



The Work of Byron Katie: 35 Judge-Your-Neighbor Worksheets, 35 Self-Facilitation Worksheets (Byron Katie)

Byron Katie

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The only way to understand the power of The Work is to experience it for yourself, and that begins with writing down your stressful thoughts. In this way, you are able to stop the mind on paper and deal with it directly. If you try to do The Work in your head, the mind tends to hold on to what it believes is right, or it runs off into other stories and loses its focus. This Workpad gives you two ways of writing down your stressful thoughts: the Judge-Your-Neighbor Worksheet and the Self-Facilitation Worksheet. When you feel uncomfortable or angry or disappointed, choose the form that feels right for you. You can then investigate what you think, using the questions and subquestions on the inside cover of the Workpad.

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