**Interpretation of interview 4**

Rachel presents as quite cynical about mindfulness. She wonders whether too much is being made of it when the take home message is to distract yourself from what you are feeling. However, she is also apologetic about her view, believing she has been too stupid to fully understand mindfulness.

Rachel sees herself as someone with a very wandering mind – she hints that she thinks mindfulness might be beyond her. She feels like a passive recipient of her minds activity and is perplexed at the idea that she could intervene in any way.

***‘I find it confusing; how can you think about pulling yourself back into the moment if you’re not thinking about it? Do you know what I mean?’Line 59***

She sees the wandering mind as a natural process and it seems to frustrate her the idea that mindfulness asks for people to focus and not let the mind wander.

Despite her reservations Rachel has attempted to be mindful at times. Being faced with frustration and arguments has been the main catalyst for using mindfulness. Rachel described mindfulness as distracting herself through external activity – TV when she feels overwhelmed by an emotion. She also tried some breathing to help her with the urge to punch her sister. Rachel describe as process of zoning out from the situation in hand as being useful to her. Rachel thinks at times she chooses to stay with a negative emotion. There seems to be a sense for her of distraction invalidating how she feels.

Rachel looks to mindfulness to calm her and to help improve her sense of self control. She is hopeful that it will change negative emotional states. Rachel has seen that at times trying to be mindful has allowed her to slow down and listen to another person.

Rachel believes there is a deficiency in her which makes mindfulness unobtainable. On the other hand she sees mindfulness as a unnecessary concept that she doesn’t think will last in popular culture.