



## A Facilitation

with MARTY EPSTEIN

*In this session Marty asks the 4 core questions and “turnaround” statements used in The Work of Byron Katie to free Delia (not her real name) from the thoughts that cause her suffering.*

*See [www.TheWork.com](http://www.TheWork.com) for a copy of The Work’s “Judge Your Neighbor” worksheet.*

D: A close friend of mine has recently died. It was a difficult death and now I feel guilty because I supported her decision to refuse any more treatment.

M: I have your worksheet here and I wonder, can we go into that statement more deeply and find the part that is most alive for you. “I feel guilty” ... “I supported her decision?” Is there a phrase that holds a particular charge for you?

D: Well, I guess it’s “I supported her decision.”

M: Mmm, you supported her decision. Is there a particular moment you remember? What image led you to support her decision to end treatment?

D: There were so many moments. Let’s see. I think it was when I saw her bones showing through her skin. She was so frail, so bloody, so much in pain that I couldn’t stand the thought of her continuing to live that way. So I agreed to help her say no to any further medication or procedures.

M: So, “I support her decision,” *is that true for you?*

D: Yes it is.

M: *Can you absolutely know that it is true?*

D: Yes I do.

M: *What happens, how do you react when you believe that thought?*

D: That's my problem! I feel guilty, even ashamed. What if I made a mistake? What if she had other choices I didn't know about? What will her family think?

M: How do you treat yourself when you think "I support her decision?"

D: Oh, I see. Well, I doubt myself. I feel helpless. I feel her pain in my body. I don't know what to do. I feel confused.

M: That's what's real for you. When you see her so frail, so bloody, so much in pain, [can you imagine who you would be without the thought](#) "I support her decision."

D: I'm not sure I know what that means.

M: Who are you, in that moment, when you don't have the thought about supporting her, when you can feel what's left that's just you?

D: I see. Well, I guess I am free. I can see that she is on her journey. And actually it is her journey, not mine.

M: She is on her journey. And she's showing you the choices you have. So when we [turn the statement around](#) to something like "I don't support her decision" can you see where that might be also true?

D: Yes, there is a place where I judge her, and where I don't want her to leave me—a place where I really don't want to support her decision.

M: So what about this [turnaround](#) "She supports my decisions." Can you see where that might be true?

D: From that perspective, I can see that her death is a gift showing me that now it's time to claim my life and go on to live it more fully.

M: Let's turn the thought around to you. Can you see where this might be true: "[I support my decision.](#)"

D: Aha! Now I see my own wisdom. I miss my friend, but the greater good was to let her go in peace!

M: This set of 4 questions and the turnarounds will always free you from the thoughts that cause you to suffer. I like what Katie says: "Question what you believe, then see what's left." She calls it heaven!