
FACILITATION GUIDE FOR THE WORK OF BYRON KATIE

The Four Questions, Sub-Questions, and Turnarounds

Use the following four questions and sub-questions, only when appropriate, with the concept you're Working. While answering the questions close your eyes, be still, go deeply as you contemplate. The Work stops working in the moment you stop answering the questions.

1. Is it true?

- The answer is a "yes" or a "no."
- If your answer is no, continue to question #3.

2. Can you absolutely know that it's true?

Even if the answer is "yes," gently move to question #3.

3. How do you react, what happens, when you believe that thought?

- Describe the feelings that happen physically when you believe that thought.
- Describe how much of your body these feelings take over.
- Does that thought bring peace or stress into your life?
- How do you treat that person, yourself, and others when you believe that thought?
- What addictions/obsessions begin to manifest when you think that thought? (Do you reach for alcohol, credit cards, food, the TV remote, when you think that thought?)
- Where does your mind travel (into the past and/or future) when you believe that thought? Describe the images.
- Whose business are you in when you think that thought?
- What do you get for holding on to that belief? Describe the pain, if any.
- What do you fear would happen if you didn't believe that thought? (Later, take this list of fears to inquiry)
- Where and when did that thought first occur to you?

4. Who would you be without the thought?

- Close your eyes. Describe life without that thought.
- Who would you be without your story?
- Drop the story just for a moment, and describe what you see.

Turn the thought around.

Statements can be turned around to yourself, to the other, to the opposite, and occasionally there are other variations as well. When dealing with an object, replace the object with "my thinking" or "my thoughts," when it rings true for you. Find a minimum of three genuine examples where the turnaround is as true as or truer than your original statement.

Do you see any other turnarounds that are as true or truer?

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