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# FACILITATION GUIDE FOR THE WORK OF BYRON KATIE

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## The Four Questions, Sub-Questions, and Turnarounds

**Use the following four questions and sub-questions (sub-questions only when appropriate) with the concept you're Working. When answering the questions close your eyes, be still, and 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" only.
- If your answer is "no," please continue to question #3.

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

### 3. How do you react, what happens, when you believe that thought? (Occasionally people find the following sub-questions helpful.)

- Does that thought bring peace or stress into your life?
- What images do you see (past and/or future) when you believe that thought? Close your eyes, relax, contemplate, witness.
- Describe the feelings that happen physically when you believe that thought.
- How do you treat that person and others when you think that thought?
- How do you treat yourself when you think that thought?
- What addictions/obsessions begin to manifest when you think that thought? (Alcohol, credit cards, food, the TV remote?)
- Where and when did that thought first occur to you (at what age)?
- Whose business are you in when you think that thought?
- What do you get for holding on to that belief?
- What do you fear would happen if you didn't believe that thought? (Later, take this list of fears to inquiry.)

### 4. Who would you be without the thought?

- Close your eyes and drop your story just for a moment; notice, who would you be without that thought? Who would you be without your story?

### Turn the thought around.

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