

The Work – Byron Katie

The Work can be done on our own or with another person.

First identify a belief or thought

about something or someone that causes anxiety or unhappiness.

Initially choose something which feels important, which annoys or troubles you that someone else does or did:

for example "She never loved me," or

"He shouldn't expect me to solve his problems."

Start with other people rather than yourself

(Use the prompt "Judge Your Neighbour" worksheet). One by one, you then ask, or are asked, to **reflect in turn on each of the four questions** listed above. If you are doing the Work by yourself, write down your response, and if doing it with another person you speak the answers aloud.

The Work is based on four questions and a process called a "turnaround".

The four questions are:

1. Is it true?
2. Can you absolutely know that it's true?
3. How do you react when you believe that thought?
4. Who would you be without the thought?

The Work Process

. www.thework.com

1



Fill out the Judge-Your-Neighbor Worksheet

2



Ask the 4 Questions

3



Find the Turnarounds

Katie's summary: "Judge your neighbor, write it down. Ask four questions, turn it around."

After the four questions, the thought is subject to a **turnaround** to its opposite, to the self, or to the other.

For example: "*My mother never loved me*" turns around to "*My mother always loved me*," Then the person doing The Work sees if they can find ways that this new thought is equally true, or more true, then the original thought. The turnaround can also turn the statement around to yourself: "*I never loved my mother*," or "*I never loved me*." Or add before the original sentence "my thoughts about" eg "*My thoughts about the state of the planet are making me depressed*".

Katie has applied this technique to exploring painful beliefs across many topics including relationships, parenting, illness, death and trauma; and facilitated the work with audiences in widely varying situations, from ordinary people dealing with financial worries to prison inmates and survivors of armed conflict. You can see video clips of Katie working with a number of people on www.thework.com and download copies of the Judge Your Neighbour Worksheet.

Quotes from Byron Katie

"When I argue with reality, I lose. But only 100% of the time."

"I am a lover of what is, not because I am a spiritual person, but because it hurts when I argue with reality."

"Every story is a variation on a single theme: This shouldn't be happening. I shouldn't have to experience this. God is unjust. Life is unfair."