



Group Visit HIPAA Notice

During a group visit it is possible that some of my individually identifiable health information will be disclosed. I have read and I understand the following statements about my rights:

- I understand that I am not required to sign this form to receive health care treatment.
- I understand that discussions may occur regarding individually identifiable health information during a group visit.
- It is possible that the information that is used or disclosed in a group visit may be disclosed by other participants after the group visit ends.
- I have been notified of this potential disclosure, and I voluntarily wish to participate in the group visit.

Group Visit Confidentiality Agreement

I have read and I agree to the following statements:

- I agree to meet with a group of patients and Barbara C. Ackerman, PhD.
- I agree to keep all information regarding other patients attending the group visit private and confidential.

Printed Name _____

Date of Birth _____

Signature _____

Riverside County Regional Medical Center
Moreno Valley, California 92555

PAIN MANAGEMENT
GROUP VISIT HIPAA NOTICE & CONFIDENTIALITY
AGREEMENT

RIVERSIDE COUNTY REGIONAL MEDICAL CENTER

Skills to Cope with Chronic Pain and Live Your Life

Presenter: Barbara C. Ackerman, PhD
University of California-Riverside Family Medicine Residency Program

The following coping skills for managing chronic pain will be presented:

1. Relaxation breathing practice session
2. Guided imagery practice session
3. Taking control of your mind with Mindful Awareness (what it is, how to do it, why it is helpful)
 - a. One Stone: A Mindfulness Exercise practice session
4. Emotion Regulation Skills Handouts
 - a. Adult Pleasant Events Schedule (Anti-Depression Activities)
 - b. Regulating Emotions
 - Letting Go of Emotional Suffering (Reducing Your Pain)
 - Steps for Reducing Painful Emotions
5. Distress Tolerance Skills Handouts
 - a. Crisis Survival Strategies (When You Can't Make Things Better Right Away)
 - b. Basic Principles of Accepting Reality (Accepting Chronic Pain as a Condition)

PLEASE USE THE FOLLOWING RATING SCALE TO TELL US WHAT YOU THINK ABOUT TODAY'S VISIT:

1=Poor 2=Fair 3=Good 4=Very Good 5=Excellent

For each item below, circle the number that matches your rating:

The presenter was	1	2	3	4	5
The skill descriptions, demonstrations & handouts were	1	2	3	4	5
The group visit was	1	2	3	4	5
The usefulness of these skills for you	1	2	3	4	5

What changes or improvements will you make in your life as a result of this skills training?

What barriers must you overcome in order to use these coping skills?

What improvements do you suggest for this group visit?

MANAGING CHRONIC PAIN

HOW PSYCHOLOGISTS HELP WITH PAIN MANAGEMENT

Pain is an all-too-familiar problem and the most common reason that people see a physician. Unfortunately, alleviating pain isn't always straightforward. At least 100 million adults in the United States suffer from chronic pain, according to the Institute of Medicine. The American Academy of Pain Medicine reports that chronic pain affects more Americans than diabetes, heart disease and cancer combined.

The Nature of Pain

Pain serves an important purpose by alerting you to injuries such as a sprained ankle or burned hand. Chronic pain, however, is often more complex. Although people often think of pain as a purely physical sensation, pain has biological, psychological and emotional factors. Furthermore, chronic pain can cause feelings such as anger, hopelessness, sadness and anxiety. To treat pain effectively, you must address its physical, emotional and psychological aspects.

Medical treatments, including medication, surgery, rehabilitation and physical therapy, may be helpful for treating chronic pain. Psychological treatments are also an important part of pain management. Understanding and managing the thoughts, emotions and behaviors that accompany the discomfort can help you cope more effectively with your pain — and can actually reduce the intensity of your pain.

Psychological Treatments for Pain

Psychologists are experts in helping people cope with the thoughts, feelings and behaviors that accompany chronic pain. They may work with individuals and families through an independent private practice or as part of a health care team in a clinical setting. Patients with chronic pain may be referred to psychologists by other health care providers. Psychologists may collaborate with other health care professionals to address both the physical and emotional aspects of patients' pain.

When working with a psychologist, you can expect to discuss your physical and emotional health. The psychologist will ask about the pain you experience, where and when it occurs, and what factors may affect it. In addition, he or she will likely

STRESS AND CHRONIC PAIN

Having a painful condition is stressful. Unfortunately, stress can contribute to a range of health problems, including high blood pressure, heart disease, obesity, diabetes, depression and anxiety. In addition, stress can trigger muscle tension or muscle spasms that may increase pain. Managing your emotions can directly affect the intensity of your pain.

Psychologists can help you manage the stresses in your life related to your chronic pain.

Psychologists can help you learn relaxation techniques, such as meditation or breathing exercises, to keep stress levels under control. Some psychologists and other health care providers use an approach called biofeedback, which teaches you how to control certain body functions.

In biofeedback, sensors attached to your skin measure your stress response by tracking processes like heart rate, blood pressure and even brain waves. As you learn strategies to relax your muscles and your mind, you can watch on a computer screen as your body's stress response decreases. In this way, you can determine which relaxation strategies are most effective and practice using them to control your body's response to tension.

Stress is an unavoidable part of life, but managing your stress will help your body and your mind and lessen your pain.





apa.org/helpcenter

Learn more about how psychologists help

ONLINE RESOURCES



PsychologistLocator.org

Find a Psychologist

ask you to discuss any worries or stresses, including those related to your pain. You also may be asked to complete a questionnaire that allows you to record your thoughts and feelings about your pain.

Having a comprehensive understanding of your concerns will help the psychologist begin to develop a treatment plan.

For patients dealing with chronic pain, treatment plans are designed for that particular patient. The plan often involves teaching relaxation techniques, changing old beliefs about pain, building new coping skills and addressing any anxiety or depression that may accompany your pain.

One way to do this is by helping you learn to challenge any unhelpful thoughts you have about pain. A psychologist can help you develop new ways to think about problems and find solutions. In some cases, distracting yourself from pain is helpful. In other cases, a psychologist can help you develop new ways to think about your pain. Studies have found that some psychotherapy can be as effective as surgery for relieving chronic pain because psychological treatments for pain can alter how your brain processes pain sensations.

A psychologist can also help you make lifestyle changes that will allow you to continue participating in work and recreational activities. And because pain often contributes to insomnia, a psychologist may also help you learn new ways to sleep better.

Progress and Improvement

Most patients find they can better manage their pain after just a few sessions with a psychologist. Those who are experiencing depression or dealing with a long-term degenerative medical condition may benefit from a longer course of treatment. Together with your psychologist, you will determine how long treatment should last. The goal is to help you develop skills to cope with your pain and live a full life.

Tips for Coping with Pain

Consider the following steps that can be helpful in changing habits and improving your sleep:

Stay active. Pain — or the fear of pain — can lead people to stop doing the things they enjoy. It's important not to let pain take over your life.

Know your limits. Continue to be active in a way that acknowledges your physical limitations. Make a plan about how to manage your pain and don't push yourself to do more than you can handle.

Exercise. Stay healthy with low-impact exercise, such as stretching, yoga, walking and swimming.

Make social connections. Call a family member, invite a friend to lunch or make a date for coffee with a pal you haven't seen in a while. Research shows that people with greater social support are more resilient and experience less depression and anxiety. Ask for help when you need it.

Distract yourself. When pain flares, find ways to distract your mind from it. Watch a movie, take a walk, engage in a hobby or visit a museum. Pleasant experiences can help you cope with pain.

Don't lose hope. With the right kind of psychological treatments, many people learn to manage their pain and think of it in a different way.

Follow prescriptions carefully. If medications are part of your treatment plan, be sure to use them as prescribed by your doctor to avoid possible dangerous side effects. In addition to helping you develop better ways to cope with and manage pain, psychologists can help you develop a routine to stay on track with your treatment.

The American Psychological Association gratefully acknowledges Daniel Bruns, PsyD, a psychologist at Health Psychology Associates in Greeley, Colo., and Robert D. Kerns, PhD, Director, Pain Research, Informatics, Multimorbidities, and Education Center at the VA Connecticut Healthcare System, for contributing to this fact sheet.



1 Stone

This mental exercise only takes one minute. With practice, it will help you take control of your mind. It also gives your brain a rest from stress.

- 1. Place a stone in the palm of your hand.*
- 2. With relaxed attention and breathing, look at your stone.*
- 3. Notice all the variations in the stone: color . . . shape . . . texture . . . grain . . .*
- 4. Feel the stone. How heavy or light is it? Is it cool or warm?*
- 5. Take 9 more in-and-out breaths as you continue to explore your stone.*

If your mind wanders, don't worry or get upset. Minds do that. Gently go back to your stone and your breathing.

Stay with your stone and breathing. What do you notice about your body? Your breathing? Your heartbeat? Your thoughts?

Keep taking slow and easy breaths and gradually let your eyes move from your stone to your surroundings.

Now that you feel refreshed, you can move gently into the next moment of your life.

Adapted from Grenough, M. Oasis in the overwhelm: 60-second strategies for balance in a busy world. Beaver Hill Press, 2005.

EMOTION REGULATION HANDOUT 8

Adult Pleasant Events Schedule

1. Soaking in the bathtub
2. Planning my career
3. Getting out of (paying on) debt
4. Collecting things (coins, shells, etc.)
5. Going on vacation
6. Thinking how it will be when I finish school
7. Recycling old items
8. Going on a date
9. Relaxing
10. Going to a movie in the middle of the week
11. Jogging, walking
12. Thinking I have done a full day's work
13. Listening to music
14. Recalling past parties
15. Buying household gadgets
16. Lying in the sun
17. Planning a career change
18. Laughing
19. Thinking about my past trips
20. Listening to others
21. Reading magazines or newspapers
22. Hobbies (stamp collecting, model building, etc.)
23. Spending an evening with good friends
24. Planning a day's activities
25. Meeting new people
26. Remembering beautiful scenery
27. Saving money
28. Gambling
29. Going home from work
30. Eating
31. Practicing karate, judo, yoga
32. Thinking about retirement
33. Repairing things around the house
34. Working on my car (bicycle)
35. Remembering the words and deeds of loving people
36. Wearing sexy clothes
37. Having quiet evenings
38. Taking care of my plants
39. Buying, selling stock
40. Going swimming
41. Doodling
42. Exercising
43. Collecting old things
44. Going to a party
45. Thinking about buying things
46. Playing golf
47. Playing soccer
48. Flying kites
49. Having discussions with friends
50. Having family get-togethers
51. Riding a motorbike
52. Sex
53. Running track
54. Going camping
55. Singing around the house
56. Arranging flowers
57. Practicing religion (going to church, group praying, etc.)
58. Losing weight
59. Going to the beach
60. Thinking I'm an OK person
61. A day with nothing to do
62. Having class reunions

EMOTION REGULATION HANDOUT 8 (cont.)

63. Going skating
64. Going sailboating
65. Traveling abroad or in the United States
66. Painting
67. Doing something spontaneously
68. Doing needlepoint, crewel, etc.
69. Sleeping
70. Driving
71. Entertaining
72. Going to clubs (garden, Parents without Partners, etc.)
73. Thinking about getting married
74. Going hunting
75. Singing with groups
76. Flirting
77. Playing musical instruments
78. Doing arts and crafts
79. Making a gift for someone
80. Buying records
81. Watching boxing, wrestling
82. Planning parties
83. Cooking
84. Going hiking
85. Writing books (poems, articles)
86. Sewing
87. Buying clothes
88. Going out to dinner
89. Working
90. Discussing books
91. Sightseeing
92. Gardening
93. Going to the beauty parlor
94. Early morning coffee and newspaper
95. Playing tennis
96. Kissing
97. Watching my children (play)
98. Thinking I have a lot more going for me than most people
99. Going to plays and concerts
100. Daydreaming
101. Planning to go to school
102. Thinking about sex
103. Going for a drive
104. Listening to a stereo
105. Refinishing furniture
106. Watching TV
107. Making lists of tasks
108. Going bike riding
109. Walks in the woods (or at the waterfront)
110. Buying gifts
111. Traveling to national parks
112. Completing a task
113. Collecting shells
114. Going to a spectator sport (auto racing, horse racing)
115. Eating gooey, fattening foods
116. Teaching
117. Photography
118. Going fishing
119. Thinking about pleasant events
120. Staying on a diet
121. Playing with animals
122. Flying a plane
123. Reading fiction
124. Acting
125. Being alone
126. Writing diary entries or letters
127. Cleaning
128. Reading nonfiction
129. Taking children places

EMOTION REGULATION HANDOUT 8 (cont.)

- | | |
|---|---|
| 130. Dancing | 152. Talking on the phone |
| 131. Going on a picnic | 153. Going to museums |
| 132. Thinking "I did that pretty well"
after doing something | 154. Thinking religious thoughts |
| 133. Meditating | 155. Lighting candles |
| 134. Playing volleyball | 156. Listening to the radio |
| 135. Having lunch with a friend | 157. Getting a massage |
| 136. Going to the mountains | 158. Saying "I love you" |
| 137. Thinking about having a family | 159. Thinking about my good qualities |
| 138. Thoughts about happy moments
in my childhood | 160. Buying books |
| 139. Splurging | 161. Taking a sauna or a steam bath |
| 140. Playing cards | 162. Going skiing |
| 141. Solving riddles mentally | 163. White-water canoeing |
| 142. Having a political discussion | 164. Going bowling |
| 143. Playing softball | 165. Doing woodworking |
| 144. Seeing and/or showing photos
or slides | 166. Fantasizing about the future |
| 145. Playing guitar | 167. Taking ballet, tap dancing |
| 146. Knitting | 168. Debating |
| 147. Doing crossword puzzles | 169. Sitting in a sidewalk cafe |
| 148. Shooting pool | 170. Having an aquarium |
| 149. Dressing up and looking nice | 171. Erotica (sex books, movies) |
| 150. Reflecting on how I've improved | 172. Going horseback riding |
| 151. Buying things for myself
(perfume, golf balls, etc.) | 173. Thinking about becoming active
in the community |
| | 174. Doing something new |
| | 175. Making jigsaw puzzles |
| | 176. Thinking I'm a person who can cope |

Other: _____

Note. Adapted from *The Adult Pleasant Events Schedule* by M. M. Linehan, E. Sharp, and A. M. Ivanoff, 1980, November, paper presented at the meeting of the Association for Advancement of Behavior Therapy, New York. Adapted by permissions of the authors.

EMOTION REGULATION HANDOUT 9

Letting Go of Emotional Suffering: Mindfulness of Your Current Emotion

OBSERVE YOUR EMOTION

- NOTE its presence.
- Step BACK.
- Get UNSTUCK from the emotion.

EXPERIENCE YOUR EMOTION

- As a WAVE, coming and going.
- Try not to BLOCK emotion.
- Try not to SUPPRESS emotion.
- Don't try to GET RID of emotion.
- Don't PUSH it away.
- Don't try to KEEP emotion around.
- Don't HOLD ON to it.
- Don't AMPLIFY it.

REMEMBER: YOU ARE NOT YOUR EMOTION

- Do not necessarily ACT on emotion.
- Remember times when you have felt DIFFERENT.

PRACTICE LOVING YOUR EMOTION

- Don't JUDGE your emotion.
- Practice WILLINGNESS.
- Radically ACCEPT your emotion.

EMOTION REGULATION HOMEWORK SHEET 3

Steps for Reducing Painful Emotions

Name _____ Week starting _____

For each emotion regulation skill, check whether you used it during the week and describe what you did. Write on back of page if you need more room.

REDUCED VULNERABILITY TO EMOTION MIND: treated Physical illness? _____
 balanced Eating? _____
 off mood-Altering drugs? _____
 balanced Sleep? _____
 Exercise? _____
 MASTERY? _____

INCREASED POSITIVE EVENTS

INCREASED daily pleasant activities (circle): M T W TH F S SUN (describe)

LONG TERM GOALS worked on:

ATTENDED TO RELATIONSHIPS? (describe)

AVOIDED AVOIDING (describe)

MINDFULNESS OF POSITIVE EXPERIENCES THAT OCCURRED

_____ Focused (and refocused) attention on positive experiences?
_____ Distracted from worries about positive experiences?

MINDFULNESS OF THE CURRENT EMOTION

_____ Observed the emotion? _____ Remembered:
_____ Experienced the emotion? _____ Not to act on emotion?
 _____ Times I've felt different?

OPPOSITE ACTION: How did I act opposite to current emotion?

DISTRESS TOLERANCE HANDOUT I

Crisis Survival Strategies

Skills for tolerating painful events and emotions when you cannot make things better right away.

DISTRACT with “Wise Mind ACCEPTS.”

Activities
Contributing
Comparisons
Emotions
Pushing away
Thoughts
Sensations

SELF-SOOTHE the FIVE SENSES.

Vision
Hearing
Smell
Taste
Touch

IMPROVE THE MOMENT.

Imagery
Meaning
Prayer
Relaxation
One thing at a time
Vacation
Encouragement

PROS AND CONS

DISTRESS TOLERANCE HANDOUT I: Crises Survival Strategies (cont.)

DISTRACTING

A useful way to remember these skills is the phrase
“Wise Mind ACCEPTS:”

With Activities:

Engage in exercise or hobbies; do cleaning; go to events; call or visit a friend; play computer games; go walking; work; play sports; go out to a meal, have decaf coffee or tea; go fishing; chop wood, do gardening; play pinball.

With Contributing:

Contribute to someone; do volunteer work; give something to someone else; make something nice for someone else; do a surprising, thoughtful thing.

With Comparisons:

Compare yourself to people coping the same as you or less well than you. Compare yourself to those less fortunate than you. Watch soap operas; read about disasters, others' suffering.

With opposite Emotions:

Read emotional books or stories, old letters; go to emotional movies; listen to emotional music. *Be sure the event creates different emotions.* Ideas: scary movies, joke books, comedies, funny records, religious music, marching songs, “I Am Woman” (Helen Reddy); going to a store and reading funny greeting cards.

With Pushing away:

Push the situation away by leaving it for a while. Leave the situation mentally. Build an imaginary wall between yourself and the situation.

Or push the situation away by blocking it in your mind. Censor ruminating. Refuse to think about the painful aspects of the situation. Put the pain on a shelf. Box it up and put it away for a while.

With other Thoughts:

Count to 10; count colors in a painting or tree, windows, anything; work puzzles; watch TV; read.

With intense other Sensations:

Hold ice in hand; squeeze a rubber ball very hard; stand under a very hard and hot shower; listen to very loud music; sex; put rubber band on wrist, pull out, and let go.

From *Skills Training Manual for Treating Borderline Personality Disorder* by Marsha Linehan. ©1993 The Guilford Press.

DISTRESS TOLERANCE HANDOUT I: Crisis Survival Strategies (cont.)

SELF-SOOTHE

A way to remember these skills is to think of soothing each of your

FIVE SENSES:

With Vision:

Buy one beautiful flower; make one space in a room pretty; light a candle and watch the flame. Set a pretty place at the table, using your best things, for a meal. Go to a museum with beautiful art. Go sit in the lobby of a beautiful old hotel. Look at nature around you. Go out in the middle of the night and watch the stars. Walk in a pretty part of town. Fix your nails so they look pretty. Look at beautiful pictures in a book. Go to a ballet or other dance performance, or watch one on TV. Be mindful of each sight that passes in front of you, not lingering on any.

With Hearing:

Listen to beautiful or soothing music, or to invigorating and exciting music. Pay attention to sounds of nature (waves, birds, rainfall, leaves rustling). Sing to your favorite songs. Hum a soothing tune. Learn to play an instrument. Call 800 or other information numbers to hear a human voice. Be mindful of any sounds that come your way, letting them go in one ear and out the other.

With Smell:

Use your favorite perfume or lotions, or try them on in the store; spray fragrance in the air; light a scented candle. Put lemon oil on your furniture. Put potpourri in a bowl in your room. Boil cinnamon; bake cookies, cake, or bread. Smell the roses. Walk in a wooded area and mindfully breathe in the fresh smells of nature.

With Taste:

Have a good meal; have a favorite soothing drink such as herbal tea or hot chocolate (no alcohol); treat yourself to a dessert. Put whipped cream on your coffee. Sample flavors in an ice cream store. Suck on a piece of peppermint candy. Chew your favorite gum. Get a little bit of a special food you don't usually spend the money on, such as fresh-squeezed orange juice. Really taste the food you eat; eat one thing mindfully.

With Touch:

Take a bubble bath; put clean sheets on the bed. Pet your dog or cat. Have a massage; soak your feet. Put creamy lotion on your whole body. Put a cold compress on your forehead. Sink into a really comfortable chair in your home, or find one in a luxurious hotel lobby. Put on a silky blouse, dress, or scarf. Try on fur-lined gloves or fur coats in a department store. Brush your hair for a long time. Hug someone. Experience whatever you are touching; notice touch that is soothing.

From *Skills Training Manual for Treating Borderline Personality Disorder* by Marsha Linehan. ©1993 The Guilford Press.

DISTRESS TOLERANCE HANDOUT 1: Crisis Survival Strategies (cont.)

IMPROVE THE MOMENT

A way to remember these skills is the word
IMPROVE.

With **Imagery:**

Imagine very relaxing scenes. Imagine a secret room within yourself, seeing how it is decorated. Go into the room whenever you feel very threatened. Close the door on anything that can hurt you. Imagine everything going well. Imagine coping well. Make up a fantasy world that is calming and beautiful and let your mind go with it. Imagine hurtful emotions draining out of you like water out of a pipe.

With **Meaning:**

Find or create some purpose, meaning, or value in the pain. Remember, listen to, or read about spiritual values. Focus on whatever positive aspects of a painful situation you can find. Repeat them over and over in your mind. Make lemonade out of lemons.

With **Prayer:**

Open your heart to a supreme being, greater wisdom, God, your own wise mind. Ask for strength to bear the pain in this moment. Turn things over to God or a higher being.

With **Relaxation:**

Try muscle relaxing by tensing and relaxing each large muscle group, starting with your hands and arms, going to the top of your head, and then working down; listen to a relaxation tape; exercise hard; take a hot bath or sit in a hot tub; drink hot milk; massage your neck and scalp, your calves and feet. Get in a tub filled with very cold or hot water and stay in it until the water is tepid. Breathe deeply; half-smile; change facial expression.

With **One thing in the moment:**

Focus your entire attention on just what you are doing right now. Keep yourself in the very moment you are in; put your mind in the present. Focus your entire attention on physical sensations that accompany nonmental tasks (e.g. walking, washing, doing dishes, cleaning, fixing). Be aware of how your body moves during each task. Do awareness exercises.

DISTRESS TOLERANCE HANDOUT I: Crisis Survival Strategies (cont.)

With a brief **Vacation**:

Give yourself a brief vacation. Get in bed and pull the covers up over your head for 20 minutes. Rent a motel room at the beach or in the woods for a day or two; drop your towels on the floor after you use them. Ask your roommate to bring you coffee in bed or make you dinner (offer to reciprocate). Get a schlocky magazine or newspaper at the grocery store, get in bed with chocolates, and read it. Make yourself milk toast, bundle up in a chair, and eat it slowly. Take a blanket to the park and sit on it for a whole afternoon. Unplug your phone for a day, or let your answering machine screen your calls. Take a 1-hour breather from hard work that must be done.

With **Encouragement**:

Cheerlead yourself. Repeat over and over: "I can stand it," "It won't last forever," "I will make it out of this," "I'm doing the best I can do."

Thinking of PROS AND CONS

Make a list of the pros and cons of *tolerating* the distress. Make another list of the pros and cons of *not tolerating* the distress—that is, of coping by hurting yourself, abusing alcohol or drugs, or doing something else impulsive.

Focus on long-term goals, the light at the end of the tunnel. Remember times when pain has ended.

Think of the positive consequences of tolerating the distress. Imagine in your mind how good you will feel if you achieve your goals, if you don't act impulsively.

Think of all of the negative consequences of not tolerating your current distress. Remember what has happened in the past when you have acted impulsively to escape the moment.

DISTRESS TOLERANCE HANDOUT 5

Basic Principles of Accepting Reality

RADICAL ACCEPTANCE

- Freedom from suffering requires ACCEPTANCE from deep within of what is. Let yourself go completely with what is. Let go of fighting reality.
- ACCEPTANCE is the only way out of hell.
- Pain creates suffering only when you refuse to ACCEPT the pain.
- Deciding to tolerate the moment is ACCEPTANCE.
- ACCEPTANCE is acknowledging what is.
- To ACCEPT something is not the same as judging it good.

TURNING THE MIND

- Acceptance of reality as it is requires an act of CHOICE. It is like coming to a fork in the road. You have to turn your mind towards the acceptance road and away from the “rejecting reality” road.

- You have to make an inner COMMITMENT to accept.

The COMMITMENT to accept does not itself equal acceptance. It just turns you toward the path. But it is the first step.

You have to turn your mind and commit to acceptance OVER AND OVER AND OVER again. Sometimes, you have to make the commitment many times in the space of a few minutes.

DISTRESS TOLERANCE HANDOUT 5 (cont.)

WILLINGNESS

Cultivate a WILLING response to each situation.

- Willingness is **DOING JUST WHAT IS NEEDED** in each situation, in an unpretentious way. It is focusing on effectiveness.
- Willingness is listening very carefully to your **WISE MIND**, acting from your inner self.
- Willingness is **ALLOWING** into awareness your connection to the universe—to the earth, to the floor you are standing on, to the chair you are sitting on, to the person you are talking to.

(over) WILLFULNESS

Replace WILLFULNESS with WILLINGNESS.

- Willfulness is **SITTING ON YOUR HANDS** when action is needed, refusing to make changes that are needed.
- Willfulness is **GIVING UP**.
- Willfulness is the **OPPOSITE OF "DOING WHAT WORKS,"** being effective.
- Willfulness is trying to **FIX** every situation.
- Willfulness is **REFUSING TO TOLERATE** the moment.