



BYRON KATIE'S 4 QUESTIONS

NAME:

DATE:

THOUGHT YOU'D LIKE TO QUESTION:

IS IT TRUE?

CAN YOU ABSOLUTELY KNOW THAT IT IS TRUE?

HOW DO YOU REACT WHEN YOU BELIEVE THE
THOUGHT?

TURN IT AROUND... (THIS IS WHERE YOU FIND
OPPOSITES TO THE ORIGINAL STATEMENT, YOU
COULD HAVE AS MANY AS 3 TURNAROUNDS)