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 ____________________________.

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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 ________________________________.

I complain about ________ because ________________________________.
Choose a complaint from your list. Now, write that thought in the thought bubble on this page and on all of the following pages.

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:

- Who else was there?
- When did it happen?
- Where were you?
#1  Is my thought true?

- 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?

<table>
<thead>
<tr>
<th>How does it feel in my body? Where do I feel it?</th>
<th>Write and/or draw your <strong>emotions</strong> and at what intensity you feel them.</th>
<th>How do I treat them?</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Diagram" /></td>
<td><img src="image" alt="Diagram" /></td>
<td>How do I treat myself?</td>
</tr>
<tr>
<td><img src="image" alt="Diagram" /></td>
<td><img src="image" alt="Diagram" /></td>
<td>Does this thought bring me peace or stress?</td>
</tr>
</tbody>
</table>
| ![Diagram](image)                               | ![Diagram](image)                                                   | - Peace  
| ![Diagram](image)                               | ![Diagram](image)                                                   | - Stress |
#4  Who would I be **without** the thought?

<table>
<thead>
<tr>
<th>What do I notice without the thought?</th>
<th>Without the thought, how does my body feel?</th>
<th>Without the thought, write and/or draw your <strong>emotions</strong> and at what intensity you feel them.</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="Thoughts" /></td>
<td><img src="image2.png" alt="Body" /></td>
<td><img src="image3.png" alt="Intensity scale" /></td>
</tr>
</tbody>
</table>

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.

#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.