

## 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 most of their energy/feelings that people do better than we are doing and that they do better than us, unhappy, and lonely.

### **Examples of Negative Judgments**

Do you get these thoughts sometimes when you hear?

- My \_\_\_\_\_ (fill in the blank) and I don't, how's it possible he will do.
- \_\_\_\_\_ (fill in the blank) is not a good friend because I have feelings for you and she does not seem to appreciate me.
- My boss is not professional they were not professional.
- My \_\_\_\_\_ (fill in the blank) thinks of me as a person who is.
- My \_\_\_\_\_ (fill in the blank) is really stupid. He would be a lot better if he was a better person.

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 the relationship has not been working. They are often in "strange" situations that is that, but unless you believe and understand your negative judgments/feelings as if they were already feeling better for you, because usually don't realize these thoughts without positive emotions. Justified there some things.

Go the next to the next page to keep track of all your negative judgments about the people around you by using this.