



## Facilitation Guide for The Work of Byron Katie Four Questions and Turnarounds

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 witness what appears to you. 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?**
  - Does that thought bring peace or stress into your life?
  - What physical sensations and emotions arise when you believe the thought? Allow yourself to experience them now. (Refer to the Emotions List available on [thework.com](http://thework.com).)
  - What images do you see, of past and future, when you believe the thought?
  - What obsessions or addictions begin to manifest themselves when you are believing the thought? (Do you act out on any of the following: alcohol, drugs, credit cards, food, sex, television?)
  - How do you treat that person, others, and yourself in this situation when you believe the thought?
4. **Who would you be without the thought?**
  - Who or what are you without the 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.

(For each turnaround, go back and start with the original statement. Do not turn around a statement that has already been turned around. For example, "He shouldn't waste his time" may be turned around to "I shouldn't waste my time," "I shouldn't waste his time," and "He should waste his time." Note that "I should waste my time" and "I should waste his time" are not valid turnarounds; they are turnarounds of turnarounds rather than turnarounds of the original statement.)