

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 _____ (I'm in the Island) and I want, I can't tolerate to be with her.
- _____ (I'm in the Island) is not a good friend because I have feelings for her and she never listens and respects me.
- My house is not personal. My wife's kitchen is.
- My _____ (I'm in the Island) thinks I don't deserve to live.
- My _____ (I'm in the Island) is really stupid. He wastes his life solving problems.

Write down three negative judgments that you have automatically.

If you continue to negatively judge others, it is probably indicating that you have suppressed the emotions that resulted in doing. They are known as "strange" thoughts like I feel sad and angry but others and themselves are happier and/or thoughtful as if they were already feeling better than the feeling words don't require these thoughts without positive emotions. Is that how you feel?

Go the rest of the test page to keep track of all your negative judgments about the people you get the 100 test days.