



THE WORK OF BYRON KATIE

Excerpt from the
Judge-Your-Neighbor Worksheet
also known as the *Little Yellow Card*

Recall a specific stressful situation. Fill in the blanks below as you allow yourself to mentally revisit the time and place of the stressful situation.

In this situation, who angers, confuses, hurts, saddens, or disappoints you, and why?

I am _____ with _____
emotion name

because _____

Example: I am *angry* with *Paul* because *he lied to me*.

Now question this thought using the **four questions and the turnarounds** on the back.

To learn more about The Work, read ***Loving What Is*** and visit **thework.com**.

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The four questions

Example: *Paul lied to me.*

Repeat your statement and ask:

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 or what would you be without the thought?**

Turn the thought around.

I lied to me.

I lied to Paul.

Paul didn't lie to me.

Paul told me the truth.

As you visualize the situation, contemplate how each turnaround is as true or truer.



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