

THE EXPERIENCE BUFFET WORKSHEET

Below is the list of questions gleaned from Byron Katie's recorded and written dialogues as presented to you in Hold That Thought. Like with a brunch buffet, you get to choose which questions will be your bread and butter and which ones you might use as occasional toppings. There's no right or wrong amount of questions. The more you ask, the deeper your understanding will be. Use whatever is comfortable and appropriate for the situation.

Note that not all questions are relevant to the Inquiry at hand, so asking more may even be less, by distracting or confusing you. Be creative and flexible, have fun, and remember to hold a safe space for your reactions to the thought. With any luck, you'll have a full belly and a loose belt by the end of the meal!

- a. What images do you see, past and future, when you believe the thought?
- b. What physical sensations arise as you think the thought and witness those images?
- c. What emotions arise when you believe the thought?
- d. Whose business are you in when you believe the thought? (See There's No Business Like Your Business)
- e. When was the first time you remember believing the thought? (See The Time Machine)
- f. Do any obsessions or addictions begin to appear when you believe the thought? (See The Addiction Loop and Aggression Tailspin)
- g. How do you treat the person(s) in this situation when you believe the thought?
- h. How do you treat yourself when you believe the thought?
- i. Can you see a reason to drop the thought?
- j. Can you find one peaceful reason to keep the thought?
- k. What are you afraid would happen if you didn't believe the thought? (More Monsters Under the Bed to inquire about.)
- l. How do you/your ego/personality gain from believing the thought?
- m. What are you not able to do or see when you believe the thought?
- n. Does the thought bring peace or stress into your life?

Use the Experience Buffet when you want a deep understanding of a given thought in all its varied manifestations.

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