



# The WORK of Byron Katie ("The Thought Thing" for kids)

Think of somebody you don't like right now. Write what you think about them. Don't try to be nice.

1. Who makes you mad, sad, scared or confused? Tell why you feel that way.

I am \_\_\_\_\_ at \_\_\_\_\_ because \_\_\_\_\_  
(feeling) (name)

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2. How do you want them to change? What do you want them to do?

I want \_\_\_\_\_ to \_\_\_\_\_  
(name)

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3. What do you think they should or shouldn't do, be, think or feel?

\_\_\_\_\_ should \_\_\_\_\_  
(name)

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\_\_\_\_\_ shouldn't \_\_\_\_\_  
(name)

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4. What do they need to do to make you happy?

I need \_\_\_\_\_ to \_\_\_\_\_  
(name)

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5. Make a list of all the mean names you want to call them.

\_\_\_\_\_ is \_\_\_\_\_  
(name)

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6. What don't you want to have happen with this person again?

I don't ever want to \_\_\_\_\_

If you want to know the truth and be peaceful, try this. Close your eyes and wait for your answers.

1. Is it true?
2. Are you really sure? Can you really know what's the best thing for anyone?
3. How do you feel when you believe that thought? What do you do? What do you say? What's your life like when you believe this? Does this thought make you feel peaceful or upset (happy or sad)?
4. What would it be like if you just forgot you thought that? How would your life be different if you just didn't have this thought? How would you act? How would you feel if there was no way you could think this thought? What would you be like? Close your eyes and see yourself with that person (or when that was happening) without the thought. What's it like right now without that thought?

Now you turn it around.

What is the opposite of that thought? Could that opposite be as true?

Looking at your life, how's that opposite true? Find one way that it's true. What's another example?

Can you turn the thought around another way? (Try yourself or the other person)

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*Feedback is appreciated. What did/didn't work well? Please include the ages of those you Worked with.*

*Judge Your Neighbor Worksheet and facilitation guide ideas modified by Facilitator for The Work, Michelle Kassinger ©2008 Byron Katie Inc. All Rights Reserved.*

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