



## THE WORK OF BYRON KATIE

Except from the

### Judge–Your–Neighbor Worksheet

also known as the *Little Yellow Card*

Recall a specific situation when you were upset with someone. As you focus on what you see in your mind's eye, fill in the blanks below.

In this situation, who upsets you and why?

name

**Keep it simple:** *Paul won't listen to me.*

Now question this thought using the **four questions and the turnarounds** on the back.

To learn more about The Work, read ***Loving What Is*** and visit **thework.com**.

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### The four questions

Example: *He won't listen to me.*

Repeat your statement and ask:

- 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.

*I won't listen to me.  
I won't listen to him.  
He will listen to me.*

As you experience the situation (in your mind's eye), contemplate how each turnaround is as true or truer.

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