

## Acceptance: Finding Willingness

The next step in Acceptance is to find our willingness. Willingness is our own, personal readiness to enter and fully participate in life. Willingness is our ability to go “all in” rather than be “on the fence.”

### Find a Willing Response to each situation

Willingness is focusing on doing what is needed and putting our whole self into it.

Willingness is listening to our WISE MIND and focusing on balance our logic with our emotion.

Willingness is acting with awareness. We want to be mindful and connected to our thoughts, emotions, feelings and surroundings

### Replace WILLFULLNESS with WILLINGNESS

Willfullness is....

- Refusing to tolerate the moment
- Refusing to make necessary changes
- Giving up
- Insisting on being in control
- Attachment to the “what I want right now” mindset

### Willingness: Step-by-step

1. **OBSERVE**: Notice your own willfullness. Label it. Experience it. Call it out
2. Practice **RADICAL ACCEPTANCE** (see RADICAL ACCEPTANCE worksheet)
3. **TURN YOUR MIND** (see TURNING THE MIND worksheet)
4. **ADJUST** how you are carrying yourself. Stand tall. Practice HALF SMILING, a WILLFUL POSTURE or a power pose
5. When our own willfullness feels immovable, **ASK** ourselves “what is the threat?”