

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, frustrates, or confuses 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? 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 it around.

(Find three genuine examples of how each turnaround is true in your life.)