| I Complain About | | |
|---|--------------------------|----------------------------------|
| List the people in your life v What did they say or do? Do | • | r are concerned about. |
| EXAMPLE | | |
| I complain about Paul | because he lied | to me. |
| I complain about _my client | because she is | always late for her appointment. |
| I complain about _my sister's | boyfriend because he doe | esn't deserve her. |
| I complain about | because | |
| I complain about | | |
| I complain about | | |
| I complain about | | |
| l complain about | h | |
| I complain about | | |
| I complain about | | |
| I complain about | | |
| I complain about | haaayaa | |

I complain about

because

| I Complain About | Because | Worksheet CONTINUED |
|------------------|---------|---------------------|
| I complain about | because | |
| | | |
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| | | |
| | | |
| | | |
| I complain about | | |
| I complain about | | |
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| Leamplain about | hacausa | |
| | h | |
| · | | |
| | | |
| | | |
| I complain about | | |
| I complain about | because | |

One-Belief-At-A-Time Worksheet

| from your "I Complain Abou | rite down a stressful thought. It might be a complete the | om a | | | | | |
|--|--|----------|--|--|--|--|--|
| Judge-Your-Neighbor Worksheet , a stressful belief about someone, alive or dead, whom you haven't forgiven 100 percent yet, or any stressful thought. | | | | | | | |
| Belief: EXAMPLE: <u>He lied to me</u> | | | | | | | |
| | ic situation, time, and place. Close your eyes, quiet d answer the following questions. | tly open | | | | | |
| 1. Is it true? | (Yes or no.) | | | | | | |
| 2. Can you absolutely know the | nat it's true? (Yes or no.) | | | | | | |
| • | appens, when you believe that thought? | | | | | | |
| Notice your emotions and any images of past and future that | | | | | | | |
| arise. Notice how you treat yourself, that person, and | | | | | | | |
| others when you believe the thought. | | | | | | | |
| | | | | | | | |
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One-Belief-At-A-Time Worksheet CONTINUED

| Belief you are working on: | |
|---|-----------------|
| 4. Who would you be witho | ut the thought? |
| Who or what are you without the thought? | |
| Turn the thought around. | |
| | |
| EXAMPLE He lied to me. | |
| Possible turnarounds: I lied to me. I lied to him. He didn't lie to me. He told me the truth. | |
| Find three examples of how each turnaround is as true as, or truer than, your original | |
| statement. | |
| | |
| | |
| | |
| | |

Judge-Your-Neighbor Worksheet

| | | | | rs, confuses, hurts, saddo se he lied to me. | | dens, or disap _l | points you, and why |
|------------|--|--|--|---|--|-------------------------------|---|
| | | - | | | | | |
| hin | n/her/ | | ay or do | ? I want P | | • | at do you want want him to stop |
| Ιv | want _ | name | to | | | | |
| ln t | +hia ai+ | | | | | / /+ O " | |
| sho | ould/s ep brea | houldn't ath. shou | " Paul sł | nouldn't fr | | | He should take a |
| sho dee | ould/s ep brea name order f | houldn't ath. show | " Paul shuld/should | dn't | ighten me with | do you need h | He should take a |
| In a say | ould/s ep brea name order f y, feel, | houldn't show for you to or do? I n | " Paul sh uld/should be happ eed Paul | dn't y in this si | ighten me with | do you need h | He should take a nim/her/them to this really listen to me. |
| In a say | name order f y, feel, need d judgi | houldn't ath. show for you to or do? I n name you think mental.) F | be happy eed Paul of him/h | y in this si | ighten me with ituation, what alking over me | do you need h | him/her/them to this really listen to me. |
| In a say | ould/s ep brea name order f y, feel, need nat do d judgi | for you to or do? I name you think mental.) I | be happeed Paul to of him/h | y in this sill to stop to | ighten me with | do you need he. I need him to | him/her/them to this really listen to me. |

Now question each of your statements, using the four questions and turnarounds on a **One-Belief-At-A-Time Worksheet**. For the turnaround to statement 6, replace the words "I don't ever want..." with "I am willing to..." and "I look forward to..."

Judge-Your-Neighbor Worksheet

| | n this situation am angry with | | | | dens, or disapp | points you, and wh |
|---|--|--------------|---------------|------------------|------------------|--|
| | I amemotio | with | name | because | | |
| ł | n this situation nim/her/them to lying to me. I wa | o say or do | o? I want Pa | | • | at do you want want him to stop |
| | I want | to _ | | | | |
| , | deep breath. | 't" Paul s | houldn't fri | ghten me with | | He should take a |
| - | name | | | | | |
| | • | I need Pau | ul to stop ta | alking over me | e. I need him to | im/her/them to th really listen to me |
| | IIGII | | | | | |
| | 77077 | .) Paul is a | liar, arroga | ant, loud, dish | | |
| - | What do you thi and judgmental is name | .) Paul is a | liar, arroga | ant, loud, disho | onest, and unc | onscious. |

One-Belief-At-A-Time Worksheet. For the turnaround to statement 6, replace the words

"I don't ever want..." with "I am willing to..." and "I look forward to..."