

## THE JUDGE-YOUR-NEIGHBOR WORKSHEET

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

Fill in the blanks below, writing about someone whom you haven't yet forgiven one hundred percent. **(Do not write about yourself yet.)** Use short, simple sentences. Please don't censor yourself - allow yourself to be critical and petty. 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?

(For example: *I am angry at Paul because he doesn't love me, he never listens to me, etc.)*

I am \_\_\_\_\_ at (name) \_\_\_\_\_ because \_\_\_\_\_

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

I want (name) \_\_\_\_\_ to \_\_\_\_\_

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

(name) \_\_\_\_\_ should/shouldn't \_\_\_\_\_

### 4. Do you need anything from them? What do they need to do in order for you to be happy?

I need (name) \_\_\_\_\_ to \_\_\_\_\_

### 5. What do you think of them? Make a list. Don't be kind – be judgmental and petty.

(name) \_\_\_\_\_ is \_\_\_\_\_

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

I don't ever want to \_\_\_\_\_

### Instructions for Doing The Work

*Do you really want to know the truth?* Now investigate each of your statements above using the four questions and the turnaround below. The Work is a meditation. It's about awareness; it's not about trying to change your mind. Let the mind ask the questions, then contemplate. Take your time, go inside, and wait for the deeper answers to surface.

#### The Four Questions

##### 1. Is it true?

##### 2. Can you absolutely know that it's true?

##### 3. How do you react when you think that thought?

##### 4. Who would you be without the thought?

Here's an example of how the four questions might be applied to the statement, "Paul should understand me."

**1. Is it true?** Is it true that he should understand you? Be still. Wait for the heart's response.

**2. Can you absolutely know that it's true?** Ultimately, can you really know what he should or shouldn't understand? Can you absolutely know what's in his best interest to understand?

**3. How do you react when you think that thought?** What happens when you think "Paul should understand me" and he doesn't? Do you experience anger, stress, frustration? Do you give him "the look"? Do you try to change him in any way? How do these reactions feel? Does that thought bring stress or peace into your life? Be still as you listen.

**4. Who would you be without the thought?** Close your eyes. Picture yourself in the presence of the person you want to understand you. Now imagine looking at that person, just for a moment, without the thought, "I want him to understand." What do you see? What would your life look like without that thought?

#### The Turnaround

Next, turn your statement around. The turnarounds are an opportunity to consider the opposite of what you believe to be true. You may find several turnarounds.

For example, "Paul should understand me" turns around to:

- Paul *shouldn't* understand me. (Isn't that reality sometimes?)
- I should understand me. (It's my job, not his.)
- I should understand *Paul*. (Can I understand that he doesn't understand me?)

Let yourself fully experience the turnarounds. Ask yourself if any of your turned-around versions seem as true as or truer than your original thought, and if they do, find three genuine ways in which each of them is true. This is not about blaming yourself or feeling guilty. It's about discovering alternatives that can bring you peace.

#### The Turnaround for Number 6

The turnaround for statement number 6 is a little different:

"I don't ever want to experience an argument with Paul again" turns around to:

*I am willing* to experience an argument with Paul again and *I accept or look forward* to experiencing an argument with Paul again.

Number 6 is about welcoming all your thoughts and experiences with open arms. If you feel any resistance to a thought, your Work is not done. When you can honestly look forward to experiences that have been uncomfortable, there is no longer anything to fear in life - you see everything as a gift that can bring you self-realization.

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