

Byron Katie's
The Work **One**-Two-Three

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 _____

I complain about _____ because _____

I complain about _____ because _____

I complain about _____ because _____

I complain about _____ because _____

I complain about _____ because _____

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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 _____

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The Work One-**Two**-Three

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

Belief you are working on: _____

4. Who would you be, in that situation, without the thought?

Who or what are you without the thought?

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.

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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 _____
emotion name

- WANTS 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 _____
name

- ADVICE 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 _____
name

- NEEDS 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 _____
name

- COMPLAINTS 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 _____
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 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...

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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.

