



# Facilitation Guide for The Work of Byron Katie

## Four Questions, Sub-Questions, and Turnarounds

Use the following four questions and sub-questions (sub-questions only when appropriate) with the concept that you are investigating. When answering the questions, close your eyes, be still, and go deeply as you contemplate. Inquiry stops working 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,” 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.)

- What emotions happen when you believe that thought? (Depression, anxiety, etc. If needed, an Emotions and Reactions List is available on [www.thework.com](http://www.thework.com).)
- Does that thought bring peace or stress into your life?
- What images do you see, past and future, when you believe that thought?
- What addictions/obsessions begin to manifest when you believe that thought? (Alcohol, credit cards, food, the TV remote?)
- Describe the physical sensations that happen when you believe that thought.
- How do you treat that person and others when you believe that thought?
- How do you treat yourself when you believe that thought?

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

Close your eyes and observe, contemplate. Who or what are you without that thought?

### Turn the thought around.

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