

STRESS & ANXIETY RELIEF

humour and helpful tips to enhance your life

For happier and healthier relationships, learn to be less judgmental.

When we judge others, we judge ourselves.

By Thomas Oppong

Judgment triggers everywhere. Judgement is human nature — we are quick to judge ourselves, others and even the people we care about.

When we meet people or interact with others, we easily form our own opinions about them without knowing their stories. We make assumptions and form impressions that can be difficult to change.

It's a way we control our lives and surroundings, often subconsciously. The moment you become consciously aware of it, you can take steps to be less judgmental.

Withholding judgment, as important as it may be, is one of the most difficult skills to master.

Refraining from building a story in our head, forming an opinion and judging people on first look can be challenging but it's not impossible.

Judgment may be a natural instinct, but you can be mindful before you jump into conclusion. You can catch yourself before you ignore others or say something you may regret later. Practice rephrasing your critical internal thought into a non-judgemental one.

Be More Curious, Not Judgmental

Jiddu Krishnamurti says, "The ability to observe without evaluating is the highest form of intelligence."



When you approach any relationship from a closed-mindset, you don't make room for meaningful connection. The stories you tell yourself about the other person stops you from knowing them on a deeper level.

The cure of judgment is observation. Learning to withhold judgement allows you to remain open, ask better questions and listen to the real and personal stories.

In the process of building better relationships, the goal should be *Presence Without Judgement*— fully engaging and listening.

You may not be able to fully control your ability to withhold first impressions of others, but don't allow that to stop you from knowing others, understanding them and even learning from them.

Be empathic and learn to understand others better. When someone disagrees with you, remember they have the right to their own opinion. You can agree to disagree and still build meaningful relationships.

Dalai Lama once said, "People take different roads seeking fulfillment and happiness. Just because they're not on your road doesn't mean they've gotten lost."

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