**Little impact**

Not important

Mindfulness hasn’t made an impact

Not very connected to mindfulness

Wouldnt tell anyone else to do it

Mindfulness is no big deal

Poor motivation through lack of connection

Little impact

Very little impact

Understanding but not connecting

Very loose connection to mindfulness

Disconnected to mindfulness

Mindfulness doesn’t cross my mind

Little impact on me

Understand concept without connection to practice

**Uncertainty**

When should i use it?

Uncertainty

Is this mindfulness?

Uncertainty

Cant explain

Why would i do it?

Uncertain about concepts

Why should i do mindfulness?

When is it appropriate?

When should I use it?

Why would you use it?

Am I getting it wrong?

Dont know about mindfulness

Dont understand

**Whats the point?**

Exercises in group not relevant to outside

Whats the point

Waste of time if not liked

What difference does it make

Exercise content is irrelevant

Mindfulness exercise seems pointless

What the point of the exercise

**It might help**

Looking for something to increase positive thinking

Positive visualisation

Might help feel in control

Want to deal with negative thinking

Looking for relaxation

Wise mind might help

**Impact of emotion**

Mindfulness is difficult if you don’t feel right

Mindfulness increases negative thinking/emotion

Strong emotions get in the way

Mindfulness not wanted when things are bad

Mindfulness makes strong emotions difficult to manage

Need the right mind set for mindfulness

Unhelpful if doesn’t change emotions

**Staying external**

Would stay away from body scan

Focus on body is aversive

Avoid body scan

External talking helped mindfulness

need external guidance

**Personal inability**

Personal inability

Cant do it

I cant do it

It doesn’t work for me

I cant do it

I’m not the right sort of person fir mindfulness

Cant crack it

There’s something Ive missed

Takes too long

Naturally judgemental

Too challenging

Havent given it enough of a go

Havent given it enough of a chance

Dont want to practice

**Imposed**

Mindfulness is like homework

Being asked to do something I don’t want to do

Feels a bit imposed

Feels that it is imposed

Unhelpful

Wierd process

Group exercises hasn’t been helpful

Mindfulness should be done individually