

The moment you stop genuinely answering the questions and begin to justify or defend the statement - you are investigating. When you begin to justify or defend your position or go into a story, simply notice what you are doing, then return to the inquiry again. The mind's war with itself is the old way. If you can't stop the war within, you can't stop the war outside. Welcome to the new way. Welcome to peace.

Enter the belief that you would like to examine below and then question it in writing using the following questions and turn-around: (continue on a blank piece of paper if you need more room). This form can be downloaded curtesy of Byron Katie at www.byronkatie.com.

Belief: _____

1. Is this belief true for you – yes or no? _____

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

3. How do you react when you believe this thought? What happens?

Possible follow-up:

- A. Where does the feeling hit you, where do you feel it in your body when you believe that thought? Where does the feeling travel? Describe it?
- B. How have you treated others when you believe this thought?
- C. How do you treat yourself when you believe this thought? What addictions kick in (shopping, food, alcohol, credit cards, television, avoidance)?
- D. What thoughts of self-hatred may be involved when you believe this thought?
- E. How have you lived your life because you believed this thought? Be specific. Close your eyes and watch your past. What do you see?
- F. Where and when did this belief first occur to you?
- G. Who or what influenced this belief?
- H. Where does your mind travel when you believe that thought?
- I. Does this belief bring peace or stress into your life?
