

The Work

OF BYRON KATIE®



Hello, Dear One,

Any time you experience suffering, take a moment to identify the thoughts you're thinking. Write them down, question them, and listen to the answers that come from within.

Freedom can be as simple as that.

I invite you to test it for yourself.

Let's do The Work!

Byron Katie

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STEP ONE: I Complain About __ Because__ Worksheet

List the people in your life who have hurt you. What did they say or do that was hurtful?

EXAMPLE

I complain about Paul because he lied to me.

It was afternoon, thirty-ish years ago, I am in the kitchen, and I smell Paul's cigarette smoke. He passionately denies that he was smoking.

I complain about Paul because he lied to me.

I complain about Annie because she is always late for her appointment.

I complain about my sister's boyfriend because he doesn't deserve her.

I complain about _____ because _____

I complain about _____ because _____

I complain about _____ because _____

I complain about _____ because _____

I complain about _____ because _____

I complain about _____ because _____

I complain about _____ because _____

I complain about _____ because _____

I complain about _____ because _____

I complain about _____ because _____

I complain about _____ because _____

I complain about _____ because _____

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STEP ONE: I Complain About __ Because__ Worksheet *CONTINUED*

I complain about _____ because _____

I complain about _____ because _____

I complain about _____ because _____

I complain about _____ because _____

I complain about _____ because _____

I complain about _____ because _____

I complain about _____ because _____

I complain about _____ because _____

I complain about _____ because _____

I complain about _____ because _____

I complain about _____ because _____

I complain about _____ because _____

I complain about _____ because _____

I complain about _____ because _____

I complain about _____ because _____

I complain about _____ because _____

I complain about _____ because _____

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STEP TWO: One-Belief-At-A-Time Worksheet

On the “Belief” line below, write down a stressful complaint. It might be a complaint from your list, a statement from a Judge-Your-Neighbor Worksheet, a stressful belief about someone, alive or dead, whom you haven’t forgiven 100 percent yet, or any stressful thought at all.

EXAMPLE

Belief: He lied to me.

Belief: _____

Mindfully revisit the specific situation, time, and place. Close your eyes, quietly open to what appears to you, and answer the following questions. Then find turnarounds.

1. Is it true? _____ (Yes or no.)
2. Can you absolutely know that it’s true? _____ (Yes or no.)
3. How do you react, what happens, when you believe that thought?

Notice your emotions and any images of past and future that arise. Notice how you treat yourself, that person, and others when you believe the thought.

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STEP TWO: One-Belief-At-A-Time Worksheet *CONTINUED*

Belief you are working on: _____

4. Who would you be without the thought?

Who or what are you
without the thought?

Turn the thought around.

Contemplate how each
turnaround is as true as, or truer
than, your original statement.

EXAMPLE

He hurt me.

Possible opposites:

I hurt me.

I hurt him.

He *didn't* hurt me.

He *helped* me.

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STEP THREE: The Judge-Your-Neighbor Worksheet

Think of a stressful situation with someone—for example, an argument. As you meditate on that specific time and place, fill in the blanks below. Use short, simple sentences.

1. In this situation, who angers, confuses, hurts, saddens, or disappoints you, and why?
I am angry with Paul because he lied to me.

I am _____ with _____ because _____
emotion name

- WANTS 2. In this situation, how do you want him/her/them to change? What do you want him/her/them to say or do?
I want Paul to see that he is wrong. I want him to stop lying to me. I want him to apologize.

I want _____ to _____
name

- ADVICE 3. In this situation, what advice would you offer him/her/them? "He/she/they should/shouldn't..."
Paul shouldn't frighten me with his behavior. He should take a deep breath.

_____ should/shouldn't _____
name

- NEEDS 4. In order for you to be happy in this situation, what do you need him/her/them to think, say, feel, or do?
I need Paul to stop talking over me. I need him to really listen to me.

I need _____ to _____
name

- COMPLAINTS 5. What do you think of him/her/them in this situation? Make a list. (It's okay to be petty and judgmental.)
Paul is a liar, arrogant, loud, dishonest, and unconscious.

_____ is _____
name

6. What is it about this person and situation that you don't ever want to experience again?
I don't ever want Paul to lie to me again. I don't ever want to be disrespected again.

I don't ever want _____

Now question each of your statements, using the four questions and turnarounds. For the turnaround to statement 6, replace the words "I don't ever want..." with "I am willing to..." and "I look forward to..."

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THE FOUR 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?
4. Who or what would you be without the thought?

TURN THE THOUGHT AROUND.

EXAMPLE

He lied to me.

Possible opposites:

I lied to me.

I lied to him.

He didn't lie me.

He told me the truth.

Contemplate how each turnaround may be as true as, or truer than, your original statement.