

EMOTION REGULATION

Willingness

DBT
Dialectical Behavior Therapy

DBT Skills and Concepts

WILLINGNESS

Willingness is being ready to enter and participate fully in life.

You allow and accept the world as it is. You stay present, mindful and flexible. You are open to new experiences, accept challenges calmly and listen to other viewpoints. You become an effective problem solver who uses their Wise Mind in situations.

The opposite of willingness is willfulness. This is when you are stubborn, refuse to participate when action is needed or fight solutions that can improve a situation.

The
Texas
Model^{2.0}

