Alpha Females
Thrive Evolution

Judge Your Neighbour
Worksheet

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.

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

I am

[ ]

(emotion) with

[ ]

(name) because

[ ]

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 him/her to

[ ]

Example: I want Paul to see that he is wrong. I want him to stop smoking. I want him to stop lying about what he is doing to his health. I want him to see that he is killing himself.

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

He/she should/shouldn't

Example: Paul should take a deep breath. He should calm down. He should see that his actions scare me and the children. 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 him / her to

Example: I need Paul to hear me. I need him to take responsibility for his health. I need him to respect my opinions.

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

He / she is

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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.

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Example: I don't ever want Paul to lie to me 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 about his health.

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

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

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 myself about my health.)

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

c) 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.

The turnaround for statement 6:

I am willing to

（Example: I am willing to have Paul lie to me again.)

I look forward to

(Example: I look forward to having Paul lie to me again.)

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