



Judge-Your-Neighbor Worksheet

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

Fill in the blanks below, using short, simple sentences. Don't censor yourself; don't be wise or "spiritual." Take this opportunity to express your negative feelings on paper.

1. Who angers, irritates, saddens, or frustrates you, and why?

I am _____ at _____ because _____
(name)

(Example: I am *angry* at *Paul* because *he doesn't listen to me, he doesn't appreciate me, he argues with everything I say.*)

2. How do you want them to change? What do you want them to do?

I want _____ to _____
(name)

(Example: I want *Paul* to see that he is wrong. I want him to *apologize.*)

3. What is it that they should or shouldn't do, be, think, or feel?

_____ should/shouldn't _____
(name)

(Example: *Paul* should take better care of himself. He shouldn't argue with me.)

4. What do they need to do in order for you to be happy?

I need _____ to _____
(name)

(Example: I need *Paul* to hear me and respect me.)

5. What do you think of them? Make a list.

_____ is _____
(name)

(Example: *Paul* is *unfair, arrogant, loud, dishonest, way out of line, and unconscious.*)

6. What is it that you don't want to experience with this person again?

I don't ever want to _____

(Example: I don't ever want to feel *unappreciated* by *Paul* again. I don't ever want to see him *smoking and ruining his health* again.)

The four questions:

- 1) Is it true?
- 2) Can you absolutely know that it's true?
- 3) How do you react when you believe that thought?
- 4) Who would you be without the thought?

Turn it around.

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