

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 when you believe that thought?
4. Who would you be without the thought?

Turn the thought around.

Find three genuine examples of how the turnaround is as true or truer in your life.

Can you find other turnarounds? How are these turnarounds true in your life? Give examples.

© 2006 Byron Katie International

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 when you believe that thought?
4. Who would you be without the thought?

Turn the thought around.

Find three genuine examples of how the turnaround is as true or truer in your life.

Can you find other turnarounds? How are these turnarounds true in your life? Give examples.

© 2006 Byron Katie International

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 when you believe that thought?
4. Who would you be without the thought?

Turn the thought around.

Find three genuine examples of how the turnaround is as true or truer in your life.

Can you find other turnarounds? How are these turnarounds true in your life? Give examples.

© 2006 Byron Katie International

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 when you believe that thought?
4. Who would you be without the thought?

Turn the thought around.

Find three genuine examples of how the turnaround is as true or truer in your life.

Can you find other turnarounds? How are these turnarounds true in your life? Give examples.

© 2006 Byron Katie International

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 when you believe that thought?
4. Who would you be without the thought?

Turn the thought around.

Find three genuine examples of how the turnaround is as true or truer in your life.

Can you find other turnarounds? How are these turnarounds true in your life? Give examples.

© 2006 Byron Katie International

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 when you believe that thought?
4. Who would you be without the thought?

Turn the thought around.

Find three genuine examples of how the turnaround is as true or truer in your life.

Can you find other turnarounds? How are these turnarounds true in your life? Give examples.

© 2006 Byron Katie International

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 when you believe that thought?
4. Who would you be without the thought?

Turn the thought around.

Find three genuine examples of how the turnaround is as true or truer in your life.

Can you find other turnarounds? How are these turnarounds true in your life? Give examples.

© 2006 Byron Katie International

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 when you believe that thought?
4. Who would you be without the thought?

Turn the thought around.

Find three genuine examples of how the turnaround is as true or truer in your life.

Can you find other turnarounds? How are these turnarounds true in your life? Give examples.

© 2006 Byron Katie International

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.



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.



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.



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.



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.



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.



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.



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.

