

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

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 of The Work 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...

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.

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.

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.

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.

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.

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.*