

# AM I WILLING?

<p>What would I like to change in my life?</p>	<p style="text-align: center;"><b>ASK YOURSELF</b></p>	<p>What thoughts come up when I think about these questions? Which of the five am I likely to have difficulty with?</p>
<p><b>Example:</b> I would like to have better relationships with the people in my life.</p>	<p><b>1. Am I willing to change?</b> I am willing to be open to learning new material and trying new behaviors.</p>	<p>I am willing to do these things, but what if other people still don't like me? What if I change but no one else does?</p>
<p>1.</p>	<p><b>2. Am I willing to accept responsibility?</b> I am the only one who can choose my thoughts and behaviors in the present moment, which will lead to creating a better future.</p>	<p>1.</p>
<p>2.</p>	<p><b>3. Am I willing to own my choices?</b> The choices I make are powerful and contribute significantly to the life I create.</p>	<p>2.</p>
<p>3.</p>	<p><b>4. Am I willing to participate in the process?</b> I am willing to keep doing the exercises until I start to feel better.</p> <p><b>5. Am I willing to commit to staying the course?</b> I will am willing to complete the FDT class and/or read the book through to the end, even if it seems hard sometimes.</p>	<p>3.</p>