



## The Work (Byron Katie) Challenge Your Thoughts and Beliefs

### What is The Work?

- A process of inquiry that questions our stressful thoughts that are tied to beliefs that result in anger, sadness, fear, etc.
- A way to uncover unconscious beliefs and thought patterns
- This is a form of contemplation so best practiced from a place of stillness.

### About the mind:

- We all experience painful or stressful situations in childhood that can lead us to believe certain things about the world and ourselves. As we grow older, we find ways to unconsciously reinforce these beliefs through our daily life. They show up as negative thoughts about ourselves, others, and conclusions about the world. Until you purposefully override these thoughts you will be stuck in the negative false beliefs/patterns.
- The good news is, when the mind begins to understand itself, it gains access to more of our true Self and our perceptions, thoughts and beliefs can shift.
- Emotionally charged thoughts are signals of unconscious belief patterns and could benefit from The Work.

The first step is to write down what is troubling you. What are you believing about yourself or the situation. For example, "Why bother, I always fail." Apply the following questions to any thought or belief:

1. Is that true?
2. Can you absolutely know that's true?
3. How do you react? What happens when you believe the thought?
4. Who would you be without this thought?
5. Try an opposite of the original statement. Example – Mary is not nice to me. One turnaround would be I am not nice to me. How? Try to find 3 opposite until you find the one that resonates.

### Tips:

- Write it down, it helps to see it on paper. It stops the repetitive thoughts.
- Slow down and reflect, be honest, allow the answer to drop in, experience the feelings.
- Thoughts can also be an identity – "I am the person who has a mother who..."
- Seek new ways to find resolution through entertaining the opposite.
- Allow yourself to witness the possibility of life without the current troubling thought – who would you be...?
- It is helpful to remember, the past is over, the future hasn't happened, we only have each moment.

More info at [www.thework.com](http://www.thework.com). Many free resources are available.

One-One coaching available: [www.annpetrusbaker.com](http://www.annpetrusbaker.com)

