

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 statements** (STATEMENTS 1.-6.)
- In the next page, refer to your statements again to ask the four questions (a-d), and turn it around
- You may leave the second page blank if you plan to request a call for guidance or support

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.

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.

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.

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.

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.

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.

Now question each of your statements, using the four questions in the next page.

For the turnaround to statement 6, replace the words I don't ever want... with I am willing to... and I look forward to...

STATEMENT 1. 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)

I lied to me. I lied to Paul. Paul didn't lie to me. Paul told me the truth.

STATEMENT 2. The four questions - Example: I want Paul to see that he is wrong.

- 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)

I want me to see that I'm wrong. I want me to stop lying to me.

STATEMENT 3. The four questions - Example: Paul should take a deep breath.

- 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)

I shouldn't frighten Paul/me with my behavior. I should take a deep breath.

STATEMENT 4. The four questions - Example: I need Paul to stop talking over 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)

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

STATEMENT 5. Turn the thought around (As you visualize the situation, contemplate how each turnaround is as true or truer)

Paul is a truth-teller, humble/down-to-earth, quiet/soft, honest and aware.

STATEMENT 6. Turn the thought around (If it comes up again, it's just another worksheet)

I am willing to _____ again.

I am willing to have Paul lie and disrespect me again.

I look forward to _____ again.

I look forward to Paul lying and disrespecting me again.