



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

4. Who would you be without the thought?

Who or what are you without the thought?

## Turn the thought around.

Example of a statement:

*He hurt me.*

Possible turnarounds:

1. To the self. (*I* hurt me.)
2. To the other. (*I* hurt *him*.)
3. To the opposite. (He *didn't* hurt me.)

Then find at least three specific, genuine examples of how each turnaround is true for you in this situation.

For each turnaround, go back and start with the original statement. For example, “He shouldn’t waste his time” may be turned around to “*I* shouldn’t waste *my* time,” “*I* shouldn’t waste his time,” and “He *should* waste his time.”

For more information on how to do The Work, visit [thework.com](http://thework.com)