



An Introduction to The Work of Byron Katie

"Ask four questions – set yourself free."

Byron Katie

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THE WORK OF
Byron Katie 

What Is The Work?

- The Work is a way to identify and question the thoughts that cause all the suffering in the world.
- The Work is four questions and turnarounds.
- Anyone with an open mind can do it.

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Examples of Universal Beliefs

- “I need to know what to do.”
- “Something terrible is going to happen.”
- “People are judging me.”
- “My partner doesn’t appreciate me.”
- “There’s too much to do.”



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Four Questions and Turnarounds

1. Is it true?
2. Can you absolutely know that it's true?
3. How do you react—what happens—when you believe that thought?
4. Who would you be without the thought?

Turn the thought around.

Find three genuine examples of how each turnaround is as true or truer in your life.



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One-Belief-at-a-Time Worksheet

- Pick one of your universal beliefs.
- Write it on the top line of the page.
- Write your answers to the questions.

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Judge-Your-Neighbor Worksheet

- Write about someone who angers, frustrates, or saddens you, a person you have not forgiven 100%.
- Be judgmental and petty.
- Use short, simple sentences.
- We invite you to not write about yourself yet.

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**“Don’t be spiritual;
be honest instead.”**

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Taking The Work Home

- Visit www.thework.com
- Sign-up for the free E-newsletter
- Read *Loving What Is* and *A Thousand Names for Joy*.
- Attend an event (weekend workshop, nine-day School, etc.)
- Call the hotline.
- Find a Certified Facilitator.



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Three Kinds of Business

- **My business**
- **Your business**
- **God's business**



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Three Ways to Turn It Around

- **Belief:** “He doesn’t listen to me.”
- Turn it around to **yourself:**
“*I* don’t listen to *me*.”
- Turn it around to the **other:**
“I don’t listen to *him*.”
- Turn it around to the **opposite:**
“He *does* listen to me.”

And don't forget to find three genuine examples for each turnaround.



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