

The Work of Byron Katie®

I Complain About _____ Because _____ Worksheet

List the people in your life who you complain, worry, or are concerned about. What did they say or do? Do not write on yourself.

EXAMPLE

I complain about Paul because he lied to me.

I complain about my client because she is always late for her appointment.

I complain about my sister's boyfriend because he doesn't deserve her.

I complain about _____ because _____

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The Work of Byron Katie®

I Complain About _____ Because _____ Worksheet *CONTINUED*

I complain about _____ because _____

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