

JUDGEMENT



I hate being judged so why do I do it?

INSECURITY	When we are unhappy with who and how we are - a common reaction is to put others down. This has its roots in the idea that I'm not as bad as them.
FEAR	If people are unlike us, different or we think they are better than us we are likely to pick a fault and extend it globally over them.
LONLINESS	Judgement takes our mind off our shortcomings because it focuses us on "their's".
JEALOUSY	When we feel we are unable to manufacture the success we want we will judge others who have so that our pain is lessened.

Judgement

In its most fundamental form
Judgement is the decision that
something is **good** or **bad**.

The problem is that **good** and **bad** are
constructs we build up out of
fantasies, imaginings and day dreams.

Judgement



The problem is that we are hard wired to judge.

In fact if we couldn't judge at 1,000 times the speed of thought we would most likely be dead.

This means that judgement is largely a defence mechanism.

Judgement

Our hardwiring is biased towards the negative because the need for self preservation does not allow for generosity or second chances.

Yet we have the capacity to suspend judgement almost completely.

One of the most common requests in our clinical work is *“Just stop me being so judgemental!”*

This is a request for a tablet, a quick fix or a bandaid.

TECHNIQUES

temporary
 lack depth
 fad of the week
 need replacing
 don't heal
 relief based
 superficial
 need reinforcing

PRINCIPLES

permanent
 slow
 deep
 permanent
 do heal
 relief based
 shallow
 lasting

We'll deal with principles first and then leave you with some techniques.

Thought Experiment

When it rains is it good or is it bad?

A

If you have an outdoor wedding, with guests from all over the country, then it is definitely **bad**.

B

If your water tanks are about to run dry and your house becomes inhabitable then it is definitely **good**.

C

Rain is neither good nor bad. It is merely water falling out of the sky. Every utterance after that is an opinion.

Principle #1

C Rain is neither good nor bad. It is merely water falling out of the sky. Every utterance after that is an opinion.

Therefore it is **absolutely true** to say that there is **no such thing** as good or bad.

(but in your judgement of course there is...)

In reality, there is **ONLY** 'what is'.

Principle #2

You have zero capacity, much less any track record to judge.

Some of your worst experiences have turned out to be your best and some of your biggest wins have turned out to be your worst results ever.

Principle #3

You suffer from ‘predictions’ that are generated by your imagination.

“If this [insert thing you are afraid of] happens - it will lead to [insert disaster of biblical proportions] and the result will be that [insert your greatest fear], which means we must [insert your favourite alarm].”

Principle #4

Once the predictions have been made - you'll double down and defend them beyond reason.

You can produce evidence to the 'flat earthers' that the world is spherical but they then bag the institution that produced the proof.

Principle #5

Judgement is to be avoided at all costs because it:

1. Blinds us to the truth (reality) of what actually is
2. Creates decisions ranging from poor to catastrophic
3. Alienates and isolates us from anyone who doesn't agree
4. Builds resentment towards 'the other side'
5. Damages relationships (sometimes) beyond repair
6. Dumps a toxic mix of corrosive chemicals into our blood
7. Exists without merit
8. Undermines self esteem and happiness

Principle #6

Judgement is almost 100% 'projection'.

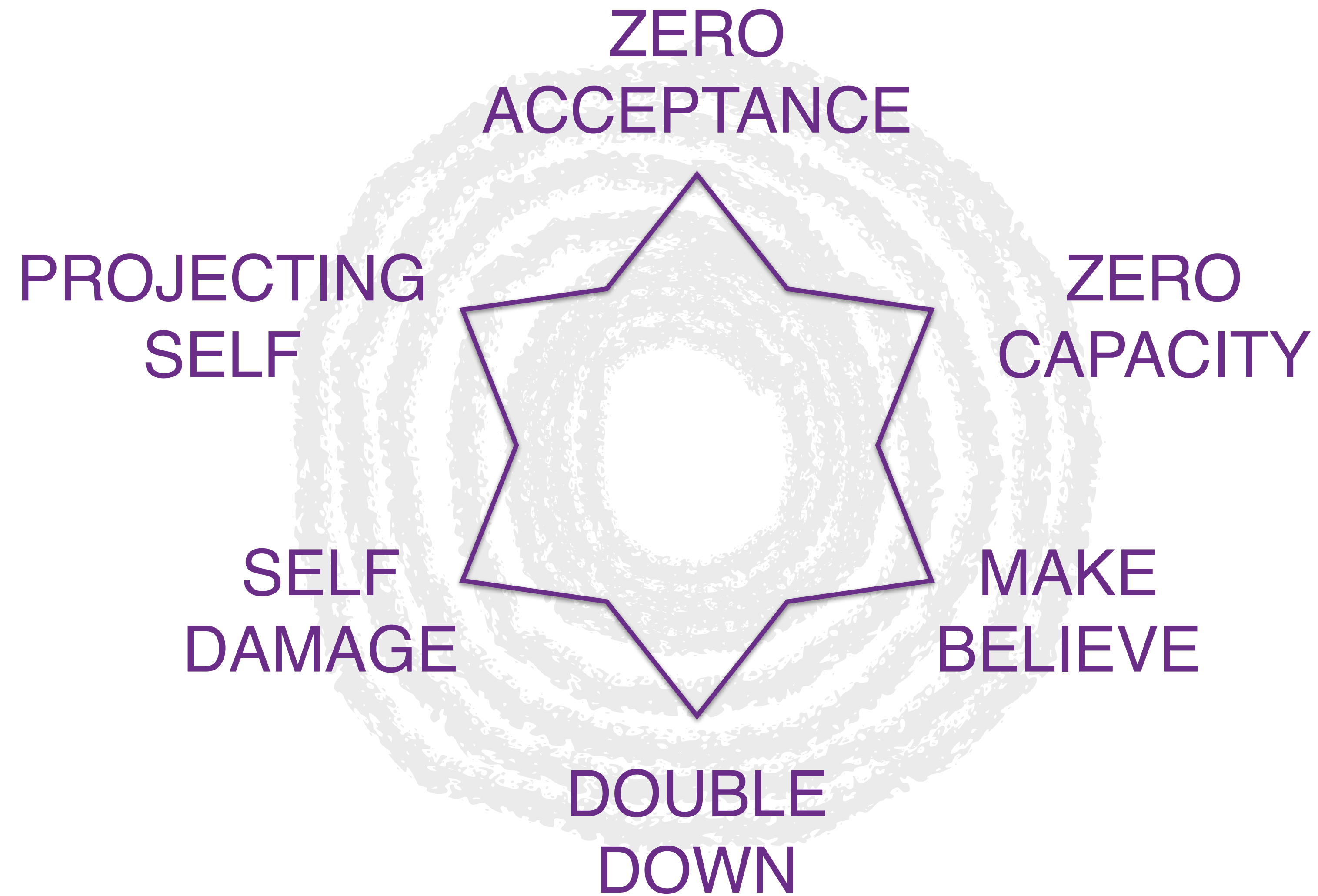
We automatically assume that others are doing/thinking/feeling what we would do/think/feel and accuse them of it.

We are occasionally correct but more often totally wrong on this score.

This does immeasurable damage.

(most of it to ourselves)

The 6 Principles



Now you know the bottom line principles, here are the best we've seen in the 'how' category (techniques)...

Technique #1: Explore Your Self-Talk

The obvious **red flag** in the personal development is **strong emotions**.

Because we are in the pursuit of happiness our overwhelming drive is to feel good - so when disturbing emotions arise we are compelled to make them go away (mood altering).

This is a mistake of monumental proportions.

It is imperative for the improvements you want to make in your life to understand that nothing happens when you are feeling OK.

Technique #1: Explore Your Self-Talk

Journalling about your self talk is the number one strategy for creating breakthroughs regardless of the subject you are working on.

(in this case judgement)



You may be surprised how often you use the words stupid, worthless, weird, hopeless, useless etc...

Technique #2: Accept Yourself

You are stuck with you as you are right now.

Bagging you along the way hasn't made you better.

You could let go of your 'goods' and 'bads' and just be.

This is not a question of earning acceptance.

You'll never do that - there will always be something 'wrong.'

Start by forgiving yourself for your 'wrong doings.'

Then extend kindness, charity, grace.

Separate your behaviours from your essence.

Design and repeat your mantra.

Treat yourself the way you would your child.

Technique #3: Look Deeper

Nothing is as it appears to be.

Look for the deeper, hidden meaning in every act of judgement and you'll find the **driver**.

It will inevitably be a part of yourself you must deal with.

Not dumping your baggage is a **CHOICE** to submit to **long term pain**.

Technique #4: Question Your Judgement

When you find yourself judging
- **STOP** -
and ask yourself what the basis
of the judgement is.

In particular, what about you is
being threatened?

Technique #5: Stop Judging Yourself

You are **wrong** anyway...

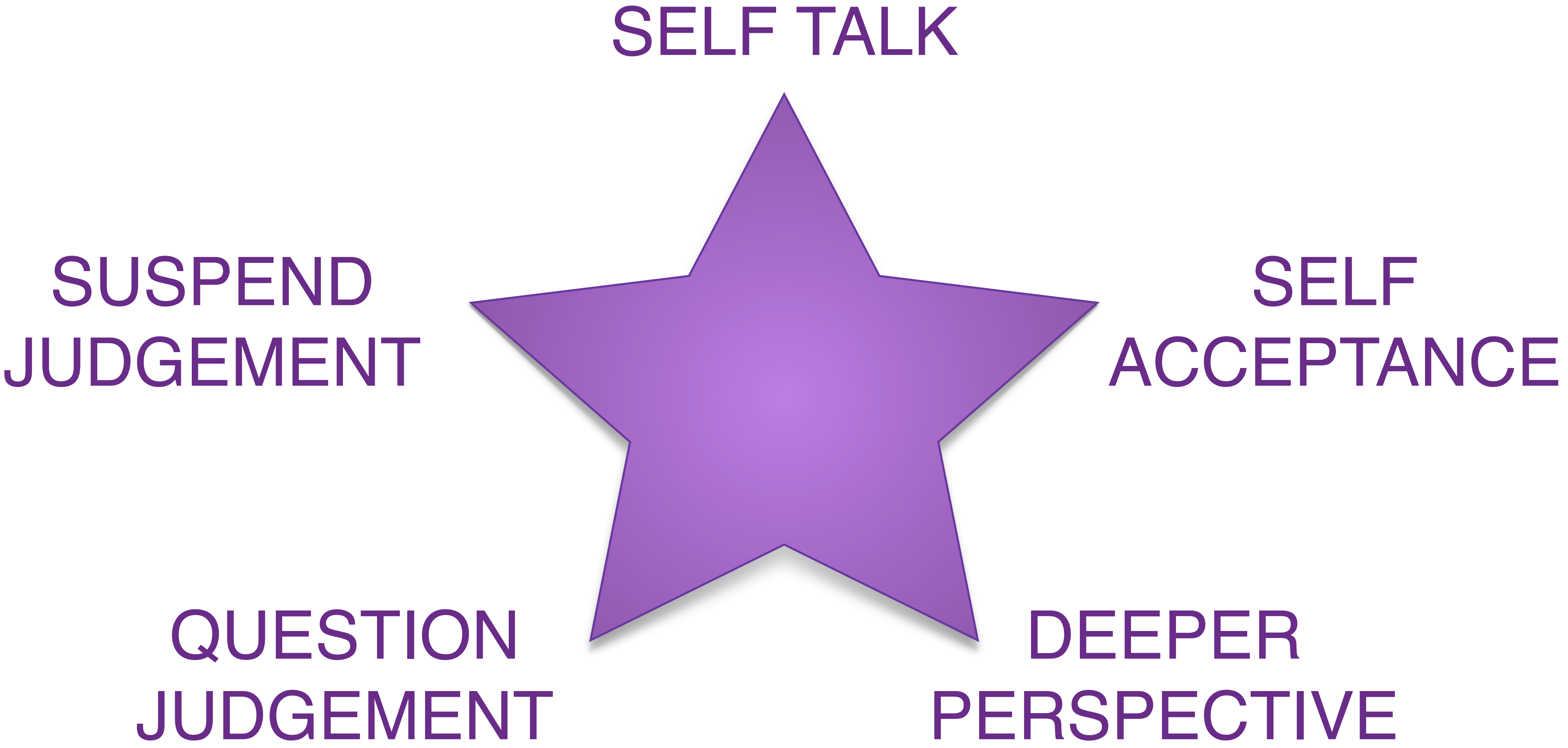
JOY
PEACE
LOVE

The Real You

ANGER
SADNESS
FEAR
SHAME
GUILT

What takes you
away from you

The 5 Techniques



Assignments

1	Decide which 2 of the principles and which 2 of the techniques you are going to focus on improving this month.
2	Figure out how to implement these principles in your day and commit to practicing daily.
3	Start taking notice of the 'upset' created by judging.