

Willfulness – Willingness Spectrum

let's *THERAPIZE* that shit !!!

The **Willingness** skill is from **Distress Tolerance Handout 13** in the DBT manual. It can be hard to visualize what willing behavior might look like. It may be easier to picture willful behavior and then determine the opposite of that behavior. This graphic gives examples of willful behavior and accompanying opposites.

WILLFUL behavior

can look like:

WILLING behavior

can look like:

resisting	←→	allowing, accepting, resilience
stubbornness, rigidity, stiffness, not changing	←→	flexibility, changing
avoidance	←→	engaged, interactive, attentive, participating
rejecting, refusing	←→	acceptance
denying	←→	acknowledgement
apathy	←→	caring, considering
giving up	←→	trying, persevering
close-mindedness	←→	open-mindedness
judgment	←→	non-judgment, neutrality
mindlessness	←→	mindfulness
tension, tightness	←→	relaxation, loosening
controlling	←→	allowing, letting go