

# DISTRESS TOLERANCE WORKSHEET 10

([Distress Tolerance Handouts 12, 13](#))

## Turning the Mind, Willingness, Willfulness

Due Date: \_\_\_\_\_ Name: \_\_\_\_\_ Week Starting: \_\_\_\_\_

Practice each skill, and rate your level of acceptance of reality as it is before and after: from 0 (no acceptance at all) to 5 (I'm at peace with this). List what you tried specifically under the rating.

**Turning the Mind:** Acceptance Before: \_\_\_\_\_ After: \_\_\_\_\_

**OBSERVE** not accepting. What did you observe? What were you having trouble accepting?

**MAKE AN INNER COMMITMENT** to accept what feels unacceptable. How did you do this?

Describe your **PLAN FOR CATCHING YOURSELF** the next time you drift from acceptance.

**WILLINGNESS** (rate 0–5): Acceptance Before: \_\_\_\_\_ After: \_\_\_\_\_  
Willfulness Before: \_\_\_\_\_ After: \_\_\_\_\_

Describe **EFFECTIVE BEHAVIOR** you did to move forward toward a goal.

**NOTICE WILLFULNESS.** Describe how you are not participating effectively in the world as it is, or how you are not doing something you know needs to be done to move toward a goal.

Describe how you **PRACTICED RADICALLY ACCEPTING YOUR WILLFULNESS.**

**MAKE AN INNER COMMITMENT** to accept what feels unacceptable. How did you do this?

Describe what you did that was **WILLING.**