

The Work

Inspired by Byron Katie

Questions:

Is it true?

Can I absolutely know it is true?

How do I react when I think that thought?

Who would I be without that thought?

Turnarounds:

Turn it opposite to the other

Turn it around to self

Turn around my thinking. (substitute the object of the thought to "my thinking" and find how that changes the thought.)



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The Story We Tell Ourselves

The story we tell ourselves, determines our way of being, it determines if we are happy or miserable.

If we are really honest with ourselves, most of the time the stories we tell ourselves aren't based in truth or fact, but mostly on the need to be right, and emotion. They are most definitely based on past experience rather than on a future we would love to have.

So the next time you are not feeling so great. ask yourself, what is the story I am telling myself. Then do "the work".

If you get into the habit of questioning everything you think, you will find yourself suffering infinitely less!

Stand guard at the portal of your mind and be critical of every thought that you let pass through.



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