

Willingness to change Continuum (an example)

1-2	3-4	4-5	6-7	8	9	10
<p>Not Willing at all.</p> <p>Think there is willing-ness, but there isn't. Great intentions followed by no actions.</p> <p>Willing to listen to and read instruction, but not do it.</p> <p>Avoid pain almost all the time, because it hurts.</p> <p>No effort. I do it my way.</p> <p>Have effort to listen, but then quickly forget what is said.</p> <p>Effort to follow the crowd and not to think too much.</p> <p>Easy way is always the best way.</p>	<p>Have willingness to show up listen to the instructions and then examine everyone else with them.</p> <p>Willing to begin looking at self and see how to make a change.</p> <p>Ready to feel the pain and make everyone else suffer because of it.</p> <p>Accept the pain and begin growing through facing it.</p> <p>Applying effort with a lot of complaining and frustration.</p> <p>Accepting the effort as a way to change, getting used to it.</p>	<p>Compare self-with others... willing to go as far or do as much as others (pride, reputation)</p> <p>Willingness to listen to hard instruction and once in a while and make some changes from it.</p> <p>Face uncomfortable change from time to time for sake of pride and truth, don't want to be looked at as inferior or weak - which could be more uncomfortable.</p> <p>Effort to do a little more than the next person... to prove self to be better, and then that's enough.</p> <p>Celebrate self for accomplishments.</p>	<p>Willingness to seek God's way to better understand God. Look at other people less and God more.</p> <p>Willing to humble self daily in action, thought, and service to God's Spirit everywhere.</p> <p>Physical pain becomes part of the process. Focus increases upon spiritual pain and how to heal it.</p> <p>Apply effort daily to learn and apply new spiritual action building God's intimacy in more relationships while moving away from spiritually empty activities.</p>	<p>Willingness to follow the spirit of love, truth, mercy, etc. into each day's activities.</p> <p>Willing to see how to make corrections in thought and action to improve in God's grace.</p> <p>Willing to face regular constructive criticism from others to learn about self.</p> <p>Seek more and more awareness of how to restore spiritual suffering.</p> <p>Continuous effort to grow spiritually and pay close attention to the spiritual kingdom of God.</p>	<p>Demonstrate more and more from a gentle humble spirit willing to speak spiritual truth always.</p> <p>Willingness to accept physical and material loss to maximize spiritual gain.</p> <p>Developed discernment to spiritual suffering and ability to provide insight to others who are willing to listen.</p> <p>Continuous effort to tend to God's spiritual kingdom.</p>	<p>Willingness to speak spiritual truth at the expense of one's life and material property.</p> <p>Willingness to be cut off and or to cut off from family and friends for the sake of growing the kingdom of God.</p> <p>All effort is carefully examined to maximize effort toward the spirit of God everywhere.</p>