

How to Examine a Belief

From the Work of Byron Katie

1. Write down the belief.
2. Ask “Is it true?”
3. If you think it is true, ask “Can I absolutely know that it’s true?”
4. If you believe that thought, what happens?
 - a. Do you feel peace?
 - b. Do you feel stress?
 - c. What physical sensations arise?
 - d. What emotions arise?
 - e. What images do you see in your mind?
 - f. Do you feel a desire to escape the thought by eating, having a drink, watching TV, shopping?
 - g. How do you treat other people when you believe the thought?
 - h. How do you treat yourself when you believe the thought?
5. If you didn’t believe the thought, what would change?
6. Try turning around the thought in different ways. Think of examples or explanations of how each turnaround could be true.

Examples of turnarounds:

Original thought: “No one pays attention when I talk about my business.”

Turnarounds:

I don’t pay attention when I talk about my business.

I don’t pay attention when others talk about their businesses.

People pay attention when I talk about my business.