

# Giving Up Judging People Negatively

## Objective

To understand the negative effects of judgmental thoughts and their associated behaviors and reduce judgment of other people.

## You Should Know

Judgmental thoughts can create barriers to forming meaningful relationships. They can also contribute to feelings of anger, unhappiness, and loneliness. The goal is to become aware of these judgments and learn to let them go.

## Examples of Negative Judgments

Do any of these thoughts sound like ones you have?

- My friend is so mean, I can't stand to be with them.
- My colleague is not reliable, they never meet deadlines.
- My boss is incompetent and my job is miserable.
- My partner only thinks about themselves.
- My sibling is really a loser.

**Write down three negative judgments you have had recently:**

- 1.
- 2.
- 3.

## What to Do

Use the chart below to keep track of your negative judgments about people in your life. As you have each thought, take a deep breath and let the thought float away.

**Record your negative judgments for three consecutive days:**

Day	Time	Negative Judgment


### Transforming Judgments into Positive Statements

Choose four negative judgments and rewrite them as positive or neutral statements. For example, instead of saying "My sister is such a loser," say, "My sister is going through a tough time; how can I support her?"

<b>1. Negative Judgment:</b>	<b>Positive Statement:</b>
<b>2. Negative Judgment:</b>	<b>Positive Statement:</b>
<b>3. Negative Judgment:</b>	<b>Positive Statement:</b>
<b>4. Negative Judgment:</b>	<b>Positive Statement:</b>

### Reflections on This Exercise

Was it challenging for you to stop yourself from judging and criticizing others?

How helpful was this exercise? (1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What can you do differently to make progress in this area?