

*Do you really want to know the truth?* Investigate each of your statements from the Judge-Your-Neighbor Worksheet using the four questions and the turnarounds below. Leave out any statement beginning with “but,” “because,” or “and”. Often you will have several negative judgments about one person. Take each judgment separately through the inquiry process. The Work is meditation. It’s about awareness; it’s not about trying to change your mind. Let the mind ask the questions, then contemplate. Take your time, go inside, and wait for the deeper answers to surface.

## The Four Questions

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?**

Using the four questions, let’s investigate the statement *Paul should understand me*.

1. **Is it true?** Is it true that he should understand you? Be still. Wait for the heart’s response.
2. **Can you absolutely know that it’s true?** Ultimately, can you really know what he should or shouldn’t understand? Can you absolutely know what is in his best interest to understand?
3. **How do you react, what happens, when you believe that thought?** What happens when you believe “Paul should understand me” and he doesn’t? Do you experience anger, stress, or frustration? How do you treat Paul? Do you give him “the look”? Do you try to change him in any way? How do these reactions feel? How do you treat yourself? Does that thought bring stress or peace into your life? Be still as you listen.
4. **Who would you be without the thought?** Close your eyes. Picture yourself in the presence of Paul in this situation. Now imagine looking at Paul, just for a moment, without the thought “I want him to understand.” What do you see? What would your life look like without that thought?

## The Turnarounds

Now, turn your statement around. Each turnaround is an opportunity to experience the opposite of what you believe to be true. A statement may be turned around to the self, to the other, and to the opposite. There are often several ways to turn a statement around.

For example, *Paul should understand me* turns around to:

- *I* should understand me. (to the self)
- *I* should understand *Paul*. (to the other)
- *Paul shouldn’t* understand me. (to the opposite)

Let yourself fully experience the turnarounds. For each one, find at least three specific, genuine examples where the turnaround is true for you in this situation. This is not about blaming yourself or feeling guilty. It’s about discovering alternatives that can bring you peace.

## The Turnaround for Statement 6

The turnaround for statement 6 is a little different:

*I don’t ever want to experience an argument with Paul again* turns around to:

I am willing to experience an argument with Paul again, and  
I look forward to experiencing an argument with Paul again.

The turnaround for statement 6 is about welcoming all your thoughts and experiences with open arms, as it shows you where you are still at war with reality. If you feel any resistance to a thought, your Work is not done. When you can honestly look forward to experiences that have been uncomfortable, there is no longer anything to fear in life: you see everything as a gift that can bring you self-realization.

**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.

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 doesn't listen to me about his health.*

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 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.*

3. 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 actions scare me and the children. He should know that being right is not worth another heart attack.*

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 him to take responsibility for his health. I need him to respect my opinions.*

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 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?**

### 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.)

### 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.