

Topic	Commonality	Statements Made
General observations and differences	More exploration in "Taking Charge" and "Mindfulness"	<p>Goals only - Participants 1, 4, 5 and 12</p> <p>"One thing that was really important I tried during this week, was to remember the point about taking charge." (Participant 3)</p> <p>"So, for me it was a week about discovering more about this kind of taking charge of mindfulness." (Participant 10)</p>
	Borrowing of ideas	<p>Participant 3 borrowed Participant 10's week 2 mantra, "I am capable".</p> <p>Participant 13 borrowed Participant 8's audiation technique of using facial gestures.</p>
	Metacognitive behaviour	<p>"I was very happy with my playing lately, so maybe I need to find a new challenge and I still don't know which one or even which kind of music I want to play next after this piece. So it's maybe an internal exploration I need to do." (Participant 1)</p> <p>"Now, I want to spend the most energy on these excerpts because there's no point leaving them, and so that's what I'm doing. Kind of changing my approach according to the difficulty of the piece and where I need to work the most" (Participant 2)</p> <p>"When I realise I'm stuck in a bad mood or mindset or it's really difficult to pick up the instrument, I'm like "OK, now I'm noticing this. "OK, let's go, we will play" and for me this is something that really helps because usually I will be like, "Yeah? No, why bother? Just let it be"" (Participant 3)</p> <p>"So my question sometimes, was more not "What do I think I should be doing", but "What do I need today [for] myself from the practising"" (Participant 6)</p> <p>"This week I could really understand what I needed, I want, or I didn't need" (Participant 8)</p> <p>"I was more mentally prepared to practice because that's what I didn't really achieve last week. I was always rushing and I tried to focus on that this week...If I'm in a bad mood or if my mind is somewhere else and I decide to practice, it's probably just going to be worse." (Participant 9)</p> <p>"I had two really bad days with my practice. I took one morning to really stop and think how I could overcome my lack of motivation. I listened to recordings, and I'd really try to search more about the work that I'm practising and try to get inspiration from outside of the piano. So, during the next few sessions, I really tried to use all these tools in order to really help me maintain that motivation, and I think, yeah, I think it's worked." (Participant 10)</p>

		<p>"Because I have a habit of avoiding things that I don't like to do or that are difficult for me. I made sure I put those on the list." (Participant 11)</p> <p>"For example, this week I suddenly had a migraine one day, so I couldn't do anything and that was hard for me to cope with or accept, and I was anxious that it would come back. And that's of course it will not help, and so I try to change my thoughts about it." (Participant 12)</p> <p>"I noticed that I could have a mantra for when I'm learning a piece from zero, and a different mantra for when I'm already more involved with the process of it. Because my reactions are different in the different stages of learning. In the middle of the process especially, when you have many things to practice at the same time, I feel a bit more overwhelmed." (Participant 13)</p>
	Overcoming bad habits/creating new good habits	<p>"So what I would do that I didn't do before, is to put the pieces or the excerpts that I felt were more challenging for me before playing everything else. So before, I would just practise a little more randomly and sometimes the most difficult pieces or excerpts were left for the end. Now, I want to spend the most energy on these excerpts because there's no point leaving them, and so that's what I'm doing. Kind of changing my approach according to the difficulty of the piece and where I need to work the most" (Participant 2)</p> <p>"When I realise I'm stuck in a bad mood or mindset or it's really difficult to pick up the instrument, I'm like "OK, now I'm noticing this. "OK, let's go, we will play" and for me this is something that really helps because usually I will be like, "Yeah? No, why bother? Just let it be"" (Participant 3)</p> <p>"It's just a bad habit, because when I get tired, I just keep repeating the passage. Now, when I realised I [kept] playing it without thinking, I will stop and think: "What to do?" (Participant 5)</p> <p>"Sometimes there are a lot of negative thoughts and that's why my mantra this week was to be positive. This mantra throughout the week also worked well on other problems or other issues. That was definitely helpful for me" (Participant 9)</p> <p>"I can get so obsessive that I spend so much time on one thing when it's really not needed, and now, I can really in that moment, have confidence to move on and don't wait for it to be super perfect. And so, I could keep going, keep moving and be mindful of when you have to use this approach. Like if I notice it, I'm just stuck. I just move on and think this is going to be alright. And so, it's about noticing obsessive patterns and really doing something about it while I practice...But the pattern of practising and like obsessive instinct, I think it was more this week that I started to take a step back and what helped me was really thinking about taking charge. Like you are your own boss, you</p>

		<p>know, you cannot let your fears interfere with you.” (Participant 10)</p>
Taking Charge	Getting better at setting goals	<p>“I realised that maybe my goals weren't specific enough, or not in a good way for me. I tried to explore a little bit like how can I put structure to actually free my work? And so this helped me a little bit in setting clear goals, better goals.” (Participant 3)</p> <p>“I was surely more confident on how I spent my time. Like I will think “Ok, 10 minutes just doing this, 10 minutes doing this.” (Participant 8)</p> <p>“I think it's important to be able to put the smart goals in a bigger context like: “What is this goal in the process of the entire week and of the next months?” So how is this going to relate to the next sessions?” (Participant 10)</p> <p>“So this week, I changed the way of setting goals because the week before I did it, but so precise as it is in your example. Now, I try to do it more like the SMART way and what the big difference was that I was way more satisfied and so I saw that in my diary that I gave higher numbers and so this was nice.” (Participant 12)</p> <p>“I also thought about maybe thinking of the goal setting could connect with this feeling of exploration.” (Participant 13)</p>
	Better at self-diagnosing their challenges	<p>“Because at first, I found it very annoying to put smart goals, like especially specific ones and it didn't work. I didn't end up doing what I wrote down on the paper. I realised that maybe my goals weren't specific enough, or not in a good way for me.” (Participant 3)</p> <p>“I had to try to solve my problem with motivation. The first day, I tried kind of like “yeah, ok, never mind, I just play” and I actually wrote in observation that it really didn't work well. Sometimes this works, but I think when it's like a deeper lack of motivation, that doesn't work, so I had to really try to look for the source of the problem. So in this way, I took charge. You have to learn to kind of diagnose your own patterns and do something about it when you see this is happening again.” (Participant 10)</p> <p>“Last week, like I hadn't taken a day off in a long time. So when I first started this week, I was still very exhausted. Very tired. And then on Wednesday, I finally cancelled my piano rehearsal with my pianist, I cancelled my lesson because I was like, I have to. I have to take a break and then I took that day off and I didn't play at all. And then the very next day I felt excited to play. I mean, it's so obvious, right? I mean you need to take a break and you need to take time away from the instrument to feel excited to play it again. But yeah, it just really solidified that point for me.” (Participant 11)</p>

		<p>"I was reading that now from my diary that the structured bits and metronome marks was good for regular practise, but not really for big change" (Participant 12)</p> <p>"I changed my mantra to "I trust the results will come" because it was more of the anxiety of not knowing if I will be not comfortable for my practice" (Participant 13)</p>
	Using effective tools to address challenges	<p>"It was a really important thing to cut my work because quite often I would see the whole piece or the whole thing I need to do and be like "ugh, where do I start? What should I do?" And the fact that I really said "OK, so there are 10 passages in this first half and will work on the first five now" and in my mind it was clear. (Participant 3)</p> <p>"Because normally I have pain in my shoulder, and now it started to come here in my arm and I think it's maybe because I tense my thumb, a lot. And it's new. So what I do is, I have a timer on my iPad for five minutes and every five minutes it goes off. I shake my arm, put my [instrument] down, and continue. I also ask myself the question: "Was I focused these 5 minutes, yes or no?" and if I was not, I would stop for five minutes and if I was, I would just continue." (Participant 7)</p> <p>"For me, I set my alarm for 10 minutes and that worked for me, really a lot. I felt that during the practice, I was way more focused." (Participant 8)</p> <p>"So, I know that I just need to keep my attention to see the patterns, and if I see that I'm losing motivation, what I need to think about." (Participant 10)</p> <p>"Because I have a habit of avoiding things that I don't like to do or that are difficult for me. I made sure I put those on the list." (Participant 11)</p> <p>"I noticed that I had performance class and things that I was not as anxious as before. I imagined myself beforehand, how I would stand there, what my focus will be, that I know it's already the day before and I did a lot of performance practice. (Participant 12)</p> <p>"I was probably more aware of the different tools that I could use to deal with that, especially because writing down the techniques we have is also good to have a quick reminder of, "Yeah for this situation, it's good to do this." (Participant 13)</p>
Mindfulness	Self-talk language	<p>"And now through talking to myself, but for real, saying it's better. Not just thinking about it, but telling myself, self-talking. I feel better, yeah and it's healthier to practise like that I think." (Participant 2)</p> <p>"Because before it was also a bit of an excuse, like if something didn't work, like "of course", but it's not. It sounds really stupid to</p>

		<p>say, but I now know it's a difference that I go "I demand more of myself" and it's really nice." (Participant 6)</p> <p>"It's because always when I practice my [instrument], I think: "Oh, but he or she can play so much better. Why do I bother?" like this is the most negative thing I think a lot and that's really affecting my practice." (Participant 7)</p> <p>"This thing about being mindful about the self-talk language you use I think I tried to answer myself back like in my head when I said something like, "Ah, you're so **** you can't even play this" or stuff like that, I tell myself, "OK, but it takes time." Or "How can you expect that? That you can't play it perfect the first time you try or stuff like that." So yeah, I try to. Yeah, kind of calm this side of my thinking and also just trying to just be more aware of just doing it." (Participant 9)</p> <p>"And for playing excerpts and like mock auditions and performing it was, "I trust myself, my body, and my intuition" and, and that's sort of comes from a place like where you know I'm standing there and then I feel like I forgot how to play my instrument, you know but it's like, "No, you know how. You can do it." You know? So just like that self self trust." (Participant 11)</p> <p>"Positive self-talk - I notice that for me this is most important when I'm not practising because when I'm practising, that's not really an issue, but when I leave the practice room, all the doubts keep getting bigger and bigger in my mind" (Participant 13)</p>
	Finding objectivity/not getting emotional or judgemental	<p>"This week I was also playing more freely so without a lot of judgement." (Participant 1)</p> <p>"Yeah, well if I have to relate something of my practice during this week to mindfulness, it would be being a little more realistic and less polarised when judging myself." (Participant 2)</p> <p>"I think being objective really helped me to get to know what is the main problem because I used to just play without thinking. Being objective, you know what the main problem is, maybe a musical phrase or just some intonation." (Participant 5)</p> <p>"I was also just trying to be a bit more positive in the sense of anticipating what I need in that moment instead of what I think I should be doing, which was a nice shift." (Participant 6)</p> <p>"I really like doing scales, but the first few always sound awful and I always get quite annoyed by them. So now I start with a piece and just play it through, and then I start with my scales. So I kind of warm up with something else and then my scales are when I am warmed up. So it brings the focus to: warming up is complete, something else, then doing technique and it was quite nice." (Participant 7)</p>

		<p>"I tried to take charge in a way that I was more calm when I wanted to practice. I took some time before or after to have time just to write these things down. Uh, so it didn't bother me that I also had to use time for that in the practice room." (Participant 9)</p> <p>"If I see that I'm not motivated, instead of waiting to see if somehow I will be motivated again, I really took action and thought about what was the reason for this. I also understood that the reason for this was because I was not seeing good results or fast results, but that is natural because it's very difficult work. So, I had to just to correct my mindset, think about long term goals, and just be patient and persistent every day, although maybe in one week I won't see so many results" (Participant 10)</p> <p>"Learning to accept when your practice session didn't go that well. Because for me, it's like I'm punishing myself for not having a good practice session, so I need to kind of learn to forgive myself for having a bad practice session." (Participant 13)</p>
Immersive Musical Imagination	Singing	<p>"I've been playing this project with these pop songs for [a project], so I've been doing a lot of singing." (Participant 2)</p> <p>"I don't enjoy how it sounds when I sing, but I just enjoy the feeling and I enjoy playing and singing" (Participant 7)</p> <p>"I have sing - sing and play only the important elements and relating them well, singing one hand and play the other, this is really difficult, but works really well" (Participant 10)</p> <p>"Actually when I audiate something, it's always humming singing sounds" (Participant 12)</p> <p>"I called this one polyphony, which is playing one element and singing the other one." (Participant 13)</p>
	Enhanced external focus usage	<p>"But, if I had to say something that has improved was, audiation, probably. Anticipating the sound and stuff. I've been trying on scales, even [specific instrument technique] and it's nice. I've discovered that you actually are more in tune if you anticipate how it's going to sound, at least in my case. (Participant 2)</p> <p>"And also, I explored much much more using Level 3 and this was great." (Participant 3)</p> <p>"I do think before I want to feel a relaxed finger and then I, sort of tap it to confirm the ceiling that I thought into an actual action. So that's something that I tried and I felt that also, but it's all related like I had a very good week so it felt really nice." (Participant 6)</p> <p>"And I also used audiation on scales more than before. Also,</p>

		<p>because of last week about: "How would your favourite violinist play it?". So what I did was I played [instrument] concerto, so I listened to [musician A] and so I played the D major. I played like [musician A] in a way then I listened to [musician B] and then I played the B minor, I played like [musician B]. And then I went to [musician C] and then I played like [musician C]. So I tried all the techniques and just for fun." (Participant 7)</p> <p>"For me, this week I really focused on the unity between the two hands because sometimes I feel like they are two completely different things, but both on sound and body sensation." (Participant 8)</p> <p>"I notice that it's getting more familiar to use audiation. In the beginning I had to really say "Ok, now I've decided to use audiation", but now while I'm practising, it would just be like how I would normally practice a phrase, I would use it as one of the tools instead of thinking that now I have to do it because of this thing. (Participant 9)</p> <p>"So I have a few techniques, mostly for level one and two. I think that's lately what I've been using more because it's very versatile." (Participant 10)</p> <p>"Because I was not feeling great, but I just tried to imagine like, "This is the sound that I want to play." And I think it was a bit easier." (Participant 11)</p> <p>"And now I was trying to always audiate the violin sound and this was actually really new. I don't know why I didn't do it before." (Participant 12)</p>
Other issues	Guilt from taking rest	<p>"I feel bad about not playing and then I don't take, it's not rest days, it's just like bad days of not playing but not actual break days and then I don't take actual breaks." (Participant 3)</p> <p>"This is very hard, to not feel guilty. I don't consciously take break days, but maybe one day I'm so tired and my head is not working at all that I maybe just play one hour and I give up or I don't play at all, it's not really a great day. Because at that point, you are already at your limit, so you just feel bad that you are stopping. Because no one talks about how important it is and you are always expecting that it will work every day for you." (Participant 10)</p>
	Facing fears/difficulties	<p>"I have been facing musical fears or existential fears. It's a big existential thing with the "Why am I putting so much work in the [instrument] when I have a side job I can live with". (Participant 1)</p> <p>"So what I would do that I didn't do before, is to put the pieces or the excerpts that I felt were more challenging for me before playing everything else. So before, I would just practise a little more randomly and sometimes the most difficult pieces or excerpts were left for the end. Now, I want to spend the most</p>

		<p>energy on these excerpts because there's no point leaving them, and so that's what I'm doing." (Participant 2)</p> <p>My mantra is "I'm talented and I enjoy challenges", because I've always heard that I'm very musical, but that I'm technically very far behind everyone and like that's just been my whole violin career. I feel like it's so beautiful, but technically not good enough. Now, I feel like I'm at my [specific educational level] now, I should let go of this internalised [perspective]. (Participant 6)</p> <p>"I think also in general how I see this workshop that we did, mostly makes us also face our own fears and insecurities in a very conscious way. Because you are writing, so you have to be honest with yourself. And you really need to face it and then act upon it." (Participant 10)</p> <p>"Because I have a habit of avoiding things that I don't like to do or that are difficult for me. I made sure I put those on the list." (Participant 11)</p> <p>"I think that's also why this project has been a little bit like overwhelming in a sense, because it's really been making me like confront how I feel about things and I think this has to do with also like my avoidance and everything and so a lot of this stuff that I'm discovering about myself feels like I'm not in control of my emotions and I'm not in control of like what I want to be doing and how I want to be progressing and my goals, like long term goals and what I want." (Participant 11)</p>
	Defining "success"	<p>"There are different paths for musicians and we are workers, we are not rock stars, we are not film stars. We are workers, so a pianist can be an accompanist. For all your life you can work on accompanying other people and not being known by anybody ,and you still can be a working musician and a good musician." (Participant 1)</p> <p>"And also about of course the way you categorise what is a successful musician can also be very different because... Of course [instrument] teachers, many of them are concert [instrument]. At our age, they were already with big, huge careers and then a few years later they kind of settled and started to give lessons. That's also not the only model of being a successful [instrumentalist], you don't have to precisely follow that phase." (Participant 10, Week 3)</p>
	Depression/ Anxiety	<p>"To be honest, like yeah, now that it's getting colder and darker like last year. I really, really struggled with seasonal depression. It was really bad and I feel myself slipping back into it" (Participant 11)</p>
	Advice given	<p>"And it's also impressive, the strength you show that you want to change it and then you will. It will be very slow and it will feel the same with this (earlier topic on pain) it will feel awful. But if you know your goal and your goal is to feel better and it's</p>

		<p>maybe very far away. But just keep fighting in a positive way, like don't be ashamed of how it feels and also just know "OK, today I feel awful. That's OK." Because it's normal. You don't need to feel good every day and also your practice doesn't need to feel good every day. (Participant 6 to Participant 11)</p> <p>"Yeah the thing is I myself, I went to this therapist and psychologist. I went to him for almost a year before coming here and there's always a lot more to it than you think. So it's not just, "OK, today I'm feeling well". Let's just not work on it. Because of course, when I was with my psychologist, I felt that some days were amazing, it was like "Why am I going to a psychologist?", but then the day after it was like down again and I was like "OK this is it." And you know, you just have to work on it every day because you cannot rely on chance, because some days you might be highly motivated or whatever and you're just fine. And your emotions seem stable. But the day after, and you know in order to get it consistent and to be healthy, for real you need to work on it and make it a priority. So that's why I asked you if you were going to a therapist because I think you need to take it seriously. I mean what you just did, it was very brave, but I think you really need to work on it. It seems like this is a good model for you to really spot what's going on inside you." (Participant 2 to Participant 11)</p> <p>"And at that peak you really need to do something to address your emotions and you're gonna keep like putting layers of **** on top of it because it doesn't work. You need to start digging and digging it out and writing and exercising and be active. Because if you are passive you're not going to change anything." (Participant 2)</p>
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