

Judge-Your-Neighbor Worksheet

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Think of a stressful situation with someone—for example, an argument. As you meditate on that specific time and place and begin to feel what that felt like, fill in the blanks below. Use short, simple sentences

What is the situation? *Meditate on an exact time & place* _____

1 - SITUATION: In this situation, who angers, confuses, hurts, saddens, or disappoints you, and why? Example: *I am angry with Paul because he lied to me.*

I am _____ with _____ because _____
(emotion) (name)

2 - WANTS: In this situation, how do you want him/her to change? What do you want him/her to do? Example: *I want Paul to see that he is wrong. I want him to stop lying to me.*

I want _____ to _____
(name)

3 - ADVICE: In this situation, what advice would you offer him/her? "He/she should/shouldn't..." Example: *Paul shouldn't frighten me with his behavior. He should take a deep breath.*

_____ should/shouldn't _____
(name)

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

I need _____ to _____
(name)

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

_____ is _____
(name)

6 - DON'T EVER WANT: What is it about this person and situation that you don't ever want to experience again? Example: *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 _____

Statement You're Working On: _____

QUESTION 1: Is it true? (if NO, go to question 3) YES or NO

QUESTION 2: Can you absolutely know that it's true? YES or NO

QUESTION 3: How do you react, what happens, when you believe that thought? _____

- Does that thought bring: **PEACE** or **STRESS**
- What images do you see?
 - Past _____
 - Future _____
 - What physical sensations do you experience as you witness those images?

- Do any obsessions or addictions begin to appear when you believe that thought? *Example: smoking, TV, Sex, Shopping, Food*

- In this situation how do you treat:
 - The person _____
 - Yourself _____
 - Other people _____
- Other reactions, thoughts or one liners. _____

Statement You're Working On:

QUESTION 3: How do you react, what happens, when you believe that thought? (continued) What emotions arise when you believe that thought?

Emotions List



Question 3: How do you react, what happens, when you believe that thought?

ANGRY		DEPRESSED		CONFUSED	HELPLESS	INDIFFERENT	AFRAID		HURT	SAD	JUDGMENTAL
irritated	loud	disappointed	masochistic	doubtful	incapable	insensitive	fearful	dreadful	crushed	tearful	stony
enraged	reactive	discouraged	stuck	uncertain	alone	dull	terrified	guarded	tormented	sorrowful	serious
hostile	swearing	ashamed	contracted	indecisive	paralyzed	reserved	suspicious	troubled	deprived	anguished	stern
insulting	abrupt	powerless	tight	perplexed	fatigued	weary	anxious	self-	pained	desolate	frowning
annoyed	quarrelsome	diminished	blocked	embarrassed	useless	bored	alarmed	absorbed	tortured	unhappy	recoiling
upset	venomous	guilty	despairing	hesitant	inferior	preoccupied	panicked	rigid	rejected	lonely	glaring
hateful	irate	dissatisfied	hopeless	shy	vulnerable	cold	nervous	phobic	injured	grieved	disgusted
unpleasant	short-	miserable	grouchy	disillusioned	empty	lifeless	scared	intolerant	offended	mournful	unfair
offensive	tempered	despicable	off	distrustful	distressed	uncaring	worried	disturbed	afflicted	dismayed	attacked
aggressive	stubborn	self-	moody	misgiving	pathetic	uninterested	frightened	disrupted	aching	downhearted	tactless
bitter	rebellious	denigrating	crabby	lost	distraught	unresponsive	timid	intimidated	victimized	oversensitive	hurtful
frustrated	exasperated	self-hating	faultfinding	unsure	tired	doomed	shaky	avoiding	heartbroken	dirty	bossy
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hotheaded	condemning	terrible	morose	stressed	inept	sluggish	cowardly	unbending	wronged	sour	brutal
malicious	seething	lousy	cranky	uncomfortable	incapacitated		insecure	paranoid	humiliated	self-	combative
infuriated	scornful	desperate	grumpy	comparing	shut down		wary	inhibited	insulted	castigating	pushy
critical	sarcastic	alienated	burdened	dishonest	cut off		menaced	immobile	withdrawn	unworthy	neglectful
mean-	overbearing	bad	negative	superior	trapped		uptight	attached	miffed	fragile	stonewalling
spirited	sharp	pessimistic	closed	disdainful	weak		apprehensive	prejudiced	indignant	disconnected	rude
violent	poisonous	dejected	out of sorts	manipulative	sick		attacking	agoraphobic	suffering	devastated	ranting
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incensed	envious	rotten		blushing							blunt
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Statement You're Working On:

QUESTION 4: Who (or what) would you be without the thought?



Question 4: Who would you be without the thought?

OPEN	LOVING	HAPPY	INTERESTED	ALIVE	POSITIVE	PEACEFUL	STRONG	RELAXED
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harmonious	loved	sunny	thoughtful	great	creative	serene	truthful	trusting
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tolerant	gentle	jubilant	intent	sharing	helpful	blessed	excellent	fluid
friendly	compassionate	jovial	focused	intelligent	resourceful	assured	perseverant	light
approachable	caring	fun-loving		exhilarated	motivated	clear	responsible	spontaneous
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						self-sufficient		

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Statement You're Working On:

[illegible]

Statement You're Working On: _____

Turn Around: to the self (i.e., I hurt me): _____

Genuine examples of how, in that situation, this is equally as true if not truer:

1.) _____

2.) _____

3.) _____

Turn Around: to the other (i.e., I hurt him): _____

Genuine examples of how, in that situation, this is equally as true if not truer:

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Turn Around: to the opposite (i.e., he didn't hurt me; he helped me): _____

Genuine examples of how, in that situation, this is equally as true if not truer:

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NOTES:

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I WANT _____ TO: _____

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QUESTION 4: Who or what would you be without

Emotions List

the thought?



Question 4: Who would you be without the thought?

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I WANT _____

TO: _____

QUESTION 4 (continued): Who or what would you be without the thought?

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I WANT _____

TO: _____

Turnaround: to the self (i.e., I hurt me): _____

Genuine examples of how, in that situation, this is equally as true if not truer:

- 1.)

- 2.)

- 3.)

Turnaround: to the other (i.e., I hurt him): _____

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_____ **SHOULD:**

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Question 3: How do you react, what happens, when you believe that thought?

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Question 4: Who would you be without the thought?

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Turnaround to the other (I hurt him): _____

Genuine examples of how, in that situation, this is equally as true if not truer:

1.) _____

2.) _____

3.) _____

Turnaround to the opposite (he didn't hurt me; he helped me): _____

Genuine examples of how, in that situation, this is equally as true if not truer:

1.) _____

2.) _____

3.) _____

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

I NEED _____ TO: _____

QUESTION 1: Is it true? (if NO, go to question 3) YES or NO

QUESTION 2: Can you absolutely know that it's true? YES or NO

QUESTION 3: How do you react, what happens, when you believe that thought? _____

- Does that thought bring: **PEACE** or **STRESS**
- What images do you see?
 - Past _____
 - Future _____
 - What physical sensations do you experience as you witness those images?

- Do any obsessions or addictions begin to appear when you believe that thought? *Example: smoking, TV, Sex, Shopping, Food*

- In this situation how do you treat:
 - The person _____
 - Yourself _____
 - Other people _____
- Other reactions, thoughts or one liners. _____

I NEED _____

TO: _____

QUESTION 3: How do you react, what happens, when you believe that thought? (continued) What emotions arise when you believe that

Emotions List



Question 3: How do you react, what happens, when you believe that thought?

ANGRY		DEPRESSED		CONFUSED	HELPLESS	INDIFFERENT	AFRAID		HURT	SAD	JUDGMENTAL
irritated	loud	disappointed	masochistic	doubtful	incapable	insensitive	fearful	dreadful	crushed	tearful	stony
enraged	reactive	discouraged	stuck	uncertain	alone	dull	terrified	guarded	tormented	sorrowful	serious
hostile	swearing	ashamed	contracted	indecisive	paralyzed	reserved	suspicious	troubled	deprived	anguished	stern
insulting	abrupt	powerless	tight	perplexed	fatigued	weary	anxious	self-	pained	desolate	frowning
annoyed	quarrelsome	diminished	blocked	embarrassed	useless	bored	alarmed	absorbed	tortured	unhappy	recoiling
upset	venomous	guilty	despairing	hesitant	inferior	preoccupied	panicked	rigid	rejected	lonely	glaring
hateful	irate	dissatisfied	hopeless	shy	vulnerable	cold	nervous	phobic	injured	grieved	disgusted
unpleasant	short-	miserable	grouchy	disillusioned	empty	lifeless	scared	intolerant	offended	mournful	unfair
offensive	tempered	despicable	off	distrustful	distressed	uncaring	worried	disturbed	afflicted	dismayed	attacked
aggressive	stubborn	self-	moody	misgiving	pathetic	uninterested	frightened	disrupted	aching	downhearted	tactless
bitter	rebellious	denigrating	crabby	lost	distraught	unresponsive	timid	intimidated	victimized	oversensitive	hurtful
frustrated	exasperated	self-hating	faultfinding	unsure	doomed	tired	shaky	avoiding	heartbroken	dirty	bossy
controlling	impatient	sulky	resistant	uneasy	overwhelmed	robotic	restless	unwelcoming	agonized	remorseful	stilted
resentful	contrary	low	punishing	tense	incompetent	slow	threatened	petrified	appalled	sullen	stiff
hotheaded	condemning	terrible	morose	stressed	inept	sluggish	cowardly	unbending	wronged	sour	brutal
malicious	seething	lousy	cranky	uncomfortable	incapacitated		insecure	paranoid	humiliated	self-	combative
infuriated	scornful	desperate	grumpy	comparing	shut down		wary	inhibited	insulted	castigating	pushy
critical	sarcastic	alienated	burdened	dishonest	cut off		menaced	immobile	withdrawn	unworthy	neglectful
mean-	overbearing	bad	negative	superior	trapped		uptight	attached	miffed	fragile	stonewalling
spirited	sharp	pessimistic	closed	disdainful	weak		apprehensive	prejudiced	indignant	disconnected	rude
violent	poisonous	dejected	out of sorts	manipulative	sick		attacking	agoraphobic	suffering	devastated	ranting
vindictive	insulting	bummed out	no energy	judgmental	nauseated		defensive	self-	distant	blindsided	scolding
sadistic	disrespectful	self-critical	in hell	argumentative	fidgety			conscious	invaded	discontented	shrill
mean	jealous	self-	touchy	authoritative	trembling				bulldozed	crying	hard
spiteful	ticked off	deprecating	haggard	condescending	craving				bullied	groaning	fake
furious	hitting	gloomy	drawn	demanding	hungry				secretive	moaning	phony
agitated	yelling	glum	slumped	confounded	squirming				slighted		shallow
antagonistic	screaming	disheartened	slouching	distracted	jittery				smothered		taut
repulsed	revengeful	down	achy	disoriented	woozy				belittled		territorial
mad	retaliating	despondent		off-kilter	twitching						complaining
cross	reprimanding	cheerless		frenzied	compulsive						obsessive
incensed	envious	rotten		blushing							blunt
				awkward							

I NEED _____

TO: _____

QUESTION 4: Who or what would you be without the thought?

Emotions List



Question 4: Who would you be without the thought?

OPEN	LOVING	HAPPY	INTERESTED	ALIVE	POSITIVE	PEACEFUL	STRONG	RELAXED
understanding	considerate	blissful	fascinated	playful	eager	calm	reliable	glowing
confident	affectionate	joyous	intrigued	courageous	keen	good	sure	radiant
easy	sensitive	delighted	absorbed	energetic	earnest	at ease	unique	beaming
connected	tender	overjoyed	inquisitive	liberated	inspired	comfortable	dynamic	reflective
free	devoted	gleeful	engrossed	optimistic	enthusiastic	pleased	tenacious	smiling
sympathetic	attracted	thankful	curious	frisky	bold	encouraged	hardy	grounded
interested	passionate	festive	amazed	animated	brave	surprised	secure	unhurried
satisfied	admiring	ecstatic	involved	spirited	daring	content	stable	open-minded
receptive	warm	satisfied	attentive	thrilled	hopeful	quiet	honest	efficient
accepting	touched	glad	observant	wonderful	upbeat	certain	composed	non-controlling
kind	close	cheerful	amused	funny	beautiful	relaxed	self-affirming	unassuming
harmonious	loved	sunny	thoughtful	great	creative	serene	truthful	trusting
empathetic	sweet	elated	courteous	giving	constructive	bright	supportive	supported
tolerant	gentle	jubilant	intent	sharing	helpful	blessed	excellent	fluid
friendly	compassionate	jovial	focused	intelligent	resourceful	assured	perseverant	light
approachable	caring	fun-loving		exhilarated	motivated	clear	responsible	spontaneous
outgoing	allowing	lighthearted		equal	cooperative	balanced	energized	aware
flowing	nonjudgmental	easygoing		excited	productive	fine	sane	healthy
flexible	appreciative	mellow		enjoying	exuberant	okay	complete	meditative
present	respectful	happy-go-lucky		communicative	in the zone	grateful	mature	still
listening	humble	glorious		active	responsive	carefree	solid	rested
welcoming	gracious	innocent		spunky	conscientious	adequate		waiting
embracing	patient	child-like		youthful	approving	fulfilled		laughing
	honoring	gratified		vigorous	honored	genuine		graceful
	expansive	euphoric		tickled	privileged	authentic		natural
	kindly	rapturous			adaptable	forgiving		steady
	grateful	in good humor				sincere		centered
		in heaven				uplifted		placid
		on top of the world				unburdened		
						confident		
						self-sufficient		

For more information on how to do The Work, visit thework.com

I NEED _____

TO: _____

QUESTION 4 (continued): Who or what would you be without the thought?

[illegible]

I NEED _____ TO: _____

Turnaround to the self (I hurt me): _____

Genuine examples of how, in that situation, this is equally as true if not truer:

1.) _____

2.) _____

3.) _____

Turnaround to the other (I hurt him): _____

Genuine examples of how, in that situation, this is equally as true if not truer:

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Turnaround to the opposite (he didn't hurt me; he helped me): _____

Genuine examples of how, in that situation, this is equally as true if not truer:

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

_____ is _____
(name)

QUESTION 1: Is it true? *(if NO, go to question 3)* **YES** **or** **NO**

QUESTION 2: Can you absolutely know that it's true? **YES** **or** **NO**

QUESTION 3: How do you react, what happens, when you believe that thought? _____

QUESTION 4: Who or what would you be without the thought?

Turn the Whole Statement Around *(I am rude, selfish, mean; or he is kind, generous, friendly; or he isn't rude, he is polite):*

6 - DON'T EVER WANT: What is it about this person and situation that you don't ever want to experience again? *Example: 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: _____

I am willing to: _____

I look forward to: _____

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