

The Work of Byron Katie®

Judge-Your-Neighbor Worksheet

Choose a complaint from your “**I Complain About _____ Because _____**” Worksheet or think of a stressful situation with someone– for example, an argument. As you meditate on one specific time and place, fill in the blanks below. Use short, simple sentences.

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

I am angry with Paul because he lied to me.

I am _____ with _____ because _____
emotion name

2. In this situation, how do you want him/her/them to change? What do you want him/her/them to say or do? *I want Paul to see that he is wrong. I want him to stop lying to me. I want him to apologize.*

I want _____ to _____
name

3. In this situation, what advice would you offer him/her/them? “He/she/they should/shouldn’t...”

Paul shouldn’t frighten me with his behavior. He should take a deep breath.

_____ should/shouldn’t _____
name

4. In order for *you* to be happy in this situation, what do you need him/her/them to think, say, feel, or do? *I need Paul to stop talking over me. I need him to really listen to me.*

I need _____ to _____
name

5. What do you think of him/her/them in this situation? Make a list. (It’s okay to be petty and judgmental.) *Paul is a liar, arrogant, loud, dishonest, and unconscious.*

_____ is _____
name

6. What is it about this person and situation that you don’t ever want to experience again?

I don’t ever want Paul to lie to me again. I don’t ever want to be disrespected again.

I don’t ever want _____

Now question each of your statements, using the four questions and turnarounds on a **One-Belief-At-A-Time Worksheet**. For the turnaround to statement 6, replace the words “I don’t ever want...” with “I am willing to...” and “I look forward to...”

The four questions

Example: *Paul lied to me.*

1. Is it true? (Yes or no. If no, move to question 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 or what would you be without the thought?

Turn the thought around.

I lied to me.

I lied to Paul.

Paul didn’t lie to me.

Paul told me the truth.

Find three examples of how each turnaround is as true as, or truer than, your original statement.