THE WORK OF Byron Katie
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Judge-Your-Neighbor Worksheet

Judge your neighbor • Write it down • Ask four questions • Turn it around

Fill in the blanks below, writing about someone (dead or alive) you haven't yet forgiven one hundred percent. Use short, simple sentences. Don't censor yourself—try to fully experience the anger or pain as if the situation were occurring right now. Take this opportunity to express your judgments on paper.

1. Who angers, confuses, saddens, or disappoints you, and why? What is it about them that you don't like?

I am _____ at _____ because _____
(name)

_____

(Example: I am *angry* at *Paul* because *he doesn't listen to me, he doesn't appreciate me, he argues with everything I say*.)

2. How do you want them to change? What do you want them to do?

I want _____ to _____
(name)

_____

(Example: I want *Paul* to *see that he is wrong*. I want *him* to *apologize*.)

3. What is it that they should or shouldn't do, be, think or feel? What advice could you offer?

_____ should/shouldn't _____
(name)

_____

(Example: *Paul* should *take better care of himself. He* shouldn't *argue with me*.)

4. What do they need to do in order for you to be happy?

I need _____ to _____
(name)

_____

(Example: I need *Paul* to *hear me and respect me*.)

5. What do you think of them? Make a list.

_____ is _____
(name)

_____

(Example: *Paul* is *unfair, arrogant, loud, dishonest, way out of line, and unconscious*.)

6. What is it that you don't want to experience with that person again?

I don't ever want to_____

_____

(Example: I don't ever want to *feel unappreciated by Paul again*. I don't ever want to *see him smoking and ruining his health again*.)

The Four Questions

1. **Is it true?**
2. **Can you absolutely know that it's true?**
3. **How do you react, what happens, when you believe that thought?**
4. **Who would you be without the thought?**

Turn the thought around (original thought: *Paul doesn't listen to me.*)

a) to the self (*I don't listen to me*.)
b) to the other (*I don't listen to Paul.*)
c) to the opposite (*Paul does listen to me.*)

And find three genuine, specific examples of how each turnaround is true in your life.

For information on how to do The Work or how to use the free *Do The Work* Helpline, go to www.thework.com.

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