

Inquiry / “THE WORK” by Byron Katie (*Loving What Is* book) “Judge Your Neighbor” Worksheet

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Inquiry provides an opportunity to contemplate and investigate your thoughts if you really want to know and accept what is real (the truth)? Inquiry is about awareness not about trying to change your mind. It’s a meditative process. *As soon as you want freedom and peace more than you want anything else this will work for you.* When you are distressed: 1) Judge your neighbor; 2) Write it down; 3) Ask four questions; 4) Turn it around.

Think of a stressful situation with someone while filling in the Six Statement blanks below. Use short, simple sentences to complete the statements on one person/situation. Next, let your mind ask the Four Questions of The Work with each of the six statements as you contemplate the answers. Take your time, go inside and wait for the deeper answers to surface. Next, do the Turnarounds with each of the Six Statements. Use the worksheet on page 3 to do the Four Questions and the Turnarounds on each of the Six Statements

Six Statements

SITUATION – In this situation, who angers, confuses, hurts, saddens, or disappoints you, and why?

#1 - I am _____ (emotion) with/at _____ (name) because _____.

I am angry with Paul because he lied to me. (Rewrite the statement as a “should” statement to answer the four questions below.) “Paul shouldn’t lie to me.”

WANTS – In this situation, how do you want him/her to change? What do you want him/her to do?

#2 - I want _____ (name) to _____.

I want Paul to see that he is wrong. I want him to stop lying to me.

ADVICE -- In this situation, what advice would you offer him/her? “He/she should/shouldn’t...”

#3 - _____ (name) should/shouldn’t _____.

Paul shouldn’t frighten me with his behavior. He should take a deep breath.

NEEDS -- In order for you to be happy in this situation, what do you need him/her to think, say, feel or do?

#4 - I need _____ (name) to _____.

I need Paul to stop talking over me. I need him to really listen to me.

COMPLAINTS -- What do you think of him/her in this situation? Make a list. (It’s okay to be petty and judgmental.)

#5 - _____ (name) is _____.

Paul is a liar, arrogant, loud, and dishonest.

CHANGES -- What is it about this person and situation that you don’t ever want to experience again?

#6 - I don’t ever want _____.

I don’t ever want Paul to lie to me again. I don’t ever want to be disrespected again.

Now question each of your statements, using the Four Questions of The Work below...

The Four Questions - Inquiry is about observation and awareness not to make you change your thoughts. Close your eyes, take a slow deep breath and be still as you ask your heart – not your mind - the following questions with each of the Six Statements above. You ask your heart/soul not your brain because your brain is already attached to the thought, so it won't give you a truthful answer.) Example: *Paul lied to me.*

1. **Is it true?** *Is it true Paul shouldn't lie to me? (Yes or no. If no, move to question 3. If yes, ask "what's your proof" then put that through the 4 questions of inquiry as well.)* Could add to "Is it true?" and "it means that..." (I'm angry my father hit me, and it means he doesn't love me.)
2. **Can you absolutely know that it's true?** (Yes or no?) *Can you really know what Paul should or shouldn't do? What's the reality of it? (The reality of it is the truth of it.) Paul does lie a lot, so I guess it's true.*
3. **How do you react, how do you treat that person, what happens when you believe that thought?** (Does it bring peace or stress?) *What happens when you believe Paul shouldn't lie to you and he continues to lie? Can you find a stress-free reason to keep that thought? Can you see a reason to change or drop your story? (...and we're not saying you have to.)*
4. **Who or what would you be without the thought?** (If you couldn't even think the thought...?) *Paul shouldn't lie. This question helps you notice who you would be or how you would feel without the thought that someone should be doing something other than what you think they should be doing. Close your eyes and imagine yourself and your life without the thought.*

Turnarounds – Each statement can be turned around: 1) to the self, 2) to the other, and 3) to the opposite. Find at least three specific, genuine examples of how each turnaround is true or truer for you in this situation. Let your inner self answer. The Turnarounds will help you focus on what *you* can do to improve the situation.

When the thought is about a "thing" change it to "my thinking" (*Paul is killing me...changes to...My thinking about Paul is killing me.*) The Turnarounds are not about blaming yourself or feeling guilty but about discovering alternatives that can bring you peace. Turnarounds are your personal prescription for mental and emotional health. When you can get yourself to stop doing xyz then you can want the other person to stop doing xyz.

Example: *Paul lied to me. - or - Paul should understand me.*

(TO SELF) 1. *I lied to me. - or - I should understand myself.*

(TO THE OTHER) 2. *I lied to Paul. – or - I should understand Paul.*

(TO THE OPPOSITE) 3. *Paul didn't lie to me or Paul told me the truth. - or – Paul shouldn't understand me.*

The Turnarounds can also be:

I am willing to...

I look forward to...

INQUIRY – 4 QUESTIONS

Statement 1

- Is it true? _____
- 1) Can you absolutely know that it's true? _____
- 2) How do I react/what happens when I believe that thought?

3) Who or what would I be without the thought?

Statement 2

- 1) Is it true? _____
- 2) Can you absolutely know that it's true? _____
- 3) How do I react/what happens when I believe that thought?

4) Who or what would I be without the thought?

Statement 3

- 1) Is it true? _____
- 2) Can you absolutely know that it's true? _____
- 3) How do I react/what happens when I believe that thought?

4) Who or what would I be without the thought?

Statement 4

- 1) Is it true? _____
- 2) Can you absolutely know that it's true? _____
- 3) How do I react/what happens when I believe that thought?

4) Who or what would I be without the thought?

Statement 5

- 1) Is it true? _____
- 2) Can you absolutely know that it's true? _____
- 3) How do I react/what happens when I believe that thought?

4) Who or what would I be without the thought?

Statement 6

- 1) Is it true? _____
- 2) Can you absolutely know that it's true? _____
- 3) How do I react/what happens when I believe that thought?

4) Who or what would I be without the thought?

TURNAROUNDS 1) to the self; 2) to the other; 3) to the opposite

Statement 1

- 1) I am _____ at _____ because _____
- _____

2) I am _____ at _____ because _____

3) _____ did not _____

(Consider how these statements are as true or truer.)

Statement 2

- 1) I want _____ to _____
- _____

2) I want _____ to _____

3) _____ did not _____

(Consider how these statements are as true or truer.)

Statement 3

- 1) _____ should/shouldn't _____
- _____

2) _____ should/shouldn't _____

3) _____ should/shouldn't _____

(Consider how these statements are as true or truer.)

Statement 4

- 1) I need _____ to _____
- _____

2) I need _____ to _____

3) _____ does _____

(Consider how these statements are as true or truer.)

Statement 5

- 1) I am _____
- _____

2) _____ is _____

3) _____

(Consider how these statements are as true or truer.)

Statement 6

- I am willing to _____
- _____

I look forward to _____

(Consider how these statements are as true or truer.)

** This turnaround #6 is about welcoming all your thoughts and experiences with open arms, as it shows you where you are still at war with reality. If you feel any resistance to a thought, your Work is not done. When you can honestly look forward to experiences that have been uncomfortable, there is no longer anything to fear in life. Everything will be seen as a gift that can bring you greater self-realization.*