

FORWARD

Explore Clarity

IF YOU ARE HERE, YOU ARE COURAGEOUS, OPEN AND CAPABLE OF DOING THIS WORK

If you've gotten this far you belong here.

The Work of Byron Katie is a method of self-inquiry where we question the thoughts and beliefs that cause our suffering in this life. It consists of 4 questions and then we turn the thought around to experience the opposite of the original thought. This method of thought work, though simple in its structure is by far the most powerful method I have found for reshaping my relationship with my life, my world, and those in it.

You can start by questioning anything or anyone in your life that is less than 100% fulfilling, perfect, and wonderful. I prompt I like to ask myself is, "who is pissing me off right now."

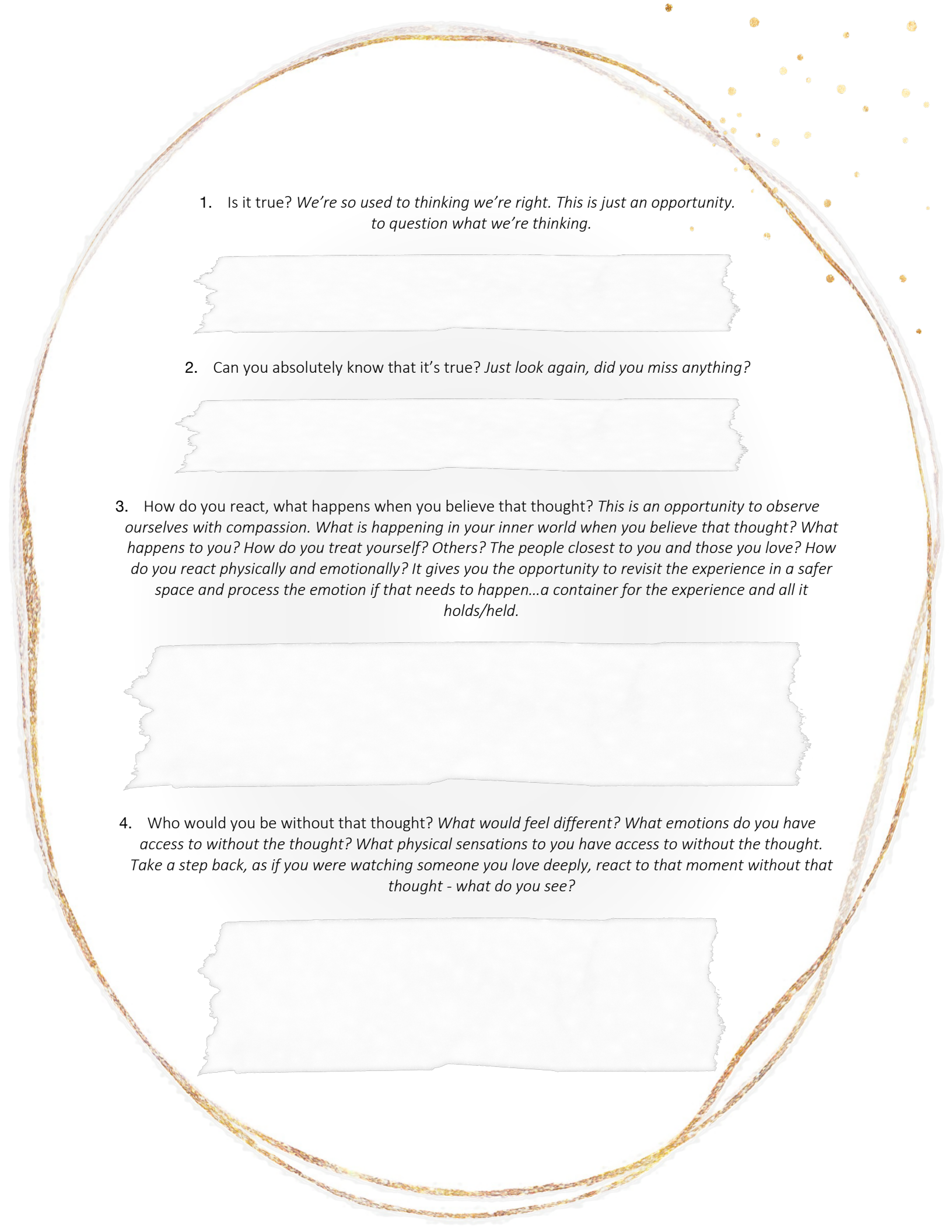
That normally gets me started pretty quickly.

When doing The Work it is suggested that you start by judging someone who is not you. Your life and your thoughts about your life and the people in it all come directly from you so when you judge someone else, it is a reflection of your own internal life. The prompt "who is pissing me off now" invites the mind to look to the present or recent past and focus in on a person who you are not very happy with. See the person in your mind's eye, feel that anger. What is it about that person is causing your anger? Write it down on a piece of paper or go to www.thework.com and download a One Belief at a Time Worksheet (always available and free).

I am angry with _____ because _____. Keep your statement simple. Use simple words and phrases. For example: I am angry with her because she cut me off, I am angry with him because he doesn't respect me, I am angry with them because they lied to me.

Find your situation – the moment of offense. Where were you? What were you doing? When did this happen? Examples: I am in the living room last night talking to him on the phone, I am standing in line at the grocery store this morning and she sneaks in front of me, I am standing in the driveway last week and talking to them.

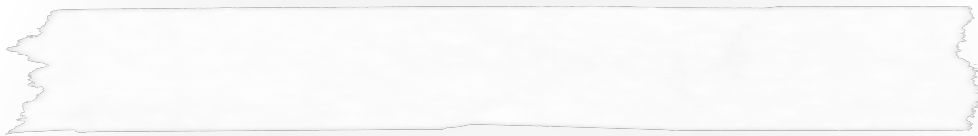
Once you have found your situation, anchor in that situation, feel that emotion of anger (or whatever your emotion is – there is an extensive list of emotions that can support you in naming your feelings at www.thework.com). Now ask yourself the following questions on the part of the statement after "because." Please do not question your emotions, they are real and valid. We are only questioning our story of why that emotion is there, to get clarity on what it is trying to tell us.



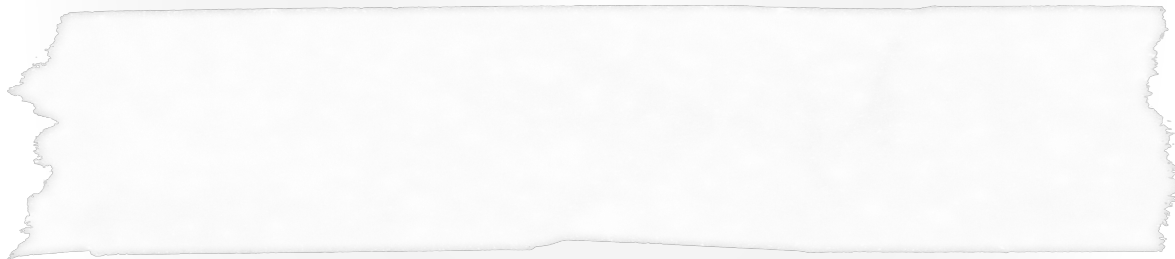
1. Is it true? *We're so used to thinking we're right. This is just an opportunity to question what we're thinking.*



2. Can you absolutely know that it's true? *Just look again, did you miss anything?*



3. How do you react, what happens when you believe that thought? *This is an opportunity to observe ourselves with compassion. What is happening in your inner world when you believe that thought? What happens to you? How do you treat yourself? Others? The people closest to you and those you love? How do you react physically and emotionally? It gives you the opportunity to revisit the experience in a safer space and process the emotion if that needs to happen...a container for the experience and all it holds/held.*



4. Who would you be without that thought? *What would feel different? What emotions do you have access to without the thought? What physical sensations do you have access to without the thought. Take a step back, as if you were watching someone you love deeply, react to that moment without that thought - what do you see?*



The experience of what arises in you in response to these questions are microcosms of your experience as a human.

They are meant to be asked and answered when anchored in a situation and as a meditation.

Spend time in each of the questions, allow yourself to observe your experience and feel any emotions or physical sensations that may be present for you.

When you have finished with the questions you can try what BK calls a turnaround or some opposites of the original statement. There are 3 places to look for opposites but not always opposites in each of those places. We look for:

- *The opposite of the statement (switch the verb to its opposite)*
- *The other (switch the noun and the direct object)*
- *The self (put yourself on all of it)*

Example statements and their turnarounds:

Original statement: She cut me off.

Original statement: They lied to me.

Original statement: He doesn't respect me.

- TA to opposite – She didn't cut me off
- TA to the other – I cut her off
- TA to the self – I cut myself off
- TA to opposite – They didn't lie to me
- TA to the other – I lied to them
- TA to the self – I lied to myself
- TA to opposite – He does respect me
- TA to the other – I don't respect him
- TA to the self – I don't respect myself

For each of your turnarounds find 3 genuine examples of where each might be as true or truer than the original statement. Please not, only look for TAs after you have completed questions 1-4 which open the mind. A closed mind is not ready for a turnaround and can feel threatened. The turnarounds are meant to further open the mind and feeling loving. If they do not, stop and go back. Call someone familiar with The Work or The Work Helpline (www.thework.com) for support.

As an experience, the turnarounds are a way of expanding my perspective by asking "what else might be possible?" We're so used to thinking a certain way that it can become second nature that every situation fits my narrative – my story of how I see myself and my life. When we take the time to see different perspectives it allows my narrative, my identity, and my experience to broaden. If we look at our patterns as stimulus/response, stimulus/response we can see that we project everything based on our own fears and limitations.

Return to www.HigherLevelHappiness.com/Forward to continue in the experience.

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