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# "THE WORK" FACILITATION GUIDE

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**Use the following four questions and sub-questions to investigate a stressful belief. (Some of the sub-questions will not apply.)**

## **1. Is it true?**

*Close your eyes, be very still, go deeply as you contemplate an answer. If your answer is no, continue to question 3.*

## **2. Can you absolutely know that it's true?**

*Possible follow-ups (use only if appropriate)*

- Can you absolutely know it's true, in this moment now?
- Can you really know what's best in the long run for his/her/your own path?

## **3. How do you react when you believe that thought? What happens?**

*Possible follow-ups (use only if appropriate)*

- Where does the feeling hit you in your body? Where does the feeling travel? Describe it.
- What images do you see when you think that thought? Watch, be still, notice. Describe them.
- Where and when did that thought first occur to you?
- How have you treated that person, the situation and others when you believed that thought? What do you say to them? What do you do?
- How do you treat yourself when you believe that thought?
- How have you lived your life because you believed that thought? Be specific.
- Where does your mind travel when you believe that thought? (List any underlying beliefs, and question them later.)
- Whose business are you in mentally when you think that thought?
- Does this thought bring peace or stress into your life?

## **4. Who would you be without the thought?**

*Possible follow-ups (use only if appropriate)*

- How would you have lived your life differently if you didn't believe that thought?
- How would you react to others if you did not believe that thought?
- Close your eyes, picture that person doing what they do, drop your story, period. Look at their eyes, their face, look closely. What do you see?
- Who would you be right now if you didn't believe that thought?

## **Turn the thought around.**

*Statements can be turned around to yourself, to the other, to the opposite (twice – "I am ugly" becomes "I am not ugly" and "I am beautiful"), and to "my thinking," wherever it applies. Find a minimum of three genuine examples in your life where the turnaround is as true as or truer than your original statement.*

- If you lived this turnaround, what would you do, or how would you live your life, differently?
- Do you see any other turnarounds that are as true or truer?