

Judge-Your-Neighbor Worksheet

Judge your neighbor • Write it down • Ask four questions • Turn it around

Think of a recurring stressful situation, a situation that is reliably stressful even though it may have happened only once and recurs only in your mind. As you answer each of the questions below, allow yourself to mentally revisit the time and place of the stressful occurrence. Use short, simple sentences.

l am	with	າ	because	
	emotion	name		
Example	e: I am <i>angry</i> with Pau	ul because he doe	sn't listen to me about his health.	
In this	situation, how d	o you want the	m to change? What do you want them to do?	
I want		to		
	name			
Example	e: I want <i>Paul</i> to see th	at he is wrong. I wa	ant him to stop lying to me. I want him to see that he is killing himself.	
In this	situation, what a	advice would y	ou offer to them?	
	sł	nould/shouldn't		
	name			
	e: Paul should take a d th another heart attack		ould calm down. He should see that his behavior frightens me. He should know the	at being right is
			tuation, what do you need them to think, say, feel, or do?	
	-			
i need .	name	to		
Example	e: I need Paul to hear	me when I talk to	him. I need him to take care of himself. I need him to admit that I am right.	
What	do you think of th	nem in this situ	ation? Make a list.	
		is		
	name			
Example	e: Paul is unfair, arrog	ant, loud, dishone	st, way out of line, and unconscious.	
What is	s it in or about this	s situation that	you don't ever want to experience again?	
l don't	ever want			
ruont	OVOI WAIIL			
			. I don't ever want to see him ruining his health again.	

Now investigate each of the above statements using the four questions. Always give yourself time to let the deeper answers meet the questions. Then turn each thought around. For the turnaround to statement 6, replace the words "I don't ever want to ..." with "I am willing to ..." and "I look forward to ..." Until you can look forward to all aspects of life without fear, your Work is not done.

The four questions

Example: Paul doesn't listen to me about his health.

- 1. Is it true? (Yes or no. If no, move to 3.)
- 2. Can you absolutely know that it's true? (Yes or no.)
- 3. How do you react, what happens, when you believe that thought?
- 4. Who would you be without the thought?

Turn the thought around

- a) to the self. (I don't listen to myself about my health.)
- b) to the other. (I don't listen to Paul about his health.)
- c) to the opposite. (Paul does listen to me about his health.)

Then find at least three specific, genuine examples of how each turnaround is true for you in this situation.

For more information on how to do The Work, visit thework.com