Willfulness

- Willfulness is SITTING ON YOUR HANDS when action is needed. Refusing to make changes that are needed.
- Willfulness is GIVING UP.
- Willfulness is the OPPOSITE OF “DOING WHAT WORKS,” being effective.
- Willfulness is trying to FIX every situation.
- Willfulness is REFUSING TO TOLERATE the moment.

Willingness

- Willingness is DOING JUST WHAT IS NEEDED in each situation, in an unpretentious way. It is focusing on effectiveness.
- Willingness is listening very carefully to your WISE MIND, acting from your inner self.
- Willingness is ALLOWING into awareness your connection to the universe - to the earth, to the floor you're standing on, to the chair you are sitting on, to the person you are talking to.

http://www.dds.ca.gov/HealthDevelopment/docs/day2/Dialectical_Behavior_Therapy/DBT_Skills_Mod_4t3.pdf