



## **On the road to ... valuing myself and others**

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***When the harsh judge is in the room***, putting me down in my head, putting other people down in my head, putting other people down right out loud – it doesn't really work just to tell myself to "stop judging". What might help is to open my eyes, my ears, my heart, and my mind, and notice what is going on.

1. I'm going to notice my thinking, what exactly it's saying.
2. I'm going to notice how shallow I'm breathing and where my muscles are tense.
3. I'm going to notice that when I'm feeling hard on myself, that's when I'm hard on others.
4. I'm going to notice how judging affects my learning – maybe when I feel better than other students, that affects how I work in class and when I feel they are better than me, that affects how I work in class.
5. I'm going to notice that something is "triggering" me, and ask myself what it's about. Do I feel angry at someone for crying because I don't let myself cry? Do I judge someone for being late because I hate myself when I am late?
6. I'm going to notice that when strong feelings come up, they are always connected to something in the past, and I'm going to be curious about what it might be for me this time. Am I being reminded of another person, feeling or situation?
7. I'm going to notice how much I do not know about other people's lives, before I judge them. I don't know what is going on for them, but chances are good that it has nothing – or very little – to do with me. I don't know the story.
8. I'm going to notice that I'm doing the best I can – and others are too.
9. I'm going to notice how compassionate I can be.
10. I'm going to notice that I deserve compassion too.