

# TURNING THE MIND

## WILLINGNESS vs WILLFULNESS

Radical acceptance is a choice that we make, turning the mind is the act of making that choice. Turning the mind is turning from a path of rejecting an unpleasant reality, towards accepting that same reality



### WILLINGNESS:

#### ACCEPTING REALITY

- Responding to any situation without complaint or bitterness
- Uses wise mind
- Focusing on the reality of a situation
- The “it is what it is” approach
- Doing what is needed
- Going with the flow
- Recognizing you may not have control of the situation



### WILLFULNESS:

#### REFUSING TO ACCEPT REALITY

- Refusing to accept the reality of a situation because it is not the preferred outcome
- Uses emotional mind or sometimes rational mind
- Based on what the individual wants
- The “should be” or “shouldn’t be” approach
- Giving up
- Needing to be in control

## HOW TO TURN THE MIND

1. Be aware that you are not accepting reality. Notice thoughts and feelings of annoyance and avoidance such as “this shouldn’t be happening” or “why me?”
2. Commit to accepting reality and do what is needed.
3. If you notice your thoughts moving back to willfulness remind yourself to return to willingness