

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.

Willing hands is a simple yet effective technique to try when struggling to accept something. With this skill, we use body language to communicate willingness and acceptance to our mind.

Please take a moment to consider something you are having trouble accepting. It may be best to not pick the most difficult thing right at first. Perhaps you can consider one way your anxiety is affecting you that you don't always acknowledge.

Based on Linshan, 2015

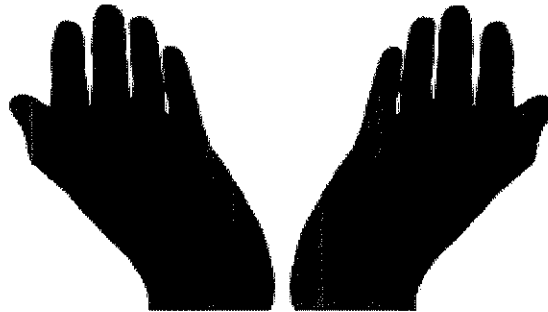


Image from Pixabay.com

Now, let's practice using Willing Hands

Steps for Willing Hands:

1. Rest your hands on your thighs, with palms turned upward, and fingers relaxed.
2. Now, remind yourself "I choose to accept _____."

Willing Hands: Instructions for standing or lying down:

If standing, simply keep arms by your side with palms facing in front of you. Keep hands open and relaxed.

If lying down, keep your arms by your side with open palms facing upward.