Interpreation of interview 7

Vicky has a very formal tone to the interview. Vicky takes a practical view on mindfulness she talks about it being a way of her being able to organise herself and get things done due to the level of focus that practicing mindfulness has given her . She speaks about being more effective in her life although there is still a hint of avoidance as she states she doesn’t tend to practice mindful participation.

Vicky talks about mindfulness being simple and shows very little confusion about mindfulness. For Vicky mindfulness is about observing and describing her experiences and keeping her focus on one thing at a time. She has used these practices to allow her to engage in unpleasant experiences ( going the dentist) without becoming overwhelmed. She did this through focusing on what the dentist was doing rather tan distracting from it.

Vicky speaks about mindfulness reducing stress, anxiety , agitation and tension. She use the mindfulness to deal with negative thinking and also to deal with bodily discomfort. Vicky was at ease with using mindfulness in a way that brought up some discomfort – looking inside of herself becoming insightful into her thoughts and feelings.

Vicky talks about mindfulness increasing her awareness of how thoughts and bodily sensations can be linked

Vicky does show some ambivalence with regards to mindfulness. She notes that the motivation to be mindful in a situation can come and go and that she will find that she cannot be bothered to do mindfulness at times. However, she talks about this as wilfulness and believes that she should do mindfulness. Vicky also talks about mindfulness becoming so much part of her life that she doesn’t really know when she’s doing it and thinks that she probably did a lot of observing before she knew about mindfulness. There is a sense of her finding mindfulness natural but not natural at the same time.

Vicky notes a small journey with mindfulness in that it has become easier with practice but she did not experience an initial scepticism about it. She has become fascinated by the process and the effect on her life. She seems to have become very familiar with mindfulness language and theory and used a lot of cliché phrases from DBT mindfulness teaching.