

Willingness being effective

*Cultivate a **WILLING** response to each situation*

Willingness is doing just what is effective in each situation, in an unpretentious way.

*Willingness is listening very carefully to your **WISE MIND**, acting from your inner self and your deepest core values.*

Willingness is becoming aware of your connection to the universe and to the person you are interacting with.

Willingness engenders listening and mentalizing.

Ask yourself, in 5 years from now, will the situation that causes the distress matter?

us. Willfulness being right

Willfulness is like sitting on your hands when action is needed, refusing to make changes that are needed.

Willfulness is about the desire to be right in a situation, regardless of what is needed to get through effectively.

Willfulness causes you to fight any suggestions that will improve the distress and thus make it more tolerable.

Willfulness is being rigid and inflexible. It is the opposite of doing what works, of being effective. Willfulness is trying to fix every situation or refusing to tolerate the distressful moment.