



# The Work of Byron Katie®

## One-Belief-At-A-Time Worksheet CONTINUED

Belief you are working on: \_\_\_\_\_

### 4. Who would you be without the thought?

Who or what are you  
without the thought?

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Turn the thought around.

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**EXAMPLE**

*He lied to me.*

**Possible turnarounds:**

*I lied to me.*

*I lied to him.*

*He didn't lie to me.*

*He told me the truth.*

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Find three examples of how  
each turnaround is as true as,  
or truer than, your original  
statement.

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