

Giving Up Judging People Positively

Most people have a difficult time relating to others without forming a judgment. Some people slide into automatic "good" and "bad" automatic conclusions/judgments around themselves and other people. Other people are overly critical. They berate most of their thoughts/feelings that people do/feel, that are wrong and/or they do/feel angry, unhappy, and lonely.

Examples of Negative Judgments

Do you get these thoughts sometimes when you hear?

- My _____ (fill in the blank) are stupid, don't listen to me with love.
- _____ (fill in the blank) aren't good friends because they're always late and are never interested in people like me.
- My boss is stupid because they won't listen to me.
- My _____ (fill in the blank) think of me as a person to be feared.
- My _____ (fill in the blank) usually complain. They wonder why I'm always complaining.

Write down three negative judgments that you have automatically.

If you are prone to negatively judge others, it is probably stemming from your own negative and ill-considered, but automatic, feelings. They don't show to "strange" people who don't know you, but reflect bad values and attitudes you acquire early in childhood as if they were already floating in the air. Instead, people don't receive these thoughts without positive emotions. Instead there come feelings.

Go the other way the next page to help track all of your negative judgments about the people around you by using steps.