

Think of a person who could use your advice.
Fill in the blanks below. Then ask yourself the
questions on the other side of this card.

_____ should/n't _____

To learn more about The Work
read *Loving What Is* and
visit www.thework.com.



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The Work of Byron Katie

1. Is it true? (If the answer is "No," move to #3.)
2. Can you absolutely know that it's true?
3. How do you react, what happens, when you believe that thought?
4. Who would you be without the thought?

Turn the thought around.

Find three genuine examples of this turnaround that are as true or truer than the original statement.

Can you find other turnarounds?

Give genuine examples for each turnaround that you identify.

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