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](http://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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