**Time (then and now talk, im not there yet but I might get there over time, Im closer than I was when I started)**

DBT takes time for change

Taking time to understand mindfulness

Need to do mindfulness over a period of time to see the effects

Need to have time to understand

*Timing of being introduced to mindfulness*

Mindfulness developing over time

Mindfulness taking time

Taking time to understand mindfulness

Things get easier through practice over time

**Initial view of mindfulness (although I might still think it now too)**

Initial negative thoughts about mindfulness

First experience was scary

Initial negative effect

Initial scepticism

**Motivation to approach mindfulness**

Doing mindfulness because someone tells you to

Taking a leap of faith

Suspending disbelief and jumping in

Doing it because others are

Being in it together

**Calming/slowing**

Slowing thoughts down

Slowing thoughts down

Slowing thoughts down

**New perspective**

Dealing with difficult input from the outside

Dealing with difficult things from the outside

Clearing up thoughts

Giving space to breathe

Helps to order thoughts

Awareness of feelings

Ordering (processing) thoughts

Dealing with being over whelmed

Way in to managing difficult situations

Dealing with the situation differently after a period of mindfulness

**Strangeness**

Hippy

Strangeness

Embarrassing/silly

Silly exercise

Weird

Stupid

Silly

**The body**

Insight into emotions through physical awareness

Understanding the emotions through body awareness

Struggling with mindfulness of the body

Focus on the body is uncomfortable/ makes things worse

Focusing on the body is difficult

Focus on the body is difficult

Difficult to be mindful of the body

**Uncertainty**

What is the exercise about?

Am I doing it right?

Am I doing it right?

What are the effects?  
Should I work on the ones I don’t like?

Should I do more or less of the things I dislike?

It is confusing

Has it got a place in my life?

Am I doing it right?

Why do we do it?

What’s the point of mindfulness?

What are the effects?

Cant measure it

**Blocks to mindfulness**

Difficult to do

Become frustrated

If not focusing on an activity

Situation can become too difficult for mindfulness to work

Certain exercises difficult due to personal preference/characteristics

Some exercises don’t seem useful

Some types of exercise are more or less accessible

**Impact of teacher**

Explanation needs to be down to earth

Discussing the exercise helps it make sense

**Key elements of mindfulness**

Relaxation

Focus on one thing

Focused on a mindfulness exercise

Focus on one thing, bring your mind back when it wanders

Focus on activity to self soothe

Focussing on one thing

Focussing on one thing, bring your mind back when it wanders

**Just sitting there**

Connected or unconnected to mindfulness?

**Use of mindfulness language**