

Situation (short synopsis): - notice this situation in itself does not contain suffering

How the voice responded: - notice where the suffering ensues

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1) what is the voice trying to resist or control?

2) What thought/belief underlie this response?

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Ask yourself these four questions (from the work of Byron Katie)

1) Is it true? (Yes or no. If no, move to question 3.)

2) Can you absolutely know that it's true? (Yes or no.)

3) How do you react, what happens, when you believe that thought?

4) Who or what would you be without the thought?