"Judge your neighbor, write it down, ask four questions, turn it around"

1. What part of you is uncomfortable with your neighbor?
   (Write what part of you is uncomfortable.)

2. Who or what in your neighbor do you believe is uncomfortable with you?
   (Write who or what in your neighbor do you believe is uncomfortable.)

3. Who or what is uncomfortable, and do you believe they are uncomfortable with you?
   (Write who or what is uncomfortable and do you believe they are uncomfortable.)

4. Do you choose to have this uncomfortable moment?
   (Write do you choose to have this uncomfortable moment.)

5. Do you choose to be uncomfortable?
   (Write do you choose to be uncomfortable.)

6. What do you choose to believe about this uncomfortable moment?
   (Write what do you choose to believe about this uncomfortable moment.)

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