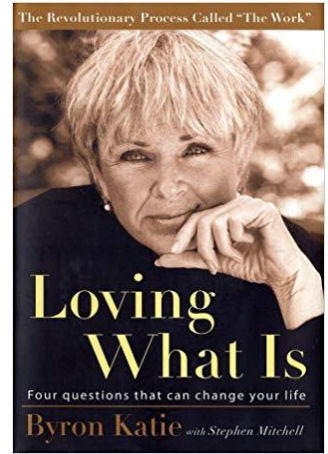


KEY CONCEPTS

from Byron Katie's book - *Loving What Is* Inquiry / "THE WORK"

Transforming and removing suffering by investigating your thoughts and detaching from distressing thoughts—allowing you to live in peace, harmony, happiness and freedom!

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Inquiry/The Work. 4 Questions + a Turnaround. "Judge your neighbor, write it down, ask four questions, turn it around." (Use this [worksheet](#).)

- 1) **Is it true?** *Is it true that Paul shouldn't lie to me? (Yes or no. If no, move to question 3. If yes, ask **What's the reality of it?** (The reality of it = the truth of it.) Paul does lie a lot, so I guess it's true. That's what is. Or ask, **What's your proof?** then put those underlying beliefs through the 4 questions of inquiry as well.)*
- 2) **Can you absolutely know that it's true? (Yes or no?)** *In God's grand scheme of things can you really know what Paul should or shouldn't do? Can you really know what God's plan is for you or someone else? Whose business are you in?*
- 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 (that Paul shouldn't lie)? (If you didn't believe that thought...? Can you see a reason to drop that thought?)** *Close your eyes and imagine who you would be or how you would feel if you weren't attached to the thought (or story) that someone should be doing something other than what they are doing.*

+ **The Turnaround.** Turnaround the statement to yourself or to the opposite to find something as true or truer as the original statement. *Paul shouldn't lie to me* becomes *I shouldn't lie to Paul* or *Paul should lie to me...because he does*. The turnaround helps you focus on yourself where you have control and helps you accept *what is*.

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1. **Don't Argue with Reality.** When you argue with reality or think it should be different than *it is* you lose...but only 100% of the time... and you step into distress and suffering. "If you want reality to be different than what it is, you might as well try to teach a cat to bark." Reality rules whether you accept it or not. You're welcome to keep banging your head against a brick wall, or you can learn to live without continually resisting *what is*.
2. **Shoulding and Wishing.** When you "should" or "shouldn't" on another person or "wish" a situation was different than *it is* you are arguing with reality. Reality is always the story of the past. It doesn't

### The 4 Questions

1. *Is it true?*
2. *Can you absolutely know that it's true?*
3. *How do you live/ react when you believe that it's true?*
4. *How would you live/ react if you didn't believe/attach to that thought/story?*

### Key Concepts

1. Don't Argue with Reality
2. Don't "Should" and "Wish"
3. Stay in Your Own Business
4. You Don't Know What's Best for Anyone Else
5. Stop Seeking Love and Approval from Others
6. Be aware of Your Projector's Lens... and Lint
7. Stop Believing or Attaching to your Stories
8. Know that Reality is Perfect

wait for our vote, permission or our opinion. You have no power to change what already is. To “should” or “wish” simply causes suffering. Catch yourself anytime you think a *wish* or a *should*.

3. **Whose Business are You in?** There are only three kinds of business: 1) your business, 2) the other person’s business and 3) God’s business. God’s business is the reality of things. God’s business is *what is*. If you think anyone else needs to change you are mentally out of your business. Keep yourself within your own business at all times. It’s the only business you have any control over anyway. We spend a lot of wasted time thinking about how someone or something (over which/whom you have no control) should be different than it is... Enter suffering.
4. **You Don’t Know What’s Best for Anyone Else.** Can you really know what’s best for anyone else in the grand scheme of things? No. You can’t absolutely know for sure. Another’s path, journey or learning process is equal to yours. To think that I know what’s best for anyone else is arrogance and stepping outside of “my business.” Mentally stay out of others’ business by staying present in your own business. Who’s running your business if you’re in other people’s business? You might even consider letting God run your business and you’ll find even greater freedom, happiness and peace.
5. **Stop Seeking Love and Approval from Others.** As long as you “need” love and approval or anything else from another human being you will constantly be a victim. Your well-being is at their mercy. Humans are imperfect, fallible and you have no control over what they do. Instead seek love and approval from God and you will find strength and peace that will bless your life and your relationships. You can now interact with others from a place of wholeness and okayness instead of from neediness and codependency. If you will change your thinking you can skip “the middle man” and simply be happy and free right now.
6. **Your Projector’s Lens...and Lint.** Problems in others are projections of our own thoughts. “You come to see that every perceived problem appearing ‘out there’ is really nothing more than a misperception within your own thinking” (thus the need to inquire or investigate our auto thoughts). We look outside ourselves for peace, but we’re been looking in the wrong place. As you change your perceptions and projections you change your experience and your reality because you’re the projector.
7. **Not Believing or Attaching to your Stories.** Most of our stress comes from having, believing or attaching to a thought or story that is contrary to *what is*. Our stories are the “untested, uninvestigated theories that tell us what all these things mean.” We don’t even realize that they are just theories that we are operating our lives upon. This is why we need to habitually investigate our thoughts. Anytime you attach to a story that opposes reality you step into suffering. It’s not what’s “happening” to you that causes suffering but what “we believe or tell ourselves” about what’s happening that causes the suffering. Suffering is optional. Choose a story or belief that gives you peace if you want to be free.
8. **Reality is Perfect/Nothing Goes Wrong...**Ever. Embrace that! Can you trust that everything you experience has a divine purpose? (See Proverbs 3:5-6.) Until you do, you’ll experience frustration and/or misery every time you argue with *what is*. What you need is what you have. How do you know you need it? It shows up. (God’s business.) Unconditional love is loving *what is*. You can love yourself and others unconditionally if you love and accept *what is*. You can trust that God’s business is always perfect just as it is.