

## **Abstract**

The focus of this work is to bring the idea of mindfulness closer, in terms of connection with other personality traits. Additionally it highlights the use of mindfulness in psychotherapy practice, specifically in regard to homosexually orientated clients. The study summarizes the main findings on the mindfulness phenomenon, highlighting the important aspects of adopting a new identity within this demographic. The study also monitors the connection of coming out process with particular aspects of mindfulness. In the empirical section the results of the FFMQ questionnaire, in which participated 294 persons of both male and female gender and of both heterosexual and homosexual orientation are compared using quantitative methods. By means of statistical analysis of variance (ANOVA) it was determined that the homosexually orientated do not differ significantly from those of heterosexual orientation. Furthermore there was no significant statistical difference in mindfulness between genders within the research sample.

**Keywords:** mindfulness, psychotherapy, mindfulness definitions, Five Facet Mindfulness Questionnaire, sexual orientation, coming out, homosexual identity, personality