

The Work of Byron Katie

1. Is it true? (Yes or no. If no, move to 3.)
 2. Can you absolutely know that it's true? (Yes or no.)
 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 specific, genuine examples for the turnaround.

Can you find other turnarounds?

Give specific, genuine examples for each turnaround.