Willingness vs. Willfulness
Worksheet

What happened on an occasion when you were willful?
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________

How did being willful benefit you?
___________________________________________________________________________________

How did it hurt you?
___________________________________________________________________________________

Give an example of when you were willing to work towards recovery?
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________

How did you find being willing difficult?
___________________________________________________________________________________

How did being willing benefit you?
___________________________________________________________________________________

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