



Facilitation Guide

for The Work of Byron Katie
Four Questions and Turnaround

Use the following four questions and optional sub-questions with the concept that you are investigating. When answering the questions, close your eyes, be still, and go deeply as you contemplate. Inquiry stops working the moment you stop answering the questions.

1. Is it true? (Yes or no. If “no,” move to question 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?

Contemplate the following:

- Does that thought bring peace or stress into your life?
- What physical sensations and emotions arise when you believe that thought? Allow yourself to experience them now. (Refer to the Emotions List available on thework.com.)
- What images do you see, of past and future, when you believe that thought?
- What obsessions or addictions begin to manifest themselves when you are witnessing the images and believing the thought? (Do you act out on any of the following: alcohol, drugs, credit cards, food, sex, television, etc.?)
- How do you treat that person, yourself, and others in this situation when you believe the thought?

4. Who would you be without the thought?

Close your eyes and observe, contemplate. Who or what are you without that thought?

Turn the thought around.

A statement can be turned around to the self, to the other, and to the opposite. Find at least three specific, genuine examples of how each turnaround is true for you in this situation.