**Changing thinking**

Stop thinking about issues

Not allowing thoughts

Controlling thinking

Understand thoughts better

Thinking differently

Controlling thinking

Stop ruminating

Stop thinking about problems

Not thinking ramndom thoughts

Change focus of thinking

Dont want the activity to stimulate thinking

**Change positioning**

Switch off for a bit

Taking a step back

Stepping back from experience

Return to life later

Stepping back

Zone out mindfully

Taking a step back

**Experiential**

Understanding by experience

Change not through knowledge – through experience

Couldnt explain t – only by experience

Not theory based

Understood through experience

Unsure of why it works

**Change of opinion**

Only realised used skills after

Initially strange

Change of view on DBT  
Sceptical at first

Initially not sure of the point

Unexpected

Mindfulness will stick

Someone told me it would help

**Need repetition**

Repetition helps

Need the repetition to understand

Repetition useful

**Calming**

Calming

Relaxation

Feeling Calm

Calming

**Focus**

Focus is the difference between an activity done mindfully and not

Using activity to focus

Focus on the external

Careful focus on activity

Activity without focus is not mindful

Focussing not thinking

Focus not distraction

Not just activity – focussed

Focus on one thing at a time

**Dealing with things**

Used to deal with a problem situation

Deal with boredom

Deal with anxiety

**Silence**

Silence too soon caused anxiety

Anxious about silence

Silence iwth others – self conscious

Silent helps to deal with things

Silence easier on own

**Sort things**

Sort things bu not acting

Sorts me out

Change how deal with things

Able to deal with problems afterwards

Allowing mind to sort without thinking

**Timing**

Might not have been ready before

Personal timing

Have to be ready to change

Ready for DBT

Would have liked it before

**Emotional change**

Not getting worked up

Control feeling

**Levels of mindfulness**

Big things take more mindfulness

Mindfulness takes more time for bigger problems

**Everyday mindfulness**

In everyday life

Comes naturally

Use in everyday for course work

Preference for activity

Sense of achievement

Used as part of overall skills training

Calling it mindfulness is important

Thrown in a deep end

Self talk

Self control