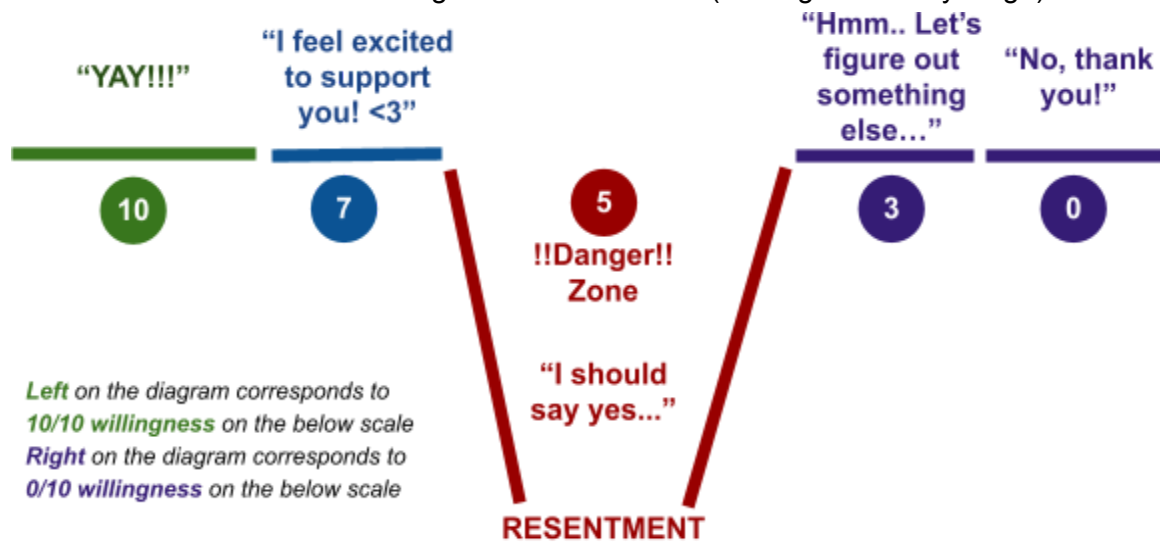


The Willingness Scale

nvcdesi.com

How do I feel about this? Why might I say yes to this?
What would this give me that I value? (Will it give me anything?)



10) I really want it!! This will make my life more wonderful!!

9) I want to try it! Let's experiment! This just might make my life more wonderful!

8) I'm unsure but I do want to try it

=== (Above this line, I at least partially do it for me; Below this line, I do it for others) ===

7) I really want others to enjoy it! I feel good knowing that they feel good!

I'm wholeheartedly willing to do this for someone else. I can see this is important for this person. I want the joy of giving!

===== (Above this line, I am willing. Below this line, I am upset as I do this) =====

!DANGER!

6) I'm afraid of getting in the way of others getting what they really want. So, I'm doing what is being asked of me.

5-4) I feel like I "have to" do this. I "must" do this. I "should" do this. If I don't do this, something bad will happen. I am doing this out of fear... I'm not connected with how this will serve my life.

!DANGER!

===== (Above this line, I am ready to act. Below this line, I am choosing to pause) =====

3) Maybe I'll do something similar, but not quite this.

2) Maybe I chose to do this differently. Maybe I want to take time to understand why this might be important. Maybe, I'll do this another time. Maybe I won't do this at all.

0-1) I won't do this. I want some distance from this possibility occurring

This is the compact Printable Version. See the full version here at www.nvcdesi.com/willingness