

**Skill Practice Reflection:**

Willpower, as stated in the powerpoint for this week, is the ability to control our attention, emotions and impulses (desires) in pursuit of something that isn't immediately attainable. It also is the ability to act in ways that further our goals, even when doing something else seems immediately more appealing. This week, I utilized willpower by avoiding the procrastination of writing my English paper. I was really not interested in the topic and I had no motivation to complete this paper. But, I knew that I needed time to focus on writing this paper so that I could get a good grade on the paper. So, I set time in my schedule, and found a quiet area and worked on my paper without distractions, such as my phone and other individuals. I completed the paper with time to get some feedback from my professor to improve my paper. I felt really proud of myself for increasing my willpower this week, and the result was that I received a 100% on my paper. Without the willpower to focus on writing my paper, I would not have been able to be successful on my paper.

Something I wish I could use more willpower on is completing my reading assignments for my British Literature class. I often get distracted when it comes to reading the assignments, and allow distractions to take over, and then I don't retain any information from the readings. Then, when it comes to class discussions about the readings, I don't have anything to contribute and I often get lost in what everyone is saying.

A specific outcome if I were able to live out the willpower to complete reading assignments would be that I would have a better understanding during class discussion as well as have a better performance overall on quizzes and in-class assignments.

An internal barrier that is keeping me from using willpower is my continuous disinterest in the reading assignment. The readings have nothing to do with my current life or current career path and are overall boring and confusing to understand. An external barrier that is keeping me from using willpower is my lack of quiet time that I can dedicate to really focus on the reading.

My plan for overcoming this obstacle and to use my willpower is to allow time in my schedule and find a quiet place where I can focus on my reading assignments and really dig deep into the understanding of the text, even though I don't have much interest in the readings.

#### **Class Activity Reflection:**

Some items that I would include in my crisis survival kit would be some cold water, a snack, some mints, and a stress ball. Most of the time when I begin to get into a crisis state, it is due to a medical issue, so having cold water and a snack or mints usually help if I'm not feeling well. I also like fidgeting if I begin to get stressed to distract my mind some from the situation at hand. All of these items are ones that I have on hand in my home and in my backpack for school so that I'm always prepared. I also have music and calming podcasts saved on my phone if I need some noise to help distract me.

The areas of ACCEPTS that come most naturally to me are Activities, Contributing, and Thoughts. If I find myself in a stressful situation, I will either take myself on a bike ride to clear my head, or see if any of my friends need help with anything that they are working on to distract myself. Areas that I need more practice on are Emotions and Pushing Away, because I usually get overwhelmed with my emotions in a very high-stress situation, and if I push something away, it typically will start to eat away at me until I burst. The area I think is not helpful is Comparisons,

because I begin to self-deprecate myself rather than use them to make me feel better about a situation.

A few weeks ago, I had gotten very overwhelmed with the drama that was occurring in my sorority. So, instead of being eaten alive by the stress of the situation, I decided that it was a nice enough day for me to take a bike ride on High Bridge Trail. I put on my hype music playlist and allowed the activity of bike riding to take away the stress of the situation and calm me down so that I could react rationally to the situation.

#### **Gratitude Practice:**

Something I am grateful for this week was completing my paper for my English class. The paper was based on the reading from the textbook the past couple of weeks, and we had to choose a strategy to create an inclusive writing environment in the classroom. I could not get into writing the paper for a VERY long time, but once I was able to use willpower and sit down and actually do my paper, I was proud of what I was able to accomplish in my paper. I was also able to finish with enough time for feedback from my professor, which led to me receiving a 100% on my paper.

#### **Lecture + Reading Reflection:**

The information that resonated with me from class the most was the information about willpower. Before this week, I always associated willpower with working out, and I don't love working out, so I never really thought about it in a school sense. It's important to practice willpower daily so that goals can be reached without distractions being put in the foreground.

I really enjoyed the reading about “Radical Acceptance” from Psychology Today. In the reading, Radical Acceptance is defined as saying yes to life, just as it is. The section about “refusing to accept reality” really stood out to me because when something bad happens, the first instinct is to deny it as truth and pretend it doesn’t exist. But, if you switch your mindset to one of acceptance (not necessarily agreeing), it can improve mental health and decrease destructive behaviors.