thisiam

Challenge #9

Judgement
This is a big challenge..
It is on judgement.
We all judge.
We don't want to, but he is sneaky and comes in when we are often not even aware that we are judging.
I will try to give examples along the way, please do not think that this is what I am thinking..
I am just using very common examples as to how we judge in life.
Ok..
So, timer on...
Write down all the things that you think are things you would judge someone for.. be honest!!
Eg. People who smoke.. large people eating donuts... people wearing short skirts and skimpy top... people wearing clothes you don't think are appropriate... young girls pregnant... older man younger woman... older woman younger man... homosexuals.. someone who has alot of partners ... someone who smiles at a funeral... a person who has left a relationship and children...

You get the picture...
Then...

Write down why you think you judge them?
Eg. (Follow from above) inconsiderate of others... not trying to lose weight... tarty... tarty .. tarty ... gold digger ... lucky ! .... eeww ... tarts ... no sympathy ... useless!

Now ...

Write down what you fear about them ..
Eg.. (as above).. breathing the air .. that you may be large one day.. that you can't wear it.. etc

Then.. as a last and important step.. write each one into one of the following categories

1. Unresolved emotion
2. Fear of change
3. Fear of the unknown
4. Lack of self awareness –eg no self esteem self confidence etc..

Then check it out!
And really look at the list you have compiled and see where it is you tend to judge people from the most... within your own fears and insecurities.. this will help to show you why you tend to judge people and be a starting point to working thru your own issues to stop you portraying your own issues and fears onto others!

EEEEEEEEEEeeeeeeeeeeeeeeeeeeeeeeeeeee kkkkkkkkkkkkkkkkk

Surprised at what you have found?
So whenever you begin to think a judgement thought or gossip rising, stop and see where it is within you that it may be coming from.

This should catch the nasty little judgement bugger out!!

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