# The Work

## OF BYRON KATIE®







Hello, Dear One,

I look forward to our time together on Wednesday, March 13, 2024, 1–3 p.m. Pacific Time.

Please have this 1-2-3 packet printed, a pen/pencil, and extra paper available.

Loving what is our time together,

Let's do The Work!

Byron Katie

## The Work of Byron Katie® $1 \cdot 2 \cdot 3$



STEP ONE: I Complain About Because Worksheet List the people in your life who you complain about, resent, worry about, or have been hurtful toward you. What did they say or do?						
<b>EXAMPLE</b> I complain about <i>Paul</i> because <i>he lied to me</i> .			It was afternoon, thirty-ish years ago, I am in the kitchen, and I smell Paul's cigarette smoke. He passionately denies that he was smoking.			
I complain about	Paul	because	he lied to me.			
I complain about	Annie	because	she is always late for her appointment.			
I complain about	my sister's boyfriend	because	he doesn't deserve her.			
I complain about		because				
I complain about		because				
I complain about		because				
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I complain about		because				
I complain about		because				

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STEP ONE: I Complain About \_\_\_\_\_ Because \_\_\_\_ Worksheet CONTINUED

I complain about	because
I complain about	because

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#### STEP TWO: One-Belief-At-A-Time Worksheet

On the "Belief" line below, write down a stressful complaint. It might be a complaint from your **STEP ONE** list, a statement from a **STEP THREE** Worksheet, a stressful belief about someone, alive or dead, whom you haven't forgiven 100 percent yet, or any stressful thought at all.

Belief:	
EXAMPLE	
<u>He lied to me</u> .	
Mindfully revisit the specif	ic situation, time, and place. Close your eyes, quietly open to
	answer the following questions. Then find turnarounds.
what appears to you, and a	answer the following questions. Then find turnarounds.
1. Is it true?	(Yes or no.)
0.000.000.000	that it's true? (Yes or no.)
2. Can you absolutely know t	.nat it's true?
3. How do you react, what h	appens, when you believe that thought?
,	
Notice your emotions and any	
images of past and future that	
arise. Notice how you treat	
yourself, that person, and others when you believe the	
thought.	
S	
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## STEP TWO: One-Belief-At-A-Time Worksheet CONTINUED

Belief you are working on:	
4. Who would you be without	t the thought?
Who or what are you	
without the thought?	
	·
Turn the thought around.	
<b>EXAMPLE</b> He lied to me.	
Possible turnarounds:	
I lied to me. I lied to him.	·
He didn't lie to me. He told me the truth.	
Find three examples of how each turnaround is as true as, or truer	
than, your original statement.	

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#### STEP THREE: The Judge-Your-Neighbor Worksheet

Use a complaint from your **STEP ONE** list or think of a stressful situation with someone—for example, an argument. As you meditate on that specific time and place, fill in the blanks below. Use short, simple sentences.

	1.	In this situation, who angers, confuses, hurts, saddens, or disappoints you, and why? I am angry with Paul because he lied to me.			
		I am with because			
		emotion name			
wants 2	2.	In this situation, how do you want him/her/them to change? What do you want him/her/them to say or do?  I want Paul to see that he is wrong. I want him to stop lying to me. I want him to apologize.			
		I want to name			
ADVICE	3.	In this situation, what advice would you offer him/her/them? "He/she/they should/shouldn't Paul shouldn't frighten me with his behavior. He should take a deep breath.			
		should/shouldn't			
NEEDS 4.	4.	In order for you to be happy in this situation, what do you need him/her/them to think, say, feel, or do? I need Paul to stop talking over me. I need him to really listen to me.			
		I need to			
COMPLAINTS 5	5.	What do you think of him/her/them in this situation? Make a list. (It's okay to be petty and judgmental.)  Paul is a liar, arrogant, loud, dishonest, and unconscious.			
		is			
		name			
	6.	What is it about this person and situation that you don't ever want to experience again? I don't ever want Paul to lie to me again. I don't ever want to be disrespected again.			
		I don't ever want			

Now question each of your statements, using **STEP TWO** Worksheet or the four questions and turnarounds. For the turnaround to statement 6, replace the words "I don't ever want..." with "I am willing to..." and "I look forward to..."