

THE WORK OF BYRON KATIE/Adapted from Mindful Writing Exercise

Judge-Another's Worksheet

Judge Another • **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.

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 doesn't listen to me about his health.)

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 stop lying to me. I want him to see that he is killing himself.

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

_____ should/shouldn't _____
name

Example: Paul should take a deep breath. He should calm down. He should see that his behavior frightens me. He should know that being right is not worth another heart attack.

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 when I talk to him. I need him to take care of himself. I need him to admit that I am right.

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.

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

I don't ever want _____ to _____
Name

Judge Another Activity



Example: I don't ever want Paul to lie to me again. I don't ever want to see him ruining his health again.

Now investigate each of the above statements using the four questions. Always give yourself time to let the deeper answers meet the questions. Then turn each thought around. For the turnaround to statement 6, replace the words "I don't ever want to ..." with "I am willing to ..." and "I look forward to ..." Until you can look forward to all aspects of life without fear, your Work is not done.

The four questions

Example: Paul doesn't listen to me about his health.

Is it true? (Yes or no. If no, move to 3.)

Can you absolutely know that it's true? (Yes or no.)

How do you react, what happens, when you believe that thought?

Who would you be without the thought?

Turn the thought around

to the self (/ don't listen to myself about my health.)

to the other (/ don't listen to Paul about his health.)

to the opposite (Paul does listen to me about his health.)

Then find at least three specific, genuine examples of how each turnaround is true for you in this situation.