

Being Non-Judgmental

Name: _____ Date: _____

Thoughts and feelings are not facts; they are merely processes of the brain. A lot of the stress we experience in life comes from observing and describing things, then placing judgments of “bad” or “good” on them. Being nonjudgmental means being able to see things as they are, and not as we think they ought to be.

The first step to reducing judgments is to be able to recognize when we’re making them in the first place. When you are able to recognize your judgments, ask yourself, “Is it a priority for me to reduce judgments, or not?”

One way to determine whether reducing judgments is a priority is to look at the pros and cons of judging. To do this, ask yourself, “What will lead to more suffering and stress, judging or not judging in this situation?”

The more you do this the more you will be able to replace judgments with consequences. You will also gain practice in knowing the difference between judgments and facts.

A list of statements follows below. Practice learning the difference between judgments and facts by placing a checkmark by each statement that is a judgment.

- ☐ “This is too hard; I can’t do this!”
- ☐ “Jane said something untrue.”
- ☐ “Just because I thought that doesn’t mean I have to believe it to be true”
- ☐ “Nobody likes me!”
- ☐ “Carl is a bad person because he forgot to pick me up at the airport.”
- ☐ “I’ve tried mindful meditation. I can’t do it.”
- ☐ “Today at work Bob frowned at me when I passed him in the hallway.”
- ☐ “Bob frowned at me so he must be mad at me.”
- ☐ “I don’t have time for all this mindfulness stuff.”
- ☐ “I can’t help it; that’s just the way I am.”
- ☐ “He has long hair.”
- ☐ “He should get a haircut.”
- ☐ “Nothing good ever happens to me!”
- ☐ “Everybody hates me!”
- ☐ “The couch is red.”
- ☐ “The couch is ugly.”
- ☐ “I got a bad evaluation at work; the boss must hate me.”
- ☐ “She does her job well.”
- ☐ “Everybody’s out to get me!”
- ☐ “She’s better than me.”
- ☐ “Everybody should love me.”
- ☐ “I’m able to meet my goals.”
- ☐ “Sometimes negative consequences happen.”
- ☐ “Nothing bad should ever happen to me.”
- ☐ “If I work hard enough, I can make everybody like me.”

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Now practice being non-judgmental by taking three or more judgmental statements that you checked above and re-writing them as non-judgmental statements in the space below.

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.