind of learning about in those 15 weeks?** |  |
|  |  |  |  |
|  |  | REC: Um, I’ve been learning, like, skills to cope with um, things, you know, like heath, and … yeah. |  |
|  |  |  |  |
|  |  | **INT: And, so we’re gonna be um, talking a bit about Mindfulness, and I usually have a little video with a Mindfulness exercise, but the computer’s not working properly, um, so it’s just a short video clip of someone explaining um, to people to listen to the sound of a, of a bell being run, um, and …** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: … just focussing on that sound, um, and once the sounds had disappeared to raise their hand. Um, is that similar to the sorts of things that you would have done for Mindfulness in …** |  |
|  |  |  |  |
|  |  | REC: Um … |  |
|  |  |  |  |
|  |  | **INT: … your, your sessions, or …?** |  |
|  |  |  |  |
|  |  | REC: I haven’t really covered that sort of thing. I’ve covered like facing um, um, the distance of noises and how far away I can hear them. |  |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  |  | REC: Um, that sort of thing. |  |
|  |  |  |  |
|  |  | **INT: OK. Um … so can you think of all the times that you’ve done some Mindfulness in the group, ‘cos I’m guessing you’re doing … do you do group and individual …** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: … stuff? So if you think of all the times that you’ve done it in the group, um, can y-, can you think of a time ?** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: Yeah, what was it like? What were you doing?** |  |
|  |  |  |  |
|  | Observing | REC: Um, we had a piece of fruit - at which point I had a blueberry - and we had to observe our blueberry and think about what differentiated it from the rest of, like, everyone else’s pieces of fruit. | Observing at the heart of mindflnes for her |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: And what was that like for you?** |  |
|  |  |  |  |
|  | Mindful language | REC: Um, I had quite a few judgements about it to start with, you know, it felt quite sort of tedious to be looking at a blueberry for a minute and a half, you know, but afterwards it felt like … I’m not really sure how it felt, but it felt quite easy to \*[00.02.14] this afterwards. | Brings in language about mindfulness - judgements |
|  |  |  |  |
|  |  | **INT: OK. So it, it … changed how you were before and afterwards?** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: OK. Um, … and, you said you had quite a few judgements, can you tell me anything more about that?** |  |
|  |  |  |  |
|  |  | REC: Um, I’m not really sure, like, I think I was just sort of judging the task rather than, you know, that specific, well not mindfulness as a whole, just you know, that task. | Specific judgements about a task – did she think it was stupid but is too polite to say? |
|  |  |  |  |
|  |  | **INT: Uh huh. And can you remember the first time that someone spoke to you about Mindfulness?** |  |
|  |  |  |  |
|  |  | REC: I think so, yeah. |  |
|  |  |  |  |
|  |  | **INT: Can you remember what you thought about it?** |  |
|  |  |  |  |
|  | Mindfulness is different/unusual  Thinking of mindfulness as everyday | REC: Um … I thought that it sounded quite different to something that I’d ever done; and I thought that it sounded quite interesting, like, how this would be how I could use that in my, sort of, everyday life. | Sounded different to anything from before  Straight away wondering how she would use it in her everyday life  Seems very polite about it |
|  |  |  |  |
|  |  | **INT: What do you think was interesting?** |  |
|  |  |  |  |
|  | Mindfulness is simple  Already present in life  Observing | REC: Um … I think how it was quite a simple thing, and that maybe some sort of observing we might do sort of naturally without realising it, how maybe some of us do it without realising it quite a lot. | She found the first explanation simple and not confusing  Straight away started to think about the ways in which she observed things already.  Was connected to the idea that it was already something she does |
|  |  |  |  |
|  |  | **INT: So, can you remember sort of what your, what you felt about it when you were first told about it?** |  |
|  |  |  |  |
|  |  | REC: Um, … what actually doing it, or …? |  |
|  |  |  |  |
|  |  | **INT: Um.** |  |
|  |  |  |  |
|  | At first it was harder | REC: Um, and when I first did it I found it like, quite hard to focus, because I wasn’t used to doing it. Um, yeah. | Initially hard to focus but she put that down to not being used to it rather than a deficit in her |
|  |  |  |  |
|  |  | **INT: And has that stayed the same, that it feels quite hard?** |  |
|  |  |  |  |
|  | More difficult if stressed  Focus  Get easier with practice | REC: No, I think if you’re in, like, quite a stressful situation it makes it harder to, harder to focus, but generally it’s easier to focus now than what it was when I first started. | Harder to focus when she is in a stressful situation  Has become easier to focus on the whole |
|  |  |  |  |
|  |  | **INT: And, what difference does that focus make?** |  |
|  |  |  |  |
|  | Wtih practice fewer intrusive thoughts | REC: Um, it makes it easier to be like fully absorbed into the Mindfulness, rather than having … and being less interrupted by them other thoughts that come in. | Is positive to her to have fewer thoughts interrupting her focus  Being fully absorbed – as if being soaked up |
|  |  |  |  |
|  |  | **INT: OK. And when you are fully absorbed, what’s that like?** |  |
|  |  |  |  |
|  | Focus is relaxing  Mindfulness makes more focused in life | REC: Um, it’s quite relaxing, because I feel very focussed on that task. Um, and it makes it feel more focussed afterwards. | The focus in the task leads to better focus after the task  Focus becomes relaxing – because of fewer thoughts? |
|  |  |  |  |
|  |  | **INT: OK. And what difference does that make to you when you’re more focussed afterwards?** |  |
|  |  |  |  |
|  | 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. |
|  |  |  |  |
|  |  | **INT: Can you explain a bit about what you mean by effectively?** |  |
|  |  |  |  |
|  | 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. |
|  |  |  |  |
|  |  | **INT: OK, and how is it for you when you’re able to do that?** |  |
|  |  |  |  |
|  | 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. |
|  |  |  |  |
|  |  | **INT: OK. And were you in a group when you first heard about Mindfulness?** |  |
|  |  |  |  |
|  |  | REC: Yeah. I first heard about it in my individual sessions. |  |
|  |  |  |  |
|  |  | **INT: OK. So have you used it since in the individual sessions, or …?** |  |
|  |  |  |  |
|  |  | REC: Yeah. Yeah, we do, like, a mindfulness exercise once in our session. |  |
|  |  |  |  |
|  |  | **INT: OK. At a particular point or …** |  |
|  |  |  |  |
|  | Focus for individual therapy | REC: Um, we always do it at the beginning of our sessions, and, like, I think it helps brings focus, like, in the session. | Use of mindfulness to support therapy session by making her focussed |
|  |  |  |  |
|  |  | **INT: So you start every session with the Mindfulness exercise?** |  |
|  |  |  |  |
|  |  | REC: Yeah, yeah. |  |
|  |  |  |  |
|  |  | **INT: And it helps you to focus, so it does it help with anything else? What else does that do for you in the individual sessions?** |  |
|  |  |  |  |
|  | Focus | REC: Um, I think it’s just a good way to bring in the focus, and like, start off, you know, with a skill and everything. And also because, maybe because you start the same, you know, it follows a similar pattern. | Mindfulness becoming part of the therapy routine – remind her of using skills |
|  |  |  |  |
|  |  | **INT: OK. So, and if you weren’t focussed, what then?** |  |
|  |  |  |  |
|  | More effectice therapy | REC: Um … I don’t think I’d get as much out of the sessions. Um, yeah. |  |
|  |  |  |  |
|  |  | **INT: And what … can you, can you tell the difference between the time when you’re really focussed and not focussed?** |  |
|  |  |  |  |
|  | 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 |
|  |  |  |  |
|  |  | **INT: OK. Um, … Is Mindfulness something that you would use outside of either the group or the um, individual sessions?** |  |
|  |  |  |  |
|  |  | REC: Yeah, yeah. |  |
|  |  |  |  |
|  |  | **INT: In what way?** |  |
|  |  |  |  |
|  | Use to deal with unpleasant situation  Mindfully describing  Changing focus of thoughts  Feeling relaxed | REC: Um, I use it quite a lot in the car going, if I’m going somewhere that I don’t particularly want to go, just Mindfully describing, like, what’s going on outside. Um, I find it quite relaxing. | Using the mindfulness to deal with doing something unpleasant. Focusing on what she can see rather than thinking about the unpleasant event that is approaching  Feeling of relaxation |
|  |  |  |  |
|  |  | **INT: OK. And what, what’s that like for you, once you’re kind of just describing and feeling relaxed, how …?** |  |
|  |  |  |  |
|  | 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 |
|  |  |  |  |
|  |  | **INT: So, so what’s lifting off from you?** |  |
|  |  |  |  |
|  |  | REC: Um, the anxiety, or worry. | Using mindfulness to deal with worry |
|  |  |  |  |
|  |  | **INT: OK. So you’d use it in a situation where you were worried about getting somewhere and …** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: Can you think of any other times that you would use it?** |  |
|  |  |  |  |
|  | Observing thoughts  Observing body sensations | REC: Um … Um … I’m not sure. Just sort of like observing thoughts as well, and bodies sensations, and stuff like that. |  |
|  |  |  |  |
|  |  | **INT: OK. And when you’re observing thoughts what are you, what are you doing there?** |  |
|  |  |  |  |
|  | 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? |
|  |  |  |  |
|  |  | **INT: OK. So can you take me through the process of what you do, what that …** |  |
|  |  |  |  |
|  | Use of breathing  Observing thoughts  Canging content of thoughts | REC: Well I start off with, like, breathing to, like help me get into it and focussed; and then I observe the thoughts that are there, and then I start to show myself that these are thoughts, and they’re not facts. | Cognitive restructuring of the experience of thoughts. Stepping back from being a part of the thought and treating thoughts as separate. |
|  |  |  |  |
|  |  | **INT: OK, and what difference does that make to you?** |  |
|  |  |  |  |
|  | Thoughts coming and going | REC: Um, … I think its because they’re not then set in stone. They’re not facts. And they come and go. | Changing perspective on thoughts that they don’t last – they come and go. |
|  |  |  |  |
|  |  | **INT: OK. And what sort of situations might you use that in?** |  |
|  |  |  |  |
|  | Use to change negative thinking | REC: Um … I’m not sure what it is. Quite often I’d use it, you know, any sort of negative thoughts really. | Is prompted to use it when she has any sort of negative thought – how is this different to using CBT? What part does mindfulness play in particular? |
|  |  |  |  |
|  |  | **INT: OK. And you said something about body sensations as well.** |  |
|  |  |  |  |
|  | Relaxation through body scan | REC: Yeah. Um, meaning that I do know it’s a body scan or something, like before bed or something to help relax. |  |
|  |  |  |  |
|  |  | **INT: And can you take me through it – what you do in a body scan?** |  |
|  |  |  |  |
|  | Focussing on the body helps  Stop thoughts jumping | REC: Um … I follow um, like similar structure, like going from, like, the top of my head, and then just going on through down to the bottoms of my feet, and … Going, like, in an order like that quite helps, like, it fe-, makes me feel more focussed on that, rather than sort of jumping around everywhere. | Focussing on the body helps her to feel more focussed  Stops the thoughts from jumping –calmer thoughts |
|  |  |  |  |
|  |  | **INT: OK. So, what, your thoughts jumping round everywhere and if you do that …?** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: OK, so what difference does that make?** |  |
|  |  |  |  |
|  |  | REC: Um, I think it makes me feel a lot more relaxed before bed, which helps, like, to get to sleep and everything like that. Yeah. | Using mindfulness to relax and get to sleep. |
|  |  |  |  |
|  |  | **INT: So when … in your individual sessions, has, has it ever been suggested that you use Mindfulness for a particular situation, or …?** |  |
|  |  |  |  |
|  |  | REC: Yeah. Yeah, we done work on, like, so like going to the dentist and stuff like that; and what to do, like, in a car, and stuff. | Using mindfulness to deal with situations that make her feel anxious |
|  |  |  |  |
|  |  | **INT: OK. Um, and, and what did you … Did you use it then after that suggestion?** |  |
|  |  |  |  |
|  |  | REC: Yeah, I did, yeah. |  |
|  |  |  |  |
|  |  | **INT: What did you do?** |  |
|  |  |  |  |
|  | Using with other skills | REC: Um, I used, like, the Mindfully describing, um, and I used that alongside, like, other skills as well. And then that just helped, like, the combination of them. | Using mindfulness with other skills – the combination was important not just mindfulness on it’s own  Mindfully describing rather than getting caught up in the unpleasantness – non-judgmental? |
|  |  |  |  |
|  |  | **INT: And … how did that affect the experience of ge-, going into the dentist?** |  |
|  |  |  |  |
|  | Feeling relaxed  Managing unpleasant situations  Not struggling against unwanted sensations | REC: Um … it made me feel um, more relaxed. It was easier for the dentist to do the work they needed to. So he didn’t have to force, you know, his way round, so … which made it a lot more comfortable for me. | Mindfully describing allowed her to go through an unpleasant situation in a better way – not to struggle against the unpleasantness and that made things easier |
|  |  |  |  |
|  |  | **INT: OK. So you … the Mindfulness led to relaxation and that led to …** |  |
|  |  |  |  |
|  | Change perspective on the situation | REC: I suppose less pain, ‘cos you know, the dentist has to sort of force you to be able to do the work, and it hurts, you know. Which is, which, you know, creates even more of an anxiety round the dentist. | Changing perspective on a situation – using mindfulness to reduce the struggle against something that was unpleasant. |
|  |  |  |  |
|  |  | **INT: So were you using the Mindfulness at the dentist as well as on the way there?** |  |
|  |  |  |  |
|  |  | REC: Yeah, yeah. |  |
|  |  |  |  |
|  |  | **INT: And what were you doing whilst you were actually at the dentist?** |  |
|  |  |  |  |
|  | Observing without judgement  Absorbed in unpleasant experience  Not avoiding the aversive | REC: Um, I was observing, like, the different um, sensations in my mouth as he used, like, the different sort of tools. Yeah. | Not avoiding the experience but being part of the experience in a different way – without struggle. Sounds like she didn’t let emotions become part of the experience - possible doe to observing only and not ‘thinking’ about the experience |
|  |  |  |  |
|  |  | **INT: And what’s that like, to really observe what the dentist is doing?** |  |
|  |  |  |  |
|  | Increased awareness  Increased control  Feeling vulnerable | REC: It felt quite weird to start with, you know. I made me feel a bit more vulnerable. But I don't know, it felt a bit more like, but now I know what’s going on, you know. It made me feel more aware and more in control. | Feeling of being more aware and in control even though she was allowing the dentist to work. Being mindful of what he was doing was helpful rather than trying to think of something else |
|  |  |  |  |
|  |  | **INT: And what would have you been doing if you hadn’t of been using that, observing?** |  |
|  |  |  |  |
|  |  | REC: Um, probably just kept my mouth shut and not let him in, you know. |  |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: So you’re coming more open to …?** |  |
|  |  |  |  |
|  |  | REC: Yeah, yeah. |  |
|  |  |  |  |
|  |  | **INT: Mmmm. And the other times when it was suggested that you use Mindfulness either in a …?** |  |
|  |  |  |  |
|  |  | REC: Um … I’m sure there are but I can’t remember off the top of my head. Um … |  |
|  |  |  |  |
|  |  | **INT: No, sure. Are there any other Mindfulness exercises that stick out from the group mindfulness?** |  |
|  |  |  |  |
|  |  | REC: Um … tsk, we did one where um, I can’t remember exactly, but um, it was where we had to go down the staircase that went down our body I think, and then we had to walk, walk down it, and observe, like, what was on the walls, and like what was on the stairs, and that sort of thing. |  |
|  |  |  |  |
|  |  | **INT: So this was kind of imagining it?** |  |
|  |  |  |  |
|  | Exploring inside | REC: Yeah, yeah. And I quite liked that one, like … it almost allowed you to explore your inner self I suppose. Yeah. | Feeling open to exploring her inner self |
|  |  |  |  |
|  |  | **INT: And can you remember what you discovered?** |  |
|  | 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 |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: And is that something that they guided you through, talking …?** |  |
|  |  |  |  |
|  |  | REC: Um … |  |
|  |  |  |  |
|  |  | **INT: … or did you just have to do that on your own?** |  |
|  |  |  |  |
|  | guided | REC: Yeah, they, they guide us through it, you know, saying if you’re walking down the staircase, you know, and what can you see, and asking them sorts of questions. |  |
|  |  |  |  |
|  |  | **INT: And how, how does that sort of a Mindfulness exercise affect you?** |  |
|  |  |  |  |
|  | Feeling exposed  Understanding inside herself | REC: Um … I suppose straight afterwards I didn’t like it. Like I didn’t like what I saw, you know, inside of me I suppose. But then I think it helped because it allowed me to, I suppose, expose, you know, myself to myself, um, and I was able to see, like, what was there. | Initially aversive to go inside of herself and think about what she was feeling and thinking –exposed; but she feels it was helpful – I could see what was there |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: So would you have done that again? Would you have repeated that exercise at any point?** |  |
|  |  |  |  |
|  | 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 |
|  |  |  |  |
|  |  | **INT: Are there any exercises that you’ve done - either in the group, or individual sessions - that you would kind of stay away from?** |  |
|  |  |  |  |
|  | Use of DBT language  Stay away from participating | REC: Um … probably like the, um, is it the mindfully participating in any way, it’s just sort of you have to just go and do it. Um, I do stay away from that, but that’s,… I think that’s simply because, you know, wilfulness, because I don’t want to go and do it. | Using DBT language – wilfulness (like resistance to therapy) – should she have to go along with things she doesn’t want to do? |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: So the, the participating bit isn’t … it kind of … Can you explain a bit more about what that is?** |  |
|  |  |  |  |
|  | Cant just throw myself in | REC: Um, … so like, if there’s something say you don’t really want to do, that you usually probably just wouldn’t, you just go and do it, and you throw yourself into it. | Although she seems to describe mindfully participating in the dentist  Is not very connected to activity based |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  |  | REC: Um, I don’t usually do that one. |  |
|  |  |  |  |
|  |  | **INT: How come?** |  |
|  |  |  |  |
|  | Motivation effects mindfulness | REC: Um … I suppose ‘cos I don’t want to do it. You know, I don’t feel motivated to do it. Yeah. |  |
|  |  |  |  |
|  |  | **INT: Any others that stand out in your mind as one that you would not want to repeat, or …?** |  |
|  |  |  |  |
|  | Uncertain of mindfulness  Hard to let go of tension | REC: Um … I think like, am I right in say that like muscle relaxation, that’s like Mindfulness isn’t it? I don’t really like that one. Like, I don’t find it relaxing. Although I know it’s about like the relaxation of the muscles. Once I like, I tense my muscles it makes me feel very tense rather than like … I’m not able to face \*[00.14.47] the, re-, the relaxing them. So I find that one quite hard; it ends up making me feel quite tense. | Uncertain of what counts as mindfulness  Use of the body more difficult – focus on the body causes tension not relaxation. |
|  |  |  |  |
|  |  | **INT: OK. And where does that leave you?** |  |
|  |  |  |  |
|  | Cant do it – feel agitated | REC: Um … It makes me feel quite agitated, and then I feel quite wilful to do any other sort of Mindfulness, or any other sort of skill. | Notices that aversive exercises have a knock on effect on her wish to do more mindfulness or use skills |
|  |  |  |  |
|  |  | **INT: You said about being wilful a couple of times: what, how does that affect you with the Mindfulness?** |  |
|  |  |  |  |
|  | I should do mindfulness  Wilful about being mindful  Feeling stressed due to wilflness | REC: Um, I think sometimes if I, I don’t particularly want to do it, you know, it’s quite hard to overcome, you know. Um, I think there are Mindful, Mindfulness activities that you can do to overcome wilfulness, but if you don’t want to do one in the first place it doesn’t really help to then be stressed into doing one to overcome the wilfulness, you know. | Ambivalent at times about whether she wants to do mindfulness and not comfortable with the idea of using mindfulness to be more motivated to do more mindfulness. This paradox causes her some stress. |
|  |  |  |  |
|  |  | **INT: So there’s times when – am I getting this right? – that you might think that doing some Mindfulness would be useful …** |  |
|  |  |  |  |
|  |  | REC: Yeah … |  |
|  |  |  |  |
|  |  | **INT: … but you don’t want to do it?** |  |
|  |  |  |  |
|  |  | REC: Yeah, I think so. |  |
|  |  |  |  |
|  |  | **INT: Can you think of a situation that that’s happened in?** |  |
|  |  |  |  |
|  |  | REC: Um … Not recently, I don't think so. No. |  |
|  |  |  |  |
|  |  | **INT: What do you think would um, mean that you were in that position when you thought, I should do it, but I don’t really want to?** |  |
|  |  |  |  |
|  | Motivation effects mindfulness | REC: Um, I’m not really sure. I don't think there was a specific reason; it was more just a case of, you know, can I really be bothered to do this? | Motivation to do mindfulness can change – I cant be bothered – like cant be bothered to do a chore lie washing up rather than aversive idea |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  |  | REC: You know, sort of stuck in the cycle of well I don’t really want to do it, you know. |  |
|  |  |  |  |
|  |  | **INT: So there’s a needing to b e bothered bit?** |  |
|  |  |  |  |
|  |  | REC: Yeah, I think so. Yeah. |  |
|  |  |  |  |
|  |  | **INT: What, what might mean that you were bothered – or not bothered ?** |  |
|  |  |  |  |
|  | Not sure what effects motivation | REC: Um, I really don’t know. Um … It’s just, it’s always one of those things you know. It either is there, or it isn’t; you know, you either want to do it, or you don’t want to do it I think sometimes. | Unsure of what makes the difference between want to do mindfulness and not wanting to do mindfulness |
|  |  |  |  |
|  |  | **INT: And if, and if you don’t? What then?** |  |
|  |  |  |  |
|  | Cant do it if not motivated | REC: I tend not to do it. Yeah. If I don’t want to do it it’s hard to then be able to, you know, feel motivated enough to do a skill to make me want to then do Mindfulness. |  |
|  |  |  |  |
|  |  | **INT: Mmmm. So it’s not something that you always want to do?** |  |
|  |  |  |  |
|  |  | REC: No. |  |
|  |  |  |  |
|  |  | **INT: Is that … is there any-, … in terms of the benefit of it is it … when you do Mindfulness, um, does it feel like it’s being beneficial?** |  |
|  |  |  |  |
|  |  | REC: Yeah, I think so. Yeah. |  |
|  |  |  |  |
|  |  | **INT: Can you think of any times when you might have done Mindfulness and it hasn’t felt like that?** |  |
|  |  |  |  |
|  |  | REC: Um … I think just like muscle relaxation. Um, always making me feel more tense. Um, yeah. |  |
|  |  |  |  |
|  |  | **INT: OK. So is Mindfulness something you would ever talk to other people about?** |  |
|  |  |  |  |
|  |  | REC: Yeah. Yeah, I think so. |  |
|  |  |  |  |
|  |  | **INT: Now who have you spoken to about Mindfulness?** |  |
|  |  |  |  |
|  | Mindfulness helps for stress | REC: Um, I spoke to my friend about it. I think she was finding things quite stressful, and I spoke to her about it, and I took her through some recordings that I had on my ‘phone, and we did it, like, together. | Identified with mindfulness as being helpful and felt that it could benefit a friend –seems to demonstrate a connection to mindfulness and a willingness to share |
|  |  |  |  |
|  |  | **INT: OK. And it … had she ever heard about Mindfulness before?** |  |
|  |  |  |  |
|  |  | REC: Um, no not really. No. |  |
|  |  |  |  |
|  |  | **INT: Can you remember how you explained it to her?** |  |
|  |  |  |  |
|  | Not just breathing | REC: Um, no not really. Um, I think I explained it to her as sort of, you know, similar to sort of meditation, that sort of thing, because she was familiar with that. Um, and I explained to her that it’s like lots of different … there’s lots of different things that you can do, it’s not just a simple sort of breathing thing, although often sort of, you often use like the breathing to focus initially. Um, yeah. |  |
|  |  |  |  |
|  |  | **INT: And how do you find it when you do the breathing?** |  |
|  |  |  |  |
|  | Can rely on breathing | REC: Um, I find that quite relaxing. Um, and I find it easy to focus on doing that because I think it’s easier to focus on that because you can always rely on sort of being able to focus on your breathing ‘cos it’s always there. Rather than like having another noise that might be there but then might not be there. | The idea of the breath always being there is a very mindfulness type phrase |
|  |  |  |  |
|  |  | **INT: And you said something about having recordings on your ‘phone …** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: … what sort of things do you have on there?** |  |
|  |  |  |  |
|  | Use of outside voice | REC: Um, like the different meditations, like, I have a few, like, the relaxation ones, and the body scans. Um, yeah. |  |
|  |  |  |  |
|  |  | **INT: And when would you use those?** |  |
|  |  |  |  |
|  |  | REC: Um, if I was struggling to sleep I might use them. Um, or if I am in like, quite a stressful situation. Yeah. Yeah. | Turning to mindfulness for Sleep  Using at times of stress |
|  |  |  |  |
|  |  | **INT: And have you ever had any um, like, skills coaching or anything like that, on the telephone?** |  |
|  |  |  |  |
|  |  | REC: Um … yeah, I have. |  |
|  |  |  |  |
|  |  | **INT: And can you remember whether Mindfulness was suggested to you during skills coaching?** |  |
|  |  |  |  |
|  |  | REC: Um … er, I’m not sure; I don't think it was, but I has been a while I suppose. I’m not very sure, I can’t remember that. |  |
|  |  |  |  |
|  |  | **INT: OK. Tsk, so … when you kind of think of yourself as being mindful, how do you know you’re being mindful?** |  |
|  |  |  |  |
|  | 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 |
|  |  |  |  |
|  |  | **INT: Mmmm.** |  |
|  |  |  |  |
|  |  | REC: So yeah. |  |
|  |  |  |  |
|  |  | **INT: But you think sometimes you might be more mindful than you maybe be aware of ?** |  |
|  |  |  |  |
|  | Doing mindfulness more than Im aware | REC: Yeah, yeah. I think so. You know, like, um, especially like with the observing Mindfulness, I think maybe I do that more than what I’m aware of, you know. |  |
|  |  |  |  |
|  |  | **INT: What sort of things do you think you might do that …?** |  |
|  |  |  |  |
|  | observing | REC: Um … I often observe, like, the heights of trees, and like the hills and how they go up and down, and that sort of thing. |  |
|  |  |  |  |
|  |  | **INT: And is that, is that different from before, or …?** |  |
|  |  |  |  |
|  | Naming it as mindfulness is important  Already did mindfulness | REC: Um, I don't know. Like, I think I did it before but now it feels different because I know what it is. I think, I think it still has the same effect, but I think it feels different, like whilst I’m doing it because I know what, what it is, I know what to say, this is what I’m doing, you know, and give it a name. Yeah. | Knowing that it is mindfulness makes the experience different some how |
|  |  |  |  |
|  |  | **INT: So how often do you think you do kind of think to yourself I’m gonna … Do you think you think I’m going to do some Mindfulness, or I’m gonna be Mindful – what do …?** |  |
|  |  |  |  |
|  |  | REC: Um … I think – what, how often? |  |
|  |  |  |  |
|  |  | **INT: Mmmm.** |  |
|  |  |  |  |
|  |  | REC: Sort of um, I think like at least a couple of times a day. | Using focussed mindfulness regularly – I felt surprised at how often |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: And what sort of things would kind of get you think, right I’m going to do that now, or try that now?** |  |
|  |  |  |  |
|  | 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. |
|  |  |  |  |
|  |  | **INT: So you’re doing it a fair amount then …** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: … why, how come? How come you can keep doing it?** |  |
|  |  |  |  |
|  | Mindfulness is simple  Dont need external stimulus | REC: Um … I think to a certain extent it interests me, like the effect that it has on me; I think, you know, because it’s quite a simple thing to do, yet it has quite a profound effect. Um … I think also like, it’s quite a useful skill because you don’t’ necessarily need anything with you, you know, you can do it wherever, and yeah … | Has connected to the mystery of mindfulness - why does something so simple have an effect on me  Finds it very accessible because she doesn’t need any specific objects. |
|  |  |  |  |
|  |  | **INT: And do you see yourself kind of continuing to use it even when the DBT programme is finished?** |  |
|  |  |  |  |
|  |  | REC: Yeah, yeah. I think so. |  |
|  |  |  |  |
|  |  | **INT: What do you think will keep you using it?** |  |
|  |  |  |  |
|  | Part of daily life  Do it without thinking | REC: Um … I’m not sure really. I think in some respects maybe it’s become almost part of my daily routine, so you know, I almost sort of do it without thinking. Um, so I sort of … I don’t really need much encouragement to go and do it. You know. | Has become part of daily routine although before she thought she had to go out of her way to be mindful.  Where has the ambivalence gone about finding times she cant be bothered to be mindful.  Is she back to being polite? |
|  |  |  |  |
|  |  | **INT: Are there any times when you’d use it more than a couple of times in a day?** |  |
|  |  |  |  |
|  | Use to reduce stress | REC: Um … yeah, I think so. Um, maybe if it’s a stressful day or something, then it would help, like, to focus me and to make me feel more relaxed. | Using it to relieve stress  Needing focus for her thoughts  Feeling more relaxed |
|  |  |  |  |
|  |  | **INT: Any times that you might not use it at all?** |  |
|  |  |  |  |
|  | Cant do it if wilful  Should do mindfulness | REC: Um … maybe if I’m just sort of having a day where I feel quite wilfull to do anything really I think. Um, yeah. | See the times that she wouldn’t do mindfulness as wilful – not wanting to help herself. |
|  |  |  |  |
|  |  | **INT: So if you were trying to um, … describe as best you can what Mindfulness is to you, how would you put it?** |  |
|  |  |  |  |
|  | Cope with stress  Focus on what im doing  Feeiing relaxed  Not anxious | REC: Um … Mmmm, maybe that Mindfulness is something that I use to cope in the stressful situations, um, that it helps me focus on what I’m doing, and makes me feel more relaxed about the short term future. Um, yeah, I think so. | Coping in stressful situations through focusing on one thing at a time.  Has a short term affect – dealing with anxiety about the future. |
|  |  |  |  |
|  |  | **INT: And when you feel relaxed about the short-term future, what’s that like?** |  |
|  |  |  |  |
|  | At ease with future  Wise mind | REC: Um, it makes me feel much more at ease with what’s going to happen, and to be able to um, … I think it’s a lot easier to think about it in, I suppose, wise mind. | Feeling more at ease with the future- fewer negative thoughts? |
|  |  |  |  |
|  |  | **INT: Can you tell me a bit more about that – what \*[00.25.39]. ?** |  |
|  |  |  |  |
|  | Learnt the theory | REC: Um … so um, the sort of the middle ground, you know between the reasonable mind which is very factual, and the \*[00.25.48] mind which is very emotional, and instead of being in one extreme, being able to be in both, so you get a more sort of, a better decision I think. | She has learnt a lot of the theory but qualifies it with – i think – as if it is not necessarily her experience. |
|  |  |  |  |
|  |  | **INT: OK. So you use it to make a decision?** |  |
|  |  |  |  |
|  |  | REC: Yeah, I think so. Yeah. |  |
|  |  |  |  |
|  |  | **INT: And if you haven’t used Mindfulness how would that be different?** |  |
|  |  |  |  |
|  | 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 |
|  |  |  |  |
|  |  | **INT: OK. And what have you made of the people who um, have kind of been teaching you Mindfulness and talking to you about Mindfulness? How did they go about it, what did you think of that?** |  |
|  |  |  |  |
|  |  | REC: What their … how they taught it? Um … I quite like how it’s explained first, and then also doing an exercise with them, you know, allows you to in-, especially doing it in group, or even just if you’re an individual, it allows you to um, give feedback to them and then also see how they found it. Um … |  |
|  |  |  |  |
|  |  | **INT: And what sort of feedback happened?** |  |
|  |  |  |  |
|  | Noticing judgements | REC: Um, like, judgements that we had, um, whether we found it easy to focus, and then, so there might be suggestions of way, different ways to focus. |  |
|  |  |  |  |
|  |  | **INT: OK. And that happens every time you do the Mindfulness?** |  |
|  |  |  |  |
|  |  | REC: Yeah, yeah. |  |
|  |  |  |  |
|  |  | **INT: Um … and if they didn’t do that what difference do you think that would make?** |  |
|  |  |  |  |
|  | Finding ways to focus  Using the group | REC: Um, I think maybe it would take a lot longer for me to find ways of being able to focus, because we share sort of different ideas, and it makes it a lot easier. So we can try them out. Yeah. | Used the group to think of ways to be more mindful |
|  |  |  |  |
|  |  | **INT: And, you said they kind of um, … it was quite good the way they explained it, what, what sort of things did they do to explain it, or …?** |  |
|  |  |  |  |
|  | Using handouts | REC: Um, I’m not really sure. Um … Um, and we have different sheets that we go through when we do the Mindfulness. Um, I think having it there, often in diagrams, helps, you know, being able to see it, like, quite visually. | Found the worksheets useful – to be able to visualise |
|  |  |  |  |
|  |  | **INT: And when you think of kind of, um, life before Mindfulness came along, how, how did it compare to now, when you have got Mindfulness?** |  |
|  |  |  |  |
|  | 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. |
|  |  |  |  |
|  |  | **INT: So it’s about being effective?** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: And if … with anything in particular?** |  |
|  |  |  |  |
|  | Can get daiy tasks done | REC: Um, not really; just sort of daily tasks. Um, I also find it easier to sleep as well. |  |
|  |  |  |  |
|  |  | **INT: How come? How come it’s easier to sleep?** |  |
|  |  |  |  |
|  | Relieving tension | REC: Um, I often do, like, a relaxation one before bed, um, so … um, just sort of breathing in and finding the tension and then breathing that out. | Connecting with the body before bed – using a relaxation exercise |
|  |  |  |  |
|  |  | **INT: So, take me through how that works?** |  |
|  |  |  |  |
|  |  | REC: Um, so it’s like going through different parts of your body, breathing … |  |
|  |  |  |  |
|  |  | **INT: Uh huh.** |  |
|  |  |  |  |
|  |  | REC: … into that part of your body, and then finding the tension there and then sort of letting go of it. |  |
|  |  |  |  |
|  |  | **INT: OK. And how does that … What does that then do? How does it affect you?** |  |
|  |  |  |  |
|  | Increased awareness | REC: Um, it helps me to let go of the tension that maybe I wasn’t aware that I had, but … | Increasing awareness of internal tension helps to relive the tension |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  | Identifying tension  Insight into feelings | REC: … was there, and then also being able to identify it I can, you know, let go of it, so I’m able to get to sleep. | Being able to identify it – somethings that was not clear before became clear  Let go of it – the tension as if before she were holding onto it |
|  |  |  |  |
|  |  | **INT: OK. Yeah. Yeah.** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: So … sometimes when you mindfully notice something that hadn’t been there before …** |  |
|  |  |  |  |
|  |  | REC: Yeah. |  |
|  |  |  |  |
|  |  | **INT: … you hadn’t noticed before …** |  |
|  |  |  |  |
|  | 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 |
|  |  |  |  |
|  |  | **INT: And so the tension is … you talk about tension in your body, or tension in your mind? Or …?** |  |
|  |  |  |  |
|  | Noticing boy/mind | REC: Um … well it’s sort of like tension that is brought about by, say, thoughts or something, and … | Joining up body and mind – tension brought on by thoughts. Mindfulness allows her to understand this. |
|  |  |  |  |
|  |  | **INT: OK.** |  |
|  |  |  |  |
|  |  | REC: … then that brings on a certain physical sensation, or something. Yeah. |  |
|  |  |  |  |
|  |  | **INT: As we’ve been talking have you kind of, have any other times that you’ve used Mindfulness come, come to mind?** |  |
|  |  |  |  |
|  |  | REC: Um … I don't think so. No. |  |
|  |  |  |  |
|  |  | **INT: OK. [long pause]. Have I done everything? So anything else, kind of, when you think about Mindfulness that we haven’t talked about today that um, kind of springs to mind?** |  |
|  |  |  |  |
|  |  | REC: I don't think so. No. |  |
|  |  |  |  |
|  |  | **INT: OK. Thank you.** |  |