I complain about _______ because...

Exercise

List the people in your life whom you complain about and why.

For example:
“I complain about Alison, because she betrayed me.”
“I complain about my mother, because she talks too much.”

After completing your list, question each complaint with the four questions, find turnarounds, and for each turnaround find examples using the One-Belief-at-a-Time Worksheet.

I complain about ___________________________ because _______________________

_______________________________________________________________________________________________________

I complain about ___________________________ because _______________________

_______________________________________________________________________________________________________

I complain about ___________________________ because _______________________

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I complain about ___________________________ because _______________________

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I complain about ___________________________ because _______________________

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I complain about ___________________________ because _______________________

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I complain about ___________________________ because _______________________

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I complain about ___________________________ because _______________________

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I complain about ___________________________ because _______________________

_______________________________________________________________________________________________________

I complain about ___________________________ because _______________________

_______________________________________________________________________________________________________

I complain about ___________________________ because _______________________

_______________________________________________________________________________________________________
I complain about __________ because... (continued)

I complain about ___________ because ____________________________________________

I complain about ___________ because ____________________________________________

I complain about ___________ because ____________________________________________

I complain about ___________ because ____________________________________________

I complain about ___________ because ____________________________________________

I complain about ___________ because ____________________________________________

I complain about ___________ because ____________________________________________

I complain about ___________ because ____________________________________________

I complain about ___________ because ____________________________________________

I complain about ___________ because ____________________________________________

I complain about ___________ because ____________________________________________

I complain about ___________ because ____________________________________________

I complain about ___________ because ____________________________________________

I complain about ___________ because ____________________________________________

I complain about ___________ because ____________________________________________
One-Belief-at-a-Time Worksheet
The Work—A Written Meditation

On the “Belief” line below, write down a stressful belief. It could be a statement from a Judge-Your-
Neighbor Worksheet, a stressful belief about someone (alive or dead) whom you haven’t forgiven 100
percent, or any stressful thought at all. As you mentally revisit the specific situation, answer the following
questions, and find turnarounds Close your eyes, be still, and witness what appears to you.

Belief: __________________________________________________________

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?**
   
   What emotions arise when you believe that thought?
   
   What images of past and future do you see when you believe the thought?
   
   How do you treat yourself and others when you believe the thought?

   __________________________________________________________
   
   __________________________________________________________
   
   __________________________________________________________
   
   __________________________________________________________
### One-Belief-at-a-Time Worksheet (continued)

**Belief you are working on:**

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<tr>
<td>4.</td>
<td>Who would you be, in that situation, without the thought?</td>
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<tr>
<td></td>
<td>Who or what are you without the thought?</td>
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</tbody>
</table>

**Turn the thought around.**

Example of a statement: *He hurt me.*

**Possible opposites:**

- I hurt me.
- I hurt him.
- He didn’t hurt me.
- He helped me.

Contemplate how each turnaround is as true or truer in that situation.
Judge-Your-Neighbor Worksheet

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.

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 ____________________________________________

2. In this situation, how do you want him/her to change? What do you want him/her to do?
   I want Paul to see that he is wrong. I want him to stop lying to me.
   I want __________________ to _______________________________________________________________________

3. In this situation, what advice would you offer him/her? “He/she should/shouldn’t…”
   Paul shouldn’t frighten me with his behavior. He should take a deep breath.
   ______________ should/shouldn’t ________________________________________________________________

4. In order for you to be happy in this situation, what do you need him/her 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 _______________________________________________________________________

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

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 of The Work, below. 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.

As you visualize the situation, contemplate how each turnaround is as true or truer.
At Home with BK

ON ZOOM
MONDAY–WEDNESDAY
9 A.M.–10 A.M. PACIFIC

Together, let's look deeply into the cause of all suffering and how to end it. Let's do The Work.

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