

## The Work - an exercise in self-inquiry

First, get a quiet moment and try to find a place of stillness inside you. Remember that you are looking here for the truth of the matter only, and try not to have an agenda, such as trying to do this to “fix my problem” or even “change my thinking”.

Find an experience that brings you stress or suffering of any kind. Notice the feeling, and find the thought, idea or belief that is connected to it. It could be a judgment of another person, such as “My partner is a jerk” or it could be a criticism of your self such as, “I am a bad person.” Almost anything goes – just try to keep it a single short phrase.

Then focus on that single idea, and find out what it is doing in you. Ask:

1. Is it true? (meaning, is it accurate and objectively real?)
2. If yes, then go deeper with it, and ask yourself if you can *absolutely* know that it is true?
3. How does it affect you when you believe that thought? How do you feel? What actions do you do?
4. Imagine, who would you be without that thought?
5. Turn it around: take the opposite of your statement, and find out how that could be true.

Don't rush this process. Put it onto paper. The mind is way too smart and will usually shortcut the process otherwise. This work is a meditation, or like a brain exercise – you are pushing your mind to consider things it wouldn't normally consider – and this creates flexibility and openness!

\*This is a short version of 'The Work' by Byron Katie. If you want more elaborate instruction, go to [www.thework.org](http://www.thework.org)