A simple black-and-white line drawing of a stick figure standing at the bottom. Above its head are two small circles leading to a large, cloud-like thought bubble. Inside the bubble, the text "The Work One-Two-Three" is written in a serif font.

The Work
One-Two-Three

The Work **One**-Two-Three

I Complain About... Worksheet

List the people in your life and your complaints about them.

For example:

I complain about Alison because she betrayed me.

I complain about my mother because she talks too much.

I complain about Paul because he lied to me.

I complain about _____ (name) because _____ (complaint) _____.

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 _____.

The Work **One**-Two-Three

I Complain About... Worksheet (cont'd)

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 _____.

The Work One-**Two**-Three One-Belief-at-a-Time Worksheet

Choose a complaint from your list. Now, write that thought in the thought bubble on this page and on all of the following pages.

E.g.: Paul lied to me.

Example:

I complain about Paul because he lied to me.



Find Your Situation

Think of one specific moment when you had this complaint. Write and/or draw what happened:

They said:

You said:

Their face:

Your face:

What they did:

What you did:

Who else was there?

When did it happen?

Where were you?

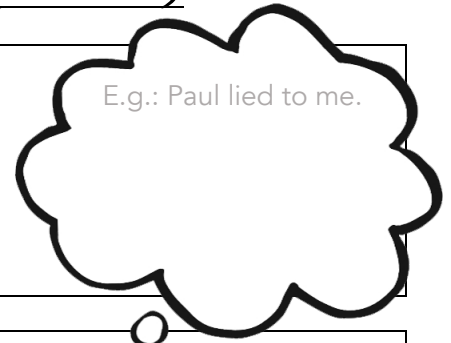
The Work One-**Two**-Three

One-Belief-at-a-Time Worksheet (cont'd)

#1 Is my thought true?

E.g.: Paul lied to me.

- No – Move on to question #3
- Yes



If yes, close your eyes,
focus on the specific situation, and
consider...



#2 Can I absolutely be sure my thought is true? No Yes

#3 How do I react when I **believe** my thought is true?

How does it feel in my
body? Where do I feel it?



Write and/or draw your emotions
and at what intensity you feel them.



1 2 3 4 5 6 7 8 9 10



1 2 3 4 5 6 7 8 9 10



1 2 3 4 5 6 7 8 9 10

How do I treat them?

How do I treat myself?

Does this thought bring me
peace or stress?

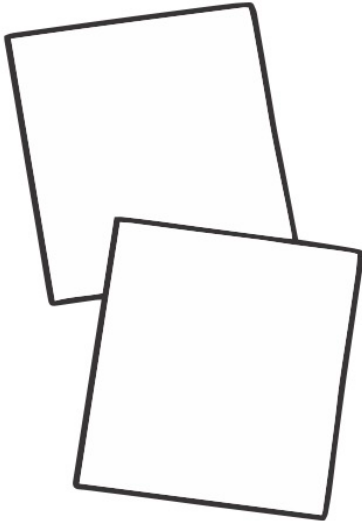
- Peace
- Stress

The Work One-**Two**-Three One-Belief-at-a-Time Worksheet (cont'd)

E.g.: Paul lied to me.

#4 Who would I be **without** the thought?

What do I notice without the thought?



Without the thought, how does my body feel?



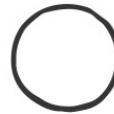
Without the thought, write and/or draw your emotions and at what intensity you feel them.



1 2 3 4 5 6 7 8 9 10



1 2 3 4 5 6 7 8 9 10



1 2 3 4 5 6 7 8 9 10



Turn the thought around.

To the **self**: I lied to me.

How is this as true or truer?

To the **other**: I lied to Paul.

How is this as true or truer?

To the **opposite**: Paul told me the truth..

How is this as true or truer?

The Work One-Two-Three

Judge-Your-Neighbor Worksheet

Move your complaint to #1 below. Stay focused on the specific situation as you fill in the Worksheet using short, simple sentences.

E.g.: Paul lied to me.

#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 _____ (your emotion) _____ with _____ (name) _____

because _____ (annoying thought) _____.



#2 In this situation, how do you want him/her/them to change?
What do you want him/her/them to do?

I want *Paul* to *see that he is wrong*. I want *him* to *stop lying to me*.

I want _____ (name) _____ to _____.

I want _____ to _____.

#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*.

_____ (name) _____ should / shouldn’t _____.

_____ should / shouldn’t _____.

The Work One-Two-**Three**

Judge-Your-Neighbor Worksheet (cont'd)

#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 _____ (name) _____ to _____.

I need _____ to _____.

#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.

_____ (name) _____ is _____.

_____ 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 _____.

I don't ever want _____.

Now question each of your statements, using the four questions of The Work. For the turnaround to statement 6, replace the words *I don't ever want...* with *I am willing to...* and *I look forward to*. I am willing for Paul to lie to me again. I look forward to Paul lying to me again.