

CORE MINDFULNESS HANDOUT

PRACTICING NONJUDGMENTAL STANCE

What are judgments?

- Describing things as good or bad, valuable or worthless, smart or stupid, terrible or wonderful, beautiful or ugly, etc.
- Describing how things “should” or “shouldn’t” be
- Describing by comparing or contrasting

Usefulness of judgments?

- They allow for quick descriptions by creating simple categories
- They are fast, short hand for describing preferences and consequences

Problems with judgments?

- They often distract from reality (judgments may replace facts; when we judge we often stop observing)
- They tend to feed negative emotions (anger, guilt, shame)
- Positive judgments are fragile: anything judged “good” can also be judged “bad”

Steps for letting go of judgments

1. Practice noticing judgments. Keep a count of judgments.
2. Ask yourself, “Do I want to be judging?” “Is the judging helping or hurting me?”
3. Replace judgments with:
 - Statements of preference: “I like...” “I prefer...” or “I wish...”
 - Statements of consequences: “This is helpful/harmful for...”, “This is effective/ineffective for...”
 - Statements of fact: “This thing happened in this way, at this time...”
4. Practice accepting what is (facts, preferences, consequences) and letting go of the judgments. Let the judgments drift away.
5. Remember not to judge your judging!

CORE MINDFULNESS WORKSHEET

PRACTICING NONJUDGMENTAL STANCE

1. Identify a judgment about yourself, someone else, or some situation.
2. Describe your reasons for letting go of this judgment
3. Replace the judgments with descriptions of facts, consequences, and/or your preferences about this.
4. Practice accepting the nonjudgmental descriptions and letting go of the judgments. Identify any words, actions (e.g., relaxation), body postures, or imagery that helps you let go.
5. Remember not to judge your judging!
6. Describe any changes you noticed in your acceptance or your emotions as you practiced nonjudgmental stance.