

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 genuine examples for the turnaround.
Can you find other turnarounds?
Give genuine examples for each turnaround.

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