Non-Judgmental Stance

- The first thing you have to remember is that no single person can be PURELY non-judgmental. The function of our brain is to add our judgment to what we see. It’s a very primitive part of our brain.

- The problem with judging is this…Judging causes emotional mind to increase in intensity. If you pay close attention to the emotion that follows a negative judgment, you will see the emotion will usually be negative in nature.

**Negative Judgment ("I’m/You’re stupid")** → **Negative Emotion (shame/anger)**

- If you want to decrease negative emotions, you have to decrease your judgments you make either about yourself and/or others.

- Judging is putting your own “spin” or evaluation on what you observe (instead of describing what you observe).

  Example of judging what you observe:
  - “I relapsed last night. I’m such a loser and I know you think I am too.”

  vs.

  Example of describing what you observe:
  - “I relapsed last night and this can cause a lot of negative consequences such as potentially violating my probation, getting into a car accident or I can lose respect from others in my life.”

- How does one become less judgmental? Good question. Here you go:
  - First, **you** really need to have the right attitude towards reducing your judging. This is going to take a lot of effort and the question **you** need to ask **yourself** is, “Do I really want to decrease my judging and negative emotions.” If yes, then go to the next step.
  - Second, you want to increase your awareness with your judging. It’s very difficult to change a behavior if you are completely unaware you are doing the behavior. For example, put a quarter in a jar every time you catch yourself judging yourself or others and donate the money to charity. Remember, you can still describe what you observe, however judge with your tone of voice or facial expression 😃. Take one step at a time.
  - Third, once you catch yourself judging, accept the judgment (“don’t judge yourself for judging”). Then reframe your judgment into a describing statement.