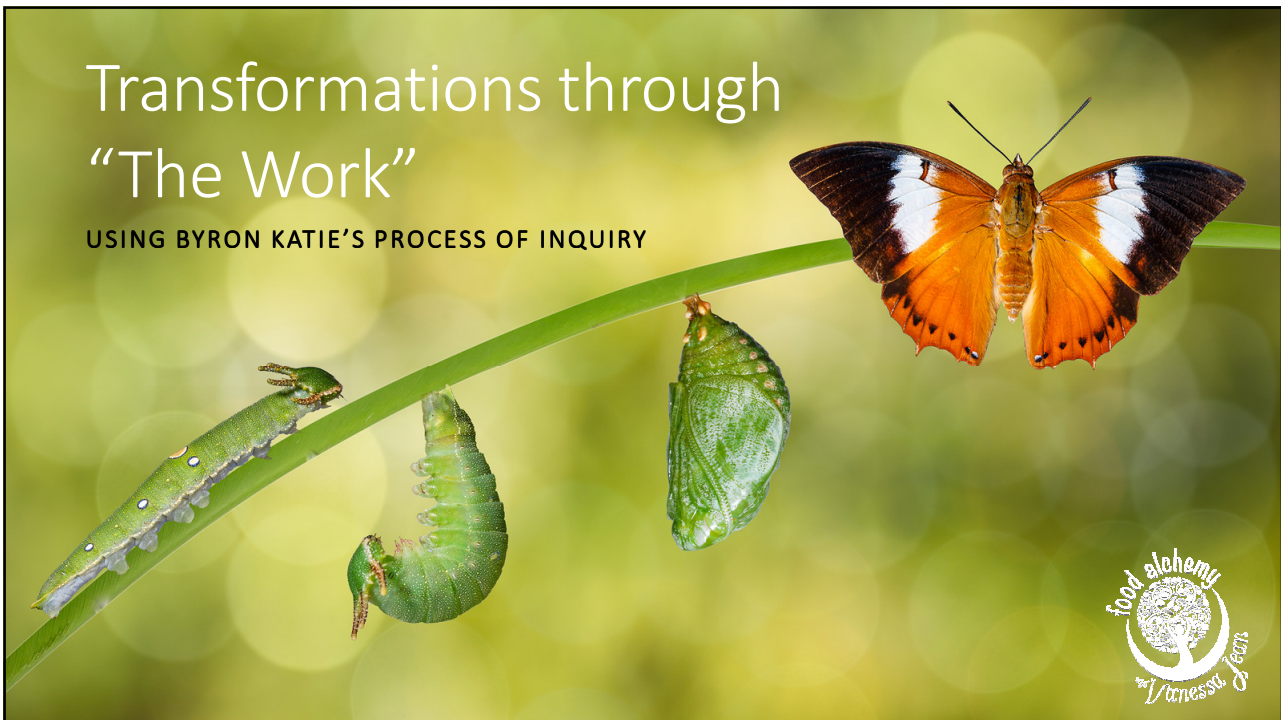


# Transformations through “The Work”

USING BYRON KATIE’S PROCESS OF INQUIRY



## Byron Katie and “The Work”

- “The Work” is a way to identify and question the thoughts that cause all of the suffering in the world
- It is a process of the heart meeting the mind
- A method of inquiry
- Requires a pen, paper and an open mind
- Can even do it on your mobile device
- Gives people their *own* answers



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## Byron Katie and “The Work”

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- It doesn't say what anyone should or shouldn't do
- Explores cause and effect of attaching to painful thoughts and in that investigation, finding freedom
- It's a way of undoing thinking. Thoughts lose their power over us when we realise that they simply appear in the mind
- Instead of escaping or suppressing our thoughts, through The Work, we learn to meet them with open arms

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## Byron Katie and “The Work”

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- The Work is meditation
- It is about awareness; it is not about trying to change your mind
- Take your time, go inside, and wait for the deeper answers to surface

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## What is is

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- The only time we suffer is when we believe a thought that argues with what is
- All the stress we feel is caused by arguing with what is – it hurts when we argue with reality
- When we stop opposing reality, action becomes simple, fluid, kind and fearless

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*“When you argue with reality, you lose – but only 100% of the time.”*

**BYRON KATIE**



## Whose Business am I in?

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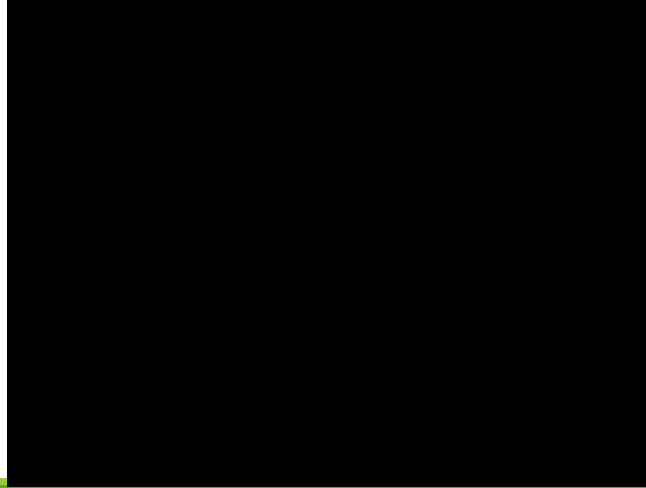
- Notice that when you hurt, you are mentally out of your business.
- Stop and ask yourself –

***“Mentally, whose business am I in?”***



## Whose business are you in?

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Byron talks about  
*"Whose business  
are you in?"*

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## Whose Business am I in?

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- If I am mentally in your business or in God's business, the effect is separation
- Being mentally in your business keeps me from being present in my own
- To think I know what's best for anyone else is to be out of my business

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## Whose Business am I in?

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Think of a challenge and write it down.

Now ask yourself ***“Whose business am I in?”***

**Mine**  
**Yours, or**  
**God’s?**

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## God’s Business

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- “God” means reality
- Reality is God because it rules
- Anything that is out of my control, your control, and everyone else’s control = God’s business
  - E.g. weather, natural disasters (earthquakes, floods, fires etc.)

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## Whose Business? God's Business!

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- Whose business is it if the Melissa crop fails because of bad weather?
  - God's business

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## Whose Business? Their Business!

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- Whose business is it if they don't want to pursue dōTERRA as a business?
  - Their business
- Whose business is it if they say they want to build and don't put any action behind their words?
  - Their business

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## Whose Business? My Business!

- Whose business is it if I don't do Wellness Consults?
  - My business
- Whose business is it if I don't do follow ups?
  - My business
- Whose business is it if I don't follow the success formula?
  - My business

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Staying in my  
own business is  
a full time job.

BYRON KATIE

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## Meeting your Thoughts with Understanding

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- A thought is harmless unless we believe it is true
- It is our attachment to our thoughts that cause suffering
- Attaching to a thought means believing that it's true, without inquiry
- A belief is a thought that we've been attaching to, often for years

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## Meeting your Thoughts with Understanding

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- Thinking isn't personal
- Thoughts just appear, they come out of nothing and go back into nothing
- There is no harm in them until we attach to them as if they were true

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THE WORK OF BYRON KATIE Judge-Your-Neighbor Worksheet

**Judge your neighbor • Write it down • Ask four questions • Turn it around**

Fill in the blanks below, writing about someone (dead or alive) you haven't yet forgiven one hundred percent. Use short, simple sentences. Don't censor yourself—try to fully experience the anger or pain as if the situation were occurring right now. Take this opportunity to express your judgments on paper.

- In this situation, time, and location, who angers, confuses, or disappoints you, and why?  
I am \_\_\_\_\_ with \_\_\_\_\_ because \_\_\_\_\_  
*Example: I am angry with Paul because he doesn't listen to me about his health.*
- In this situation, how do you want them to change? What do you want them to do?  
I want \_\_\_\_\_ to \_\_\_\_\_  
*Example: I want Paul to see that he is wrong. I want him to stop lying to me. I want him to see that he is killing himself.*
- In this situation, what advice would you offer to them?  
\_\_\_\_\_ should/shouldn't \_\_\_\_\_  
*Example: Paul should take a deep breath. He should calm down. He should see that his behavior frightens me. He should know that being right is not worth another heart attack.*
- In order for you to be happy in this situation, what do you need them to think, say, feel, or do?  
I need \_\_\_\_\_ to \_\_\_\_\_  
*Example: I need Paul to hear me when I talk to him. I need him to take care of himself. I need him to admit that I am right.*
- What do you think of them in this situation? Make a list.  
\_\_\_\_\_ is \_\_\_\_\_  
*Example: Paul is unfair, arrogant, loud, dishonest, way out of his, and unconscious.*
- What is it in or about this situation that you don't ever want to experience again?  
I don't ever want \_\_\_\_\_  
*Example: I don't ever want Paul to lie to me again. I don't ever want to see him ruining his health again.*

Now investigate each of the above statements using the four questions. Always give yourself time to let the deeper answers meet the questions. Then turn each thought around. For the turnaround to statement 6, replace the words "I don't ever want to..." with "I am willing to..." and "I look forward to..." Until you can look forward to all aspects of life without fear, your Work is not done.

<b>The four questions</b> <i>Example: Paul doesn't listen to me about his health.</i>	<b>Turn the thought around</b>
1. Is it true? (Yes or no. If no, move to 3.)	a) to the self. (I don't listen to myself about my health.)
2. Can you absolutely know that it's true? (Yes or no.)	b) to the other. (I don't listen to Paul about his health.)
3. How do you react, what happens, when you believe that thought?	c) to the opposite. (Paul does listen to me about his health.)
4. Who would you be without the thought?	<i>Then find at least three specific, genuine examples of how each turnaround is true for you in this situation.</i>

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- Pick a person or situation
- Write in short simple sentences
- Leave out any statement beginning with “but”, “because” or “and”
- Take each judgement separately through the inquiry process
- Point the finger of blame or judgement outwards (until you get the hang of it, then you can write about yourself)
- You can write from your present situation or the point of view of yourself as a 5 year old



## Judge Your Neighbour – Question 1

### 1. Who angers, disappoints, or confuses you, and why? What is it about them that you don't like?

I am (emotion) at (person) because (reason).

e.g. I am angry at my (downline) because they are not listening to me. I don't like (downline) because they argue with everything I say.



## Judge Your Neighbour – Question 2

---

### **2. How do you want them to change? What do you want them to do?**

e.g. I want my (downline) to listen to me. I want them to follow through on my instructions.

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## Judge Your Neighbour – Question 3

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### **3. What is it that they should or shouldn't do, be, think, or feel? What advice would you offer?**

e.g. My (downline) shouldn't (action), e.g. be holding beginner classes without using the material I have taught them. My downline should be doing as I have told them to.

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## Judge Your Neighbour – Question 4

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- 4. Do you need anything from them? What do they need to do in order for you to be happy?**

Go for it, as if you could have anything you want.

e.g. I need my (downline) to listen to me. They need to follow my instructions for me to feel like I have provided value as a mentor.

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## Judge Your Neighbour – Question 5

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- 5. What do you think of them? Make a list. Be petty and judgemental, not rational and kind!**

e.g. My downline is being irresponsible. My downline is being disrespectful of my training and my rank.

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## Judge Your Neighbour – Question 6

### 6. What is it that you don't want to experience with that person again?

e.g. I don't ever want to experience that disrespect from my downline. I don't ever want to have to argue with them about this over and over again.

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## FOUR QUESTIONS

1. Is it true?
2. Can I absolutely know that it's true?
3. How do I react when I think that thought?
4. Who would I be without that thought?

*Turn it around!*

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## Question 1

---

Go back to Question 1 on the Judge your Neighbour sheet and ask

### ***“Is it true?”***

- Be still, let the mind ask the question and wait for the answers to surface

E.g. “I am angry at my (downline) because they are not listening to me.”

***Is this true? Yes or No (move to Question 3)***

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## Is it True?

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- Reality is what is true
- The truth is whatever is happening in front of you
- E.g. whether you like it or not it’s raining now. “It shouldn’t be raining” is just a thought.
- In reality, there is no such thing as a “should” or a “shouldn’t”

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## Question 2

Go back to Question 1 on the Judge your Neighbour sheet and ask

***“Can you absolutely know that it’s true?”***

- Can I absolutely know that it’s true that my downline doesn’t listen to me?
- Can I ever really know when someone is listening or not?
- Am I sometimes listening even when I appear not to be?

***“Can you absolutely know that it’s true?” Yes or No***

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## Can you Absolutely Know it’s True?

- In many cases the statement appears to be true. Of course it does – your concepts are based on a lifetime of uninvestigated beliefs.
- The world is what it is – nothing more, nothing less
- Where reality is concerned, there is no “what should be”, there is only “what is”
- The world is always as it should be, whether I oppose it or not

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## Question 3

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Go back to Question 1 on the Judge your Neighbour sheet and ask

***“How do you react, what happens, when you believe that thought?”***

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## Question 3

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- Does that thought bring peace or stress into your life?
- What images do you see, past and future, and what physical sensations arise as you think that thought and witness those images?
- What emotions arise when you believe that thought? (refer emotions list)

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## Question 3

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- Do any obsessions or addictions begin to appear when you believe that thought?
- Do you act out on any of the following: alcohol, drugs, credit cards, food, sex, television, computers?)

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## Question 3

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- How do you treat the person in this situation when you believe the thought?
- How do you treat other people and yourself?
- E.g. How do you treat your downline?
  - I ignore their requests for help
  - I roll my eyes
  - I punish them by not paying them attention

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## Emotions List

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

ANGRY	DEPRESSED	CONFUSED	HELPLESS	INDIFFERENT	AFRAID	HURT	SAD	JUDGMENTAL					
irritated	loud	disappointed	masochistic	doubtful	incapable	insensitive	fearful	dreadful	crushed	tormented	scornful	serious	stony
enraged	reactive	discouraged	stuck	uncertain	alone	dull	terrified	guarded	tormented	scornful	angushed	serious	stern
hostile	swearing	ashamed	contracted	indicative	paralyzed	reserved	suspicious	troubled	deprived	pained	desolate	frowning	recoiling
insulting	abrupt	powerless	tight	perplexed	fatigued	weary	anxious	self-	absorbed	tortured	unhappy	griering	disgusted
annoyed	quarrelsome	diminished	blocked	embarrassed	useless	bored	alarmed	rigid	rejected	injured	mournful	unfair	unfair
upset	venomous	guilty	despairing	hesitant	inferior	preoccupied	panicked	phobic	injured	grieved	disgusted	unfair	unfair
hateful	irate	dissatisfied	hopeless	shy	vulnerable	cold	nervous	intolerant	offended	afflicted	dismayed	attacked	tactless
unpleasant	short-	miserable	grouchy	disillusioned	empty	lifeless	scared	disturbed	aching	victimized	over-sensitive	hurtful	bossy
offensive	tempered	despicable	off	distressed	uninteresting	uninterested	worried	disrupted	aching	victimized	dirty	bossy	bossy
aggressive	stubborn	self-	moody	misgiving	pathetic	uninterested	frightened	shaky	avoiding	heartbroken	apologetic	remorseful	stiff
bitter	rebellious	denigrating	crabby	lost	distraught	unresponsive	timid	timid	inimidated	heartbroken	apologetic	remorseful	stiff
frustrated	exasperated	self-hating	faultfinding	unsure	doomed	tired	shaky	avoiding	heartbroken	apologetic	remorseful	stiff	stiff
controlling	impatient	self-hating	resistant	unsure	doomed	tired	shaky	avoiding	heartbroken	apologetic	remorseful	stiff	stiff
resentful	contrary	low	punishing	uneasy	overwhelmed	robotic	restless	threatened	petrified	apologetic	remorseful	stiff	stiff
hotheaded	condemning	terrible	morose	stressed	inept	cowardly	cowardly	threatened	petrified	apologetic	remorseful	stiff	stiff
malicious	seething	lousy	cranky	uncomfortable	incapacitated	insecure	paranoid	unbending	wronged	sour	combative	pushy	neglectful
inturated	scornful	desperate	grumpy	comparing	shut down	way	inhibited	menaced	immobility	attached	miffed	frangible	stonewalling
critical	sarcastic	alienated	burdened	dishonest	cut off	menaced	immobility	menaced	immobility	attached	miffed	frangible	stonewalling
mean-	overbearing	bad	negative	superior	trapped	uptight	attached	apprehensive	prejudiced	indignant	disconnected	rude	ranting
spited	sharp	pessimistic	closed	disdainful	weak	apprehensive	prejudiced	attacking	agoraphobic	distant	discontented	shrill	hard
violent	poisonous	dejected	out of sorts	manipulative	sick	attacking	agoraphobic	defensive	self-	conscious	bulldozed	cried	fake
vindictive	insulting	bummed out	no energy	judgmental	nauseated	defensive	self-	conscious	bulldozed	cried	fake	phony	shallow
sadistic	disrespectful	self-critical	in hell	argumentative	figetly	defensive	self-	conscious	bulldozed	cried	fake	phony	shallow
mean	jealous	touchy	authoritative	trampling	craving	defensive	self-	conscious	bulldozed	cried	fake	phony	shallow
spiteful	ticked off	deprecating	haggard	condescending	craving	defensive	self-	conscious	bulldozed	cried	fake	phony	shallow
furious	hitting	gloomy	drawn	demanding	hungry	defensive	self-	conscious	bulldozed	cried	fake	phony	shallow
agitated	yelling	slumped	confounded	disoriented	wooly	defensive	self-	conscious	bulldozed	cried	fake	phony	shallow
antagonistic	screaming	disheartened	slouching	disoriented	wooly	defensive	self-	conscious	bulldozed	cried	fake	phony	shallow
repulsed	revengeful	down	aching	disoriented	wooly	defensive	self-	conscious	bulldozed	cried	fake	phony	shallow
mad	retaliating	despondent	cheerless	off-kilter	twitching	defensive	self-	conscious	bulldozed	cried	fake	phony	shallow
cross	reprimanding	rotten	rotten	frenzied	blushing	defensive	self-	conscious	bulldozed	cried	fake	phony	shallow
incensed	envious	rotten	rotten	awkward	blushing	defensive	self-	conscious	bulldozed	cried	fake	phony	shallow

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

- Notice internal cause and effect
- If you believe the thought, there is an uneasy feeling, a disturbance that can range from mild discomfort to fear or panic
- Before the thought there is peace
- Without attachment to the thought there is peace

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## Inquiry – 4 Questions & a Turnaround

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- How do you treat yourself in that situation and how does that feel?
  - I shut down
  - I isolate myself
  - I eat and sleep more
  - I go off track
  - I feel depressed

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## Question 4

---

Go back to Question 1 on the Judge your Neighbour sheet and ask

***“Who would you be without that thought?”***

- Imagine if your downline was listening to you
- What do you see?
- How does that feel?

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## Emotions List

## Question 4: Who would you be without the thought?

OPEN	LOVING	HAPPY	INTERESTED	ALIVE	POSITIVE	PEACEFUL	STRONG	RELAXED
understanding	considerate	blissful	fascinated	playful	eager	calm	reliable	glowing
confident	affectionate	joyous	intrigued	courageous	keen	good	sure	radiant
easy	sensitive	delighted	absorbed	energetic	earnest	at ease	unique	beaming
connected	tender	overjoyed	inquisitive	liberated	inspired	comfortable	dynamic	reflective
free	devoted	gleeful	engrossed	optimistic	enthusiastic	pleased	tenacious	smiling
sympathetic	attracted	thankful	curious	frisky	bold	encouraged	hardy	grounded
interested	passionate	festive	amazed	animated	brave	surprised	secure	unhurried
satisfied	admiring	ecstatic	involved	spirited	daring	content	stable	open-minded
receptive	warm	satisfied	attentive	thrilled	hopeful	quiet	honest	efficient
accepting	touched	glad	observant	wonderful	upbeat	certain	composed	non-controlling
kind	close	cheerful	amused	funny	beautiful	relaxed	self-affirming	unassuming
harmonious	loved	sunny	thoughtful	great	creative	serene	truthful	trusting
empathetic	sweet	elated	courteous	giving	constructive	bright	supportive	supported
tolerant	gentle	jubilant	intent	sharing	helpful	blessed	excellent	fluid
friendly	compassionate	joyful	focused	intelligent	resourceful	assured	perseverant	light
approachable	caring	fun-loving		exhilarated	motivated	clear	responsible	spontaneous
outgoing	allowing	lighthearted		equal	cooperative	balanced	energized	aware
flowing	nonjudgmental	easygoing		excited	productive	fine	sane	healthy
flexible	appreciative	melow		enjoying	exuberant	okay	complete	meditative
present	respectful	happy-go-lucky		communicative	in the zone	grateful	mature	still
listening	humble	glorious		active	responsive	carefree	solid	rested
welcoming	gracious	innocent		spunky	conscientious	adequate		waiting
embracing	patient	child-like		youthful	approving	fulfilled		laughing
	honoring	gratified		vigorous	honored	genuine		grateful
	expansive	euphoric		ticked	privileged	authentic		natural
	kindly	rapturous			adaptable	forgiving		steady
	grateful	in good humor				sincere		centered
		in heaven				uplifted		placid
		on top of the world				unburdened		
						confident		
						self-sufficient		

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## Who Would you be Without the Thought?

- Picture yourself standing in the presence of the person you have written about when they are doing what you think they shouldn't be doing
- Who would you be if you couldn't think this thought?
- How would your life be different in the same situation without this thought?



## Who Would you be Without the Thought?

---

- Keep your eyes closed and watch them without your story
- How do you feel about them without your story?
  - Which feels kinder?
  - Which feels more peaceful?

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## Who Would you be Without the Thought?

---

- Without our stories we are not only able to act clearly and fearlessly; we are also a friend and a listener
- We are people living happy lives
- We are appreciation and gratitude

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## Turn it Around

---

Go back to Question 1 on the Judge your Neighbour sheet and ask

### Turn it around

- A statement can be turned around:
  - To the self
  - To the other
  - To the opposite

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## Turn it Around

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**Original statement** *“My downline doesn’t listen to me.”*

Turnarounds:

- *“I don’t listen to me.”* (Turnaround to the self)
  - **Is this as true or truer for you?**
- *“I don’t listen to my downline.”* (Turnaround to the other)
  - **Is this as true or truer for you?**
- *“My downline **does** listen to me.”* (Turnaround to the opposite)
  - **Is this as true or truer for you?**

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## Turn it Around

---

- For each turnaround you discover, find 3 genuine examples of how the turnaround is true in your life.
- Start the 4 questions again with the next statement on your worksheet.
- For each turnaround, start with the **original statement**

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## Turn it Around

---

- This isn't an issue of morality but of what's actually true
- Consider whether or not each turned-around statement is as true or truer than your original statement

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## Turn it Around

---

- E.g. *“I should listen to me”*
- True or truer than the original statement?  
When I think my downline isn't listening to me, I get angry and resentful and I cause myself a lot of stress – not a kind thing to do. If I were kind to myself, I wouldn't have to wait for kindness from others.

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## Turn it Around

---

- E.g. *“I should listen my downline”*  
True or truer than the original statement?

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## Turnaround for Question 6 on Worksheet

Change *"I don't ever want to ..."* to  
***"I am willing to ..."*** and ***"I look forward to ..."***

**e.g.** I don't ever want to experience that disrespect from my downline. I don't ever want to have to argue with them about this over and over again.

***"I am willing to experience that disrespect..."***  
***(this creates openness, creativity and flexibility)***

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## Turnaround for Question 6 on Worksheet

**e.g.** I don't ever want to experience that disrespect from my downline. I don't ever want to have to argue with them about this over and over again.

***"I look forward to experiencing that disrespect..."***  
***(actively opens you up to life as it unfolds)***

The turnaround for statement 6 is about welcoming all your thoughts and experiences with open arms, as it shows you where you are still at war with reality.

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## Turnaround for Question 6 on Worksheet

---

**When you can honestly look forward to experiences that have been uncomfortable, there is no longer anything to fear in life: you see everything as a gift that can bring you self-realization.**

Based on the material from "The Work", except the example used here.  
Refer [www.thework.com](http://www.thework.com)

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## Some Business Statements to Play With

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- My upline doesn't support me
- I don't know enough
- I am not smart enough
- I am not experienced enough
- I am not supported by my partner

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## Some Business Statements to Play With

---

- I need to have a partner fully support me in this business
- I need to have business experience to make this work
- I need to have a big network of people I know to make this work

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"An unquestioned mind is the only suffering."

BYRON KATIE

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