

 RE-ROUTE THAT THOUGHT! ACTIVITY

The Work of Byron Katie is a great way to **work with issues before they become issues**. This process can be done with events that have already happened, but it can also be used around events for which we are afraid, worried about, or doubting our capabilities (things in the future).

- Write down the worst-case scenarios for a current or future job, career or life situation.
- Next, write down what you are thinking (your Gremlin voice that is sitting on your shoulder, or is running back and forth between your ears).
- Next, write down what you are feeling when you think about the possibility of each worst-case scenario happening, and then...
- “STOP the THOUGHT” with these 4 questions, and turn it around to a “potential thought.”
- Turn it around (look for opposites that might be as true as, or truer than, the original statement).

1. Is it really true?
2. Can you absolutely know that it is true?
3. How do you react when you think that thought?
4. Who would you be without that thought?

This process works directly with your thoughts that impact your emotions and direct your behavior. Remember, it is not the perceived, possible and actual events that are stressful, but the *thoughts about those events* that cause emotional stress and hijacked behavior.