

# The Work

## Partner Facilitation Guide

Transforming Limiting Beliefs: The Work with Caitlin Frost

Use the following questions to facilitate your partner through the process of inquiry with one concept/belief at a time. Ask your partner to give you a very short description of the specific situation and the belief they will be doing The Work with (write the belief down for reference). Ask each question, as it is written, and then allow time to contemplate and answer. Use the subquestions as appropriate. It can be helpful to repeat the belief as you ask the questions to help your partner stay focussed on the one concept. If your partner moves into re-telling the story, justifying or defending the belief you can help them to return to inquiry by gently inviting them to answer the question. Do not give advice or engage in conversation. Trust your partner to find the answers they need. When you are done, allow silence.

Belief: \_\_\_\_\_

### The Four Questions:

1) **Is it true?**

Answer only 'yes' or 'no.'

2) **Can you absolutely know that it is true?**

Answer only 'yes' or 'no'. Take your time to really consider.

3) **How do you react, what happens when you believe that thought?**

- *What emotions and sensations do you experience?*
- *How do you treat yourself when you are believing this thought?*
- *What images do you see (past, future or other) when you believe this thought?*
- *What do you get for holding onto this thought?*
- *How do you treat that person/others when you believe this thought?*
- *What are you not able to do when you believe this thought?*

4.) **Who would you be without that thought?**

*Who would you be in the same situation if you were not believing this thought?*

*What do you experience and notice? (Take your time. Be curious.)*

### Turn that thought around

*Using the original thought/belief statement, invite your partner to turn the thought around and find at least 3 specific examples (one at a time) that offer any truth or insight from the perspective of that turnaround. Take time with each turnaround before moving to the next one. There may be many ways to turn it around or just one or two.*

**Example Original belief:** *She doesn't support me*

Turn it around to:

- **To the opposite:** *("She doesn't support me" becomes "She does support me")*
- **To the 'other':** *("She doesn't support me" becomes "I don't support her")*
- **Yourself** *("She doesn't support me" becomes "I don't support myself")*

*Find 3 genuine examples for each turnaround.*