

Challenge Your Beliefs

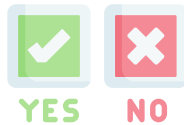
With “The Work” From Byron Katie



Byron Katie is a spiritual teacher and author who approaches the human mind like a master jeweler examining a stone we have been calling flawed. She turns it slowly in the light and shows us that what we labeled a defect is often just a misunderstanding of the cut. With *The Work*, four disarmingly simple questions, she invites us to look more closely at our most cherished grievances and notice that our suffering is rarely caused by life itself, but by the stories we have been polishing and carrying around like priceless heirlooms. Her books, *Loving What Is*, *A Thousand Names for Joy*, *I Need Your Love Is That True*, and *Who Would You Be Without Your Story*, read like elegant guidebooks to that moment of clarity when the gem finally catches the light, and you realize it was radiant all along.

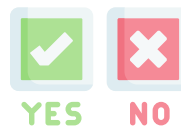
On the “Belief” line below, jot down that troublesome thought that keeps tugging at your sleeve. Maybe it’s “My sister will never respect me after that argument at Thanksgiving,” or “If I slow down at work, everyone will realize I’m not as capable as they think,” or perhaps “I’ll probably end up alone because I always choose the wrong people.” These dramatic little darlings love to set up camp in the back of your mind, humming the same tired tune while you try to move on. So, take a gentle step back to the exact moment that belief was born, when the words were whispered, the look was exchanged, or the silence stretched a little too long. Once you’re there, pick up your magnifying glass of curiosity and turn the belief in your hands like a jewel, studying its every facet with both grace and skepticism. Then, close your eyes, inhale, and let your insights arrive quietly, like sunlight slipping across the floor in early morning.

Belief: _____



1. Is it true?

(If no, move to question 3.)



2. Can you absolutely know that it’s true?

3. How do you react, what happens, when you believe that thought?

What emotions arise when you believe that thought?

What images of past and future do you see when you believe the thought?

How do you treat yourself and others when you believe the thought?

4. Who would you be without the thought?

Turn the thought around.

Example of a statement:

He hurt me.

Possible opposites:

I hurt me.

I hurt him.

He didn't hurt me. He helped me.

Contemplate how each turnaround is as true or truer in that situation.

Will You Keep This Belief?

