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| **Emergent themes** |
| What difference does it make |
| Understanding concept without connection to the practice |
| Weird process  Non-judgemental difficul  Naturally judgemental |
| Mindfulness should be completely individual |
| Mindfulness Exercise seems pointless |
| Waste of time if not liked |
| Too challenging  What’s the point of the exercise |
| Don’t know about mindfulness |
| Mindfulness difficult if don’t feel right |
| Strong emotions get in the way |
| Mindfulness makes strong feelings more difficult to manage  Being asked to do something I don’t want to. |
| Can’t do it |
| Not helpful  I cant do it |
| Exercises in group not relevant to outside |
| Very little impact |
| Elements of mindfulness in other approaches |
| Is this mindfulness? - uncertainty |
| Not very connected to mindfulness  External talking helped mindfulness  Looking for something to increase positive thinking |
| Group exercises haven’t been useful |
| Focus on body is aversive |
| Mindfulness hasn’t made an impact |
| uncertainty |
| Cant crack it |
| Uncertain about concepts  Personal inability |
| I cant do it |
| It doesn’t work for me |
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| Very loose connection to mindfulness |
| Haven’t given it a chance  When should I use it? |
| When should I use it?  Am I getting it wrong? |
| Cant explain |
| Unhelpful if doesn’t change emotion |
| Whats the point  Why would you use it? |
| Un certainty  Understanding but not connecting |
| Might help to feel in control |
| Feels that it is imposed  Little impact |
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| Doesn’t understand |
| Whys should I do mindfulness?  Exercise content is irrelevant |
| Would stay away from body scan  Wouldn’t tell anyone else to do it |
| Positive visualisation |
| Want to think more positively |
| Looking for relaxation  Mindfulness is no big deal |
| Mindfulness not wanted when things are bad  Gives the opportunity to think negative thoughts more  Poor motivation through lack of connection |
| Need the right mind set for mindfulness  Need external guidance |
| Not important |
| When is it appropriate? |
| Im not the right sort of person for mindfulness  Takes practice  Takes too long |
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| Mindfulness doesn’t cross my mind |
| Want to deal with negative thinking |
| Disconnected to mindfulness |
| Why would I do it? |
| Feels a bit imposed |
| Avoid body scan  Wise mind might help |
| Is indfulenss present in other approaches |
| When is mindfulness mindfulness |
| Little impact on me |
| Havent given it enough of a go |
| There’s something I’ve missed |
| Mindfulness is like homework – don’t want to do it. |