**Willingness & Valued Living Worksheet**

Willingness Skill focuses on making room for what is already with us, the TFM we have.

When we are no longer making our lives be about our controlling or changing our TFM,

than what do we choose to make our lives be about?

Valued Living Skill is about doing what matters to us.

Instructions for Completing the Willingness & Valued Living Worksheet:

1st column: Date & Time

* Record the date and time when you performed your valued act.

2nd column: Intention

* Record your intention.
  + Your intention is what you were making your life be about when you were doing this valued act?
  + What value were you bringing to life through the action listed in the 3rd column?

3rd column: Valued Act

* Describe the action you performed.
* What action did you actually do?

4th column: Awareness

* Record whether you were using Awareness Skills as you were doing the valued act described in the 3rd column.
* Describe any 'passengers‘ (thoughts, physical sensations, or images) you experienced while doing this valued act.

5th column: Willingness

* Record whether you were willing to accept these private experiences (thoughts, physical sensations, and images).
* REMINDER
  + Willingness is not the same as wanting, liking, or desiring.
  + Willingness is a choice to let go of one‘s attachment with 'passengers'. Attachment can come in the form of struggling against unpleasant passengers or hanging onto pleasant passengers.

***Example:***

**Willingness & Valued Living Worksheet**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| DATE  & TIME | INTENTION | VALUED ACT | AWARENESS | WILLINGNESS |
| Date:  10/17/05  Time:  1330-1500 | I was making my life be about:  ―Compassion toward and love for my wife | I did the following ACTION:  ―I listened to my wife speak of her worries. I told her that I care, that I am willing to listen, and that I am willing to help in any way I can. | Awareness Skills used?  (circle one)  YES NO  These 'passengers‘ showed up on my ‗bus‘:  Thoughts :  ―I heard thoughts that I have treated her poorly, thoughts that I have been a poor husband. I heard thoughts that now she will know how I feel. I heard thoughts about wanting to help her.  Physical Sensations:  ―I felt tightness in my shoulders, a dull ache in my forehead, and heaviness in my chest.  Memories/Images  ―I saw images of how I have treated her. I saw images of how my father treated me and my mom. | Was I willing to have these 'passengers‘ for what they are: thoughts I hear, sensations I feel, and images I see?  (circle one)  YES NO |

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|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| DATE  & TIME | INTENTION | VALUED ACT | AWARENESS | WILLINGNESS |
| Date:  Time: | I was making my life be about: | I did the following ACTION: | Awareness Skills used?  (circle one)  YES NO  These 'passengers‘ showed up on my bus:    Thoughts :  Physical Sensations:  Memories/Images | Was I willing to have these 'passengers‘ for what they are: thoughts I hear, sensations I feel, and images I see?  (circle one)  YES NO |