



Willingness: The Painful Object

(Adapted from Hayes & Smith, 2005 and Hank Robb, Ph.D.)

Step 1: Notice – Thoughts, feelings, urges, sensations, memories, plans, judgments, and predictions that you struggle with or that sometimes feel like they stop you from getting something that you want in life

Step 2: Adopt – a gentle, loving posture toward yourself, your history, and your programming. Hold your painful experience...

...like holding a cactus in your hand. The cactus is prickly and painful AND you can hold it gently. That is willingness. Being willing to let the cactus be there, without struggling with it.

