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| Sceptical at first  Change of view on DBT |
| Only realised used skills after |
| Using activity to focus |
| Preference for activity for mindfulness  Anxious about silence |
| Silence easier on own  Silence with others self conscious |
| Feeling calm  Deal with anxiety  Deal with boredom |
| Careful focus on activity  Activity without focus is not mindful  Relaxation |
| Calming  Taking a step back  Sense of Achievement |
| Focus on one thing at a time  Comes naturally |
| Calling it mindfulness is important |
| Silence too soon caused anxiety  someone told me it would help |
| Unexpected  Initially strange |
| Initially not sure of the point  Understood through experience |
| Mindfulness useful as part of overall skills training |
| Use to deal with a problem situation  Use in everyday situation to deal with coursework |
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| Able to deal with problem afterwards  Silent – then can deal with things |
| Mindfulness takes more time for bigger problems |
| Sorts me out  Big things take a lot of time from mindfulness |
| Allowing mind to sort it out without thinking |
| Sort things out by not acting |
| Unsure of why it works  Switch off for a bit  Return to life later  Focus on the external |
| Mindfulness will stick |
| Dont want the activity to stimulates thinking |
| Focus not distraction |
| Mindfulness is not thinking random things |
| Understanding by experience |
| Not just activity – focussed activity |
| Clear difference between doing activity mindfully and not mindfully |
| Everyday life vs stepping back from experience  Stepping back |
| Thrown in at the deep end  Couldnt explain it better – only be experience  Repetition useful |
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| Repetition helps |
| Ready for mindfulness 9DBT) |
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| Have to be ready to change |
| Focussing not thinking  Not allowing thoughts  Understand thoughts better |
| Control thinking |
| Self talk  Self control  Controlling thinking |
| Calming |
| Zone out mindfully  Zone out unmindfully |
| Stop thinking about problems  Change focus of thinking  Taking a step back |
| Stop thinking about issues |
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| Controlling thinking  Controlling feeling |
| Stop rumination  Thinking differently  Not getting worked up |
| Should be made available more  Would have liked it before |
| Might not have been ready before |
| Personal timing |
| Not theory based |
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| Changing how deal with things  Change not through knowledge 0through experience |
| Need the repetition to understand |