

THE WORK OF BYRON KATIE 

Excerpt from the  
Judge-Your-Neighbor Worksheet

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.

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

I am \_\_\_\_\_ with \_\_\_\_\_  
*emotion name*  
because \_\_\_\_\_

Example: I am *angry* with *Paul* because *he hurt me*.

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The four questions

*Example: He hurt me.*

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 hurt me.*)
- b) to the other. (*I hurt him.*)
- c) to the opposite. (*He didn't hurt me.*)

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

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