

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

Think of a recurring stressful situation, or one that may have happened only once, that is reliably stressful whenever it comes to mind.

In this situation, time, and location (*remember this before reading each question below*):

1. Who angers, confuses, or disappoints you, and why?

In this situation, I am _____ with _____ because _____
emotion name

Example: I am angry with 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?

In this situation, 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 would you offer to help them?

In this situation, _____ should/shouldn't _____
name

Example: Paul should take better care of himself. He shouldn't argue with me.

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

In this situation, I need _____ to _____
name

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

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

In this situation, _____ is _____
name

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

6. What is it in 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 genuine, specific examples of how each turnaround is true for you in that situation.

For more information on how to do The Work, visit www.thework.com