

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  
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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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