



WHAT SHAPES MY THINKING

Byron Katie

The Work · Loving What Is · A Mind at Home with Itself

The stories we believe about others are always, at root, stories about ourselves.

CORE INSIGHT

Byron Katie developed The Work — a method of self-inquiry built on four simple questions and a turnaround. When a thought causes suffering, you ask: Is it true? Can I absolutely know it is true? How do I react when I believe that thought? Who would I be without it? Then you find the opposite — the turnaround — and discover that it is equally or more true. What sounds simple is in practice profoundly disorienting. The Work does not argue with your beliefs. It invites you to question them — and in that questioning, something shifts.



THE CONNECTION TO DOING · BEING

Katie's insight is that most of our doing — our reactions, our conflicts, our habitual behaviours — is driven not by reality but by the unexamined stories we tell ourselves about it. The thought 'he doesn't respect me' generates a specific kind of doing: withdrawal, resentment, defensiveness. Inquiry into that thought changes the being — and the doing changes with it, without force. Sustainable change in behaviour does not come from discipline or technique. It comes from meeting the thoughts that drive behaviour with honest, curious attention — and letting the being settle first.

"I don't let go of my thoughts. I meet them with understanding. Then they let go of me."

This is one of the thinkers whose work shapes how Rolf-Alexander Schimrock approaches leadership, awareness, and the relationship between inner growth and outer performance. Learn more at youalreadyknow.de