

# Judge Your Colleague - Process



Adapted from Instructions for the Work, cBK International

The following process is called Inquiry, IBSR (Inquiry Based Stress Reduction), or simply The Work of Byron Katie.

Take one statement from your completed JudgeYourColleague Worksheet.  
Ask yourself the 4 questions below.

## **Question 1: Is it true?**

Get still and ask yourself if the statement as you have believed it is actually true. The answer to question 1 is either YES, or NO, and both are good answers. Do not allow your mind to argue, or change the original wording at this point. If your answer is NO, proceed to Q3.

## **Question 2: Can I absolutely know if this is true?**

Once again, get still and ask - beyond any possible doubt, can I know whether what I have believed about this person in this situation is true? Again, the answer is either YES or NO. Both are equally good. What is important is your honesty.

## **Question 3: How do I react, what happens when I believe this thought?**

Explore where your reactions take you as you believe this thought. Does this thought bring peace or stress into your life? What are your emotions and physical sensations? What are related thoughts that come up? What images of past and future arise? How do you treat this person, others that are relating to this situation, and yourself?

## **Question 4: Who would I be without this thought?**

Get still, and allow the same situation to unfold in your imagination as if you could not have that original thought. How is it different?

## **Turn the thought around,**

and find 1-3 examples of how this **turnaround** could be as true, or truer, in your situation, and elsewhere in your life. You can turn the thought to the opposite (She doesn't listen to me - she does listen to me), to the other (She doesn't listen to me - I don't listen to her) and to the self (She doesn't listen to me - I don't listen to me.).