

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

Think of a recurring stressful situation, a situation that is reliably stressful even though it may have happened only once and recurs only in your mind. Before answering each of the questions below, allow yourself to mentally revisit the time and place of the stressful occurrence. Don't be polite, kind, or wise.

1. In this situation, time, and location, who angers, confuses, or disappoints you, and why?

I am _____ with _____ because _____
emotion name

Example: I am angry with Paul because he argues with everything I say.

2. In this situation, 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. In this situation, what advice would you offer to *them*?

_____ should/shouldn't _____
name

Example: Paul should take better care of himself. He shouldn't argue with me. He should stop lying. He should see that I am only trying to help him.

4. In order for *you* to be happy in this situation, what do you need them to think, say, feel, or do?

I need _____ to _____
name

Example: I need Paul to hear me. I need Paul to respect me.

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

_____ is _____
name

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

6. What is it in or about this situation that you don't ever want to experience again?

I don't ever want _____

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

Example: Paul doesn't listen to me.

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

- 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 specific, genuine examples of how each turnaround is true for you in this situation.