The positional model described in section 7.4 of the textbook has an attribute in the constructor that stores the position of each constructed node as a variable. This variable is then used to keep the location of the node's element. Since each node's position is stored, there is no need to walk from the sentinel node to get to the specified position in the list. Instead, we can go directly to where the positional variable of the node is and proceed from there. This makes get_element_at, insert_element_at, and remove_element_at all constant time.

In contrast, the doubly linked list that we have does not store the position of each node as variables. Rather, the node has pointers that point towards the next and previous nodes. This method does not allow for constant time insertion, deletion, or get_element. This is because in order to access the specific node, the code must start from the sentinel nodes and take steps towards the specified node. This makes it linear time. There is no way to jump straight to the specified node with this method.