

Beliefs Inquiry: Challenging Distressing Thoughts*

Is it really true?

- Can you absolutely know that it's true?
- In other words, do you know for sure that it is “data” and not “story,” judgment, beliefs or interpretation?

How do you react when you believe that thought?

- What do you do?
- How do you feel?
- Who do you become?
- How does that belief affect you?

Where did you get that belief?

- Were you born with it?
- Did you adopt it from someone who was critical of you?

Turn the thought around

- Are there ways in which the opposite belief is just as true or even truer?
- “Turnaround”: For example, “He doesn’t like me” might become “*I* don’t like him” or “He doesn’t like himself” or even “*I* don’t like me.” Are any of those turnarounds just as true or even more true than the original belief?

What would you prefer to believe if you could simply choose?

- Visualize yourself as someone who truly believes your preferred belief. What would it feel like to be you then?



*From “The Work” of Byron Katie

Who would you be without your old, distressing story?