

“Don’t pass judgment on people. Those who pass judgment on people harm themselves.” AN 10.75

Situation	Emotion	Judgmental Thought(s)	Response in Body	Actual Response
<p>Example: “Rachel said that most foods are packaged in cellophane, which isn’t plastic and therefore good for the environment.”</p>	<p>Anger, contempt, frustration</p>	<p>“She’s not that smart,” “She doesn’t know anything about science,” “She always thinks she’s so smart, and she’s not!”</p>	<p>Shortness of breath, Hands tightened, Speaking louder</p>	<p>Spoke over her explanation, Spoke loudly, rolled eyes, used mocking tone</p>
<p>Example: “David said some things about a group that really upset me. I don’t know if I can stand it!”</p>	<p>Anger, frustration, attacked, scared, defensive, contemptuous</p>	<p>“He sure is ignorant!” “How does someone become so blind?!” “He’s a cultist.” “He’s so backwards and uneducated.”</p>	<p>Shortness of breath, Body tightened, Ready to fight, Mouth dry, shaking</p>	<p>Withdrew, Didn’t speak, Nodded head but stayed silent.</p>

Reframing: Write down what happened, and this time, use non-judgmental language and assume the other person’s perspective. Read what you have written. Has it helped to change your perspective?