

# 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 \_\_\_\_\_.

## 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.