

Willingness vs. Willfulness

Willingness:

- Ready to do something without being forced
- Helpful
- Cooperative
- Participate
- Enthusiastic
- Ready to listen and learn
- Accepting of the moment, the problem, the solutions, of help
- Accepting the moment – without thinking about the past or planning for the future; allowing thoughts to just pass by without allowing them to “ring the doorbell” or “answering the doorbell”; allowing thoughts to pass by like the clouds in the sky or a leaf floating by in the river
- Offered voluntarily
- Ready to solve a problem
- Create a positive experience or satisfying life
- Allows me to be in wise mind – balancing between emotional mind (feelings about an experience) and rational mind (thoughts and facts about an experience)
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Willingness Behaviors/position:

- Sitting on my bottom legs in front
- Head is up
- Body is quiet
- Mouth is quiet
- Eyes are closed or eye contact is gentle
- Palms resting gently on lap with palms pointed upwards
- I control my breathing so my breathing doesn't control me
- I pay attention to the moment, if I get distracted I allow the thoughts to pass by and “come back to center”
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Willfulness: (your goal is to RESIST or stop willfulness)

- Having one's own way
- Said or done on purpose, deliberate
- Bossy
- Demanding
- I want it, I want it now
- I need it
- Attitude
- NO!
- You can't make me
- I'll get even
- I don't want to do that...
- I hate you...
- That sucks!!!
- Never!!!
- Shut up!!!
- Stop it!!!
- Yeah right!!!
- Leave me alone!!!
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Willful behaviors:

- Screaming
- Sassy/talking back
- Sarcasm
- Kicking
- Hitting
- Disrespectful
- Mad face
- Rolling eyes
- Grabbing
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