

Giving Up Judging People Negatively

Many people have a difficult time relating to others without being highly judgmental. Some people divide the world into “good” and “bad” with no room to see that the people around them have many different qualities. Other people are overly critical. They focus most of their energy on the things that people do that they think are wrong and so they are often angry, unhappy, and lonely.

Examples of Negative Judgments

Do any of these thoughts sound like ones that you have?

- My _____ (fill in the blank) is so mean, I can't stand to be with her.
- _____ (fill in the blank) is not a good friend, because I keep inviting her out, and she never invites me to go with her.
- My boss is incompetent and my work is miserable.
- My _____ (fill in the blank) thinks about everyone but me.
- My _____ (fill in the blank) is really a loser. No wonder he/she is having problems.

Write down three negative judgments that you have had recently.

If you are prone to negatively judge others, it is probably detracting from your own happiness and life satisfaction. This worksheet can help. You don't have to “change” the way you think or feel, but rather just observe and acknowledge your negative and critical thoughts as if they were clouds floating by in the sky. In other words, don't react to these thoughts with any particular emotion. Just let them come and go.

Use the chart on the next page to keep track of all your negative judgments about the people in your life for three days.

Recording Your Negative Judgments

AS SOON AS YOU WRITE DOWN EACH THOUGHT, TAKE A DEEP BREATH, AND LET THE THOUGHT FLOAT AWAY. Record your negative judgments for three consecutive days. Use additional page if you need them.

Day	Time	Negative Judgment