The Work of Byron Katie®

One-Belief-At-A-Time Worksheet

from your "I Complain Abou	rite down a stressful thought. It might be a complaint It Because" Worksheet, a statement from a It sheet, a stressful belief about someone, alive or dead,	
•	100 percent yet, or any stressful thought.	
Belief: EXAMPLE: <u>He lied to me</u>		_
	ic situation, time, and place. Close your eyes, quietly oper d answer the following questions.	1
1. Is it true?	(Yes or no.)	
2. Can you absolutely know t	hat it's true? (Yes or no.)	
3. How do you react, what ha	appens, when you believe that thought?	
Notice your emotions and any images of past and future that arise. Notice how you treat yourself, that person, and others when you believe the thought.		
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One-Belief-At-A-Time Worksheet CONTINUED

Belief you are working on:		
4. Who would you be witho	ut the thought?	
Who or what are you without the thought?		_
		_
		_
		_
Turn the thought around.		
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.		
Find three examples of how		
each turnaround is as true as, or truer than, your original statement.		
statement.		
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