



Thought Work – Full Process Worksheet

Based on Byron Katie's "The Work"

1. Identify a Limiting Belief / Painful Thought

Make it as concise as possible.

2. Ground in a Situation

Snapshot in time and space: Who, Where, What, When

3. Question 1 - *"Is it true?"* (simple Yes or No)

4. Question 2 - *"Can you absolutely know for sure that it is true?"* (simple Yes or No)

5. Question 3 - *"How do you react when you believe that thought?"*

a. Answer follow-up / deepening Sub-Questions:

i. What emotions arise when you believe that thought?

ii. Where do those emotions show up in your body? What does it feel like physically?

iii. How do you behave as a reaction to that thought?

iv. How do you treat the other person?

v. How do you treat yourself?

vi. What comes up from your past into that moment?

vii. What do you project into the future? What do you fear will happen?

b. **Reflect on the answers** to the above question and sub-questions (step 5).

c. Ask yourself: *"Based on this reaction to believing that thought, does that thought cause stress or peace?"*

d. Ask yourself: *"Can you think of a peaceful reason to continue to believe the thought?"*

6. Question 4 - *"Who would you be in that moment without the thought?"* Without changing reality and/or the circumstances that exist(ed), just your thoughts about it.

a. **Answer follow-up / deepening Sub-Questions** similar to that in the above about emotional response, physical feeling, and/or behavioral reaction if you couldn't believe that thought?

- b. Notice how we didn't change reality, we just changed our thoughts about reality.
7. **Find Three Turnarounds** (Alternative Thoughts to the Original):
 - a. **Opposite** – Change one of the words to the opposite meaning.
 - b. **Self** – Replace the other person with “I/Me” in the original sentence.
 - i. If it is already a self-judgement statement, replace self with “my thoughts” or “my higher self.”
 - c. **Other** – Swap the two objects/subjects of the original limiting belief.
 8. **Find proof to support each turnaround.**
Identify 4 to 5 ways that each turnaround might be true based on actual reality.
 9. **Review all four thought options:** (1) The Original, (2) Opposite, (3) Self, and (4) Other.
 10. **Which of these four thoughts feels most true?**
 11. **In light of this, how would you like to proceed?**

Thought Work – Full Process Worksheet with Examples

Based on Byron Katie's "The Work"

1. Identify a Limiting Belief / Painful Thought

Make it as concise as possible.

- a. **Ex:** *Susan shouldn't criticize me.*

2. Ground in a Situation

Snapshot in time and space: Who, Where, What, When

- a. **Ex:** *Last Thursday at about 6:30 p.m., I was on the phone with Susan while walking my dog in the park. Susan told me I did a poor job at work.*

3. Question 1 - "***Is it true?***" (simple Yes or No)

4. Question 2 - "***Can you absolutely know for sure that it is true?***" (simple Yes or No)

5. Question 3 - "***How do you react when you believe that thought?***"

- a. Answer follow-up / deepening Sub-Questions:

- i. ***What emotions arise when you believe that thought?***

- ii. ***Where do those emotions show up in your body? What does it feel like physically?***

- iii. ***How do you behave as a reaction to that thought?***

- iv. ***How do you treat the other person?***

- v. ***How do you treat yourself?***

- vi. ***What comes up from your past into that moment?***

- vii. ***What do you project into the future? What do you fear will happen?***

- b. **Reflect on the answers** to the above question and sub-questions (step 5).

- c. Ask yourself: "***Based on this reaction to believing that thought, does that thought cause stress or peace?***"

- d. Ask yourself: "***Can you think of a peaceful reason to continue to believe the thought?***"

6. Question 4 - "***Who would you be in that moment without the thought?***" Without changing reality and/or the circumstances that exist(ed), just your thoughts about it.

- a. **Ask follow-up / deepening Sub-Questions** similar to that in the above about emotional response, physical feeling, and/or behavioral reaction if you couldn't believe that thought?

- b. Notice how we didn't change reality; we just changed our thoughts about reality.

7. Find Three Turnarounds (Alternative Thoughts to the Original):

- a. **Opposite** – Change one of the words to the opposite meaning.

- i. **Ex:** *Susan shouldn't criticize me* becomes: *Susan should criticize me.*
**OR* Susan shouldn't praise me.*
- b. **Self** – Replace the other person with “I/Me” in the original sentence.
 - i. If it is already a self-judgement statement, replace self with “my thoughts” or “my higher self”
 - ii. **Ex:** *Susan shouldn't criticize me* becomes *I shouldn't criticize me.*
- c. **Other** – Swap the two objects/subjects of the original limiting belief.
 - i. **Ex:** *Susan shouldn't criticize me* becomes *I shouldn't criticize Susan.*

8. Find proof to support each turnaround.

Identify 4 to 5 ways that each turnaround might be true based on actual reality.

9. **Review all four thought options:** (1) The Original, (2) Opposite, (3) Self, and (4) Other.
- a. *Susan shouldn't criticize me.*
 - b. *Susan should criticize me; *or* Susan shouldn't praise me.*
 - c. *I shouldn't criticize me.*
 - d. *I shouldn't criticize Susan.*

10. Which of these four thoughts feels most true?

11. In light of this, how would you like to proceed?