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| **Superordinate  Themes** | **Subordinate Themes** |
| **Being uncertain of how mindfulness will help** | * Not seeking mindfulness but being told to engage with mindfulness * Experiencing mindfulness as weird * Suspending doubts * Not everyone is ready for mindfulness |
| **The challenge of mindfulness** | * Not always having the desire to be mindful * Doubting personal ability to be mindful * Mindfulness as contrary to everyday living * Finding that mindfulness takes persistence |
| **Experiencing a new perspective** | * The hope that mindfulness will change thoughts and emotions in difficult situations * Pausing rather than reacting * Grounding self in being calm * Making different choices |
| **A tension between being aware of painful thoughts or emotions or zoning out** | * Internal focus intensifies difficult thoughts and emotions * Focused on external focus. * The experience of ‘zoning out’ from the painful thoughts or emotions * The experience of becoming more aware of a painful thought or feeling |