

**Use the following four questions and sub-questions (sub-questions only when appropriate) with the concept that you are investigating. When answering the questions, close your eyes, be still, and go deeply as you contemplate; inquiry stops working the moment you stop answering the questions.**

**1. Is it true?**

- The answer is a “yes” or a “no” only.
- If your answer is “no”, continue to question #3.

**2. Can you absolutely know that it’s true?**

**3. How do you react, what happens, when you believe that thought? (Occasionally people find the following sub-questions helpful.)**

- How do you feel when you believe that thought? (Depressed, anxious, etc.)
- Does that thought bring peace or stress into your life?
- What images do you see when you believe that thought about a past or future?
- Describe the physical sensations that happen when you believe that thought.
- How do you treat that person and others when you believe that thought?
- How do you treat yourself when you believe that thought?
- What addictions/obsessions begin to manifest when you believe that thought? (Alcohol, credit cards, food, the TV remote?)
- Where and at what age did that thought first occur to you?
- Whose business are you in when you believe that thought?
- What do you get for holding on to that belief?
- What do you fear would happen if you didn’t believe that thought? (Later, take this list of fears to inquiry.)

**4. Who would you be without the thought?**

Close your eyes and drop your story just for a moment; notice: who would you be without that thought? Who would you be without your story?

**Turn the thought around.**

Statements can be turned around to the opposite, to the self, and to the other, and occasionally there are other variations as well. When dealing with an object, you can replace the object with “my thinking” or “my thoughts.” Find a minimum of three specific, genuine examples of how each turnaround is as true as or truer than your original statement.