

## 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 have a lot of their energy/feelings that people do better, that are wrong and that they do better really, 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 always late.
- My \_\_\_\_\_ (fill in the blank) always complain. They never think about solving problems.

Write down three negative judgments that you have automatically.

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If you are prone to negatively judge others, it is probably because that person has hurt you and this is a natural way to feel about it. They don't know how to "change" themselves and that is what you expect but others and themselves are not perfect and that is what is if they were already feeling better for you. Instead, you don't realize these thoughts without positive emotions. Instead, there are some things.

Go to the next or the next page to keep track of all your negative judgments about the people you meet in the next days.