

Extended Judge-Your-Neighbor Worksheet

Think of a stressful situation with someone—for example, an argument. As you meditate on that specific time and place and begin to feel what that felt like.

- Use short, simple sentences to fill in the blanks in the **bold areas** below (questions 1-6).
- Then return to your statements again, ask the four questions (a-d), and turn it around.

SITUATION 1. In this situation, who angers, confuses, hurts, saddens, or disappoints you, and why?

I am _____ with _____ because _____
emotion him/her/them/name

I am angry with Paul because he lied to me.

The four questions - *Example: Paul lied to me.*

- Is it true? (Yes/No. If no, move to question c.)

- Can you absolutely know that it's true? (Yes/No)

- How do you react, what happens, when you believe that thought?

- Who or what would you be without the thought?

Turn the thought around (As you visualize the situation, contemplate how each turnaround is as true or truer)

WANTS 2. In this situation, how do you want him/her to change? What do you want him/her to do?

I want _____ to _____
him/her/them/name

I want Paul to see that he is wrong. I want him to stop lying to me.

The four questions - *Example: Paul lied to me.*

- Is it true? (Yes/No. If no, move to question c.)

- Can you absolutely know that it's true? (Yes/No)

- How do you react, what happens, when you believe that thought?

- Who or what would you be without the thought?

Turn the thought around (As you visualize the situation, contemplate how each turnaround is as true or truer)

ADVICE 3. In this situation, what advice would you offer him/her? "He/she should/shouldn't..."

_____ should/shouldn't _____
he/she/they/name

Paul shouldn't frighten me with his behavior. He should take a deep breath.

The four questions - *Example: Paul lied to me.*

- Is it true? (Yes/No. If no, move to question c.)

- Can you absolutely know that it's true? (Yes/No)

c. How do you react, what happens, when you believe that thought?

d. Who or what would you be without the thought?

Turn the thought around (As you visualize the situation, contemplate how each turnaround is as true or truer)

NEEDS 4. In order for *you* to be happy in this situation, what do you need him/her to think, say, feel, or do?

I need _____ to _____
him/her/them/name

I need Paul to stop talking over me. I need him to really listen to me.

The four questions - *Example: Paul lied to me.*

a. Is it true? (Yes/No. If no, move to question c.)

b. Can you absolutely know that it's true? (Yes/No)

c. How do you react, what happens, when you believe that thought?

d. Who or what would you be without the thought?

Turn the thought around (As you visualize the situation, contemplate how each turnaround is as true or truer)

COMPLAINTS 5. What do you think of him/her in this situation? Make a list. (It's okay to be petty and judgmental.)

_____ is/are _____
he/she/they/name

Paul is a liar, arrogant, loud, dishonest, and unconscious.

Turn the thought around (As you visualize the situation, contemplate how each turnaround is as true or truer)

PRACTICE 6. What is it about this person and situation that you don't ever want to experience again?

I don't ever want _____

I don't ever want Paul to lie to me again. I don't ever want to be disrespected again.

Turn the thought around (If it comes up again, it's just another worksheet)

I am willing to _____ again.

I look forward to _____ again.

This is an extended version of Byron Katie's Judge-Your-Neighbor-Worksheet was modified with her permission, and is available at:
suristahel.com/thework.

Byron Katie's original worksheet can be found at thework.com