



The Judge-Your-Neighbor Worksheet

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? Whom do you resent? Whom do you avoid?

What is it about them that you don't like?

(For example: I am *angry* at *Paul* because *he doesn't listen to me, he doesn't appreciate me, he argues with everything I say.*)

I am _____ at _____ because _____
(name)

2. How do you want them to change? What do you want them to do?

I want _____ to _____
(name)

3. What is it that they should or shouldn't do, be, think or feel? What advice could you offer?

_____ should/shouldn't _____
(name)

4. What do they need to do in order for you to be happy?

I need _____ to _____
(name)

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

_____ is _____
(name)

6. What is it that you don't want to experience with that person again?

I don't ever want to _____
