

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

Fill in the blanks below, using short simple sentences. Don't censor yourself; don't be wise or "spiritual."  
Take this opportunity to express your negative feelings on paper.

## 1. Who angers, irritates, saddens, or frustrates, you and why?

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?

\_\_\_\_\_ 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 it's true?
3. How do you react when you believe that thought?
4. Who would you be without the thought?

Turn it around.