

Skill: Practicing Willingness

- 1) Observe and label your willfulness.
- 2) Validate your feelings & acknowledge the reality of the situation you're facing.
- 3) Ask, "What's most effective?" to manage this situation.

Skill: Willing Hands

The mind-body connection is powerful. By using a technique called "willing hands" we can use our body in a way that helps our mind with acceptance.