

Byron Katie's Principles for Facilitators

1. **Mindfully support the client**, holding them in the four questions and turnarounds.
2. **Listen open-mindedly**, remain vulnerable, and be self-aware of both the client's experience and my own.
3. **Respect the wisdom** of each client, trusting that they will find their own answers, the ones that are true for them.
4. **Hold the client and myself in their specific situation and the words on their Worksheet**, and, if they (or I) wander away with discussion, remind us both that The Work stops working any time we move into "because," "but," justification, defense, or any other topic.
5. **Notice anything that would move the client's focus away from self-inquiry and refrain from interfering**, for example, by teaching, pushing, or advice giving.
6. **Work on a filled-in Judge-Your-Neighbor Worksheet as a daily practice**. Be the client.
7. **Live the turnarounds that I expect others to live**.
8. **Serve myself through sharing The Work® with others**.