

**FACILITATION GUIDE**  
**(The Work of Byron Katie)**  
**Adapted by Jim McDonald, LIMC**

1. **Is it true?** (If your answer is no, continue to question 3.)  
Possible follow-ups (if and when appropriate in your opinion):
  - ✓ What is the reality of it? Did it happen?
  
2. **Can you absolutely know that it's true?**  
Possible follow-ups (if and when appropriate in your opinion):
  - ✓ Can you know more than God / Reality?
  - ✓ Can you really know what is best in the long run for his / her / your path?
  - ✓ Can you absolutely know you would be happier if you got what you wanted?
  
3. **How do you react when you think that thought? (When you believe that thought?)**  
Possible follow-ups (if and when appropriate in your opinion):
  - ✓ Where does the feeling hit you, where do you feel it in your body when you believe that thought? Describe it. Notice how that feels.
  - ✓ What pictures, if any, come to you when you think that thought?
  - ✓ How do you treat others when you believe and feel that thought? What do you say to them? What do you do? Who does your mind attack and how? Be specific.
  - ✓ How do you treat yourself when you believe and feel that thought? Is this where addictions kick in and you reach for food, alcohol, credit cards, the TV remote? Do you have thoughts of self-hatred? What are they?
  - ✓ How have you lived your life because you believed that thought? Be specific. Go into your past.
  - ✓ Where does your mind travel when you attach to that thought? (List any underlying beliefs, and inquire later.)
  - ✓ Whose business are you in when you think that thought?
  - ✓ Does this thought bring peace or stress into your life?
  - ✓ What do you get for holding this belief?
  - ✓ Can you see a reason to drop that thought (and please don't try to drop it)?
  - ✓ Can you see a stress-free reason to keep this thought? If yes, make a list. Are these reasons really stress-free? How does the stress affect your life and work?
  
4. **Who would you be without the thought?**  
Possible follow-ups (if and when appropriate in your opinion):
  - ✓ Who would you be if you didn't believe that thought?
  - ✓ Close your eyes and imagine yourself with that person (in that situation) without this thought. Describe how it feels? What do you see?
  - ✓ Imagine you are meeting this person for the very first time with no story. What do you see?
  - ✓ Who would you be *right now* sitting here without the ability to believe that thought?
  - ✓ How would you live your life without that thought? Without this thought, how would your life change?
  - ✓ How would you treat others differently without that thought?
  
5. **Turn the thought around.**  
(Statements can be turned around to yourself, to the other, to the opposite, and to "my thinking" wherever it applies. Find examples in your life of where the turnarounds are as true or truer.)  
Possible follow-ups (if and when appropriate in your opinion):
  - ✓ Is this turnaround as true or truer than your original statement?
  - ✓ Where do you experience this turnaround in your life now?
  - ✓ If you lived this turnaround, what would you do, or how would you live differently?
  - ✓ Do you see any other turnarounds that seem as true or truer?