

## 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 more critical. They fear a loss of their energy/feelings that people/relationships that are wrong would they would judge, 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 who is.
- My \_\_\_\_\_ (fill in the blank) usually complain. They wonder why I'm always complaining.

Write down three negative judgments that you have automatically.

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If you are prone to negatively judge others, it is probably indicating that you have suppressed the emotions that would lead to love. They are often the "strong" feelings like love, fear, and anger but others and ourselves use negative emotions/feelings as if they were clouds blocking love for us. Instead of love, don't receive these thoughts without positive emotions. Instead there come feelings.

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