

Judge-Your-Neighbor MIND ON PAPER

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 situation. Use short, simple sentences.

Your situation: _____
time *place*

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

I am _____ with _____ because _____
emotion *name*

Keep it simple: *I am angry with Paul because he doesn't listen to me.*

WANTS 2 In this situation, how do you want them to change? What do you want them to do?

I want _____ to _____
name

I want Paul to stop defending himself, open his mind, and listen to me.

ADVICE 3 In this situation, what advice would you offer to them?

_____ should/shouldn't _____
name

Paul should calm down.

NEEDS 4 In order for you to be happy in this situation, what do you need them to think, say, feel, or do?

I need _____ to _____
name

I need Paul to admit that I am right.

COMPLAINTS 5 What do you think of them in this situation? Make a list. (Remember, be petty and judgmental.)

_____ is _____
name

Paul is unfair, arrogant, loud, dishonest, and unconscious.

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

I don't ever want _____

I don't ever want Paul to interrupt me again.

Now investigate each of your statements above, using the four questions: 1) Is it true? 2) Can you absolutely know that it's true? 3) How do you react, what happens, when you believe that thought? 4) Who would you be without the thought? **Then turn the thought around.** For the example *Paul doesn't listen to me*, some turnarounds are *I don't listen to me*, *I don't listen to him*, and *Paul does listen to me*. **For the turnaround to statement 6**, replace the words *I don't ever want...* with *I am willing to...* and *I look forward to...*

