**Willingness Handout**

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| **WILLINGNESS****(Letting go of the Struggle with thoughts, feelings, memories (TFM) (Passengers)** | **ATTACHMENT****(Fighting against or Depending upon****the Passengers)** |
| 1. You do not have to do anything to get rid of or hang onto any TFM.  | 1. You have to get rid of or depend upon some TFM.  |
| 2. You can let the 'passengers' sit anywhere on the bus.  | 2. You have to stay vigilant about what passengers are present and where they are sitting.  |
| 3. You recognize that passengers cannot harm you. They can only do what they do: be sounds (thoughts), be sensations (feelings), and be images (memories).  | 3. You must react to the passengers. You buy into what they say about you. They tell you that they are too much for you to bear.  |
| 4. You are aware that wherever you go, passengers go with you. You are aware that every single human being is in the same boat.  | 4. You do your best to be in control of which passengers are present. You attempt to pick which ones stay and which ones go. You are very busy doing this. Has this worked over the long run?  |
| 5. You are willing to accept that which you do not control so that you can use your courage (values) to drive the bus.  | 5. You become stuck, endlessly repeating the same private war. You unwittingly breed inner suffering.  |