Free Yourself from Judgement

1. Choose a person/people that are irritating or frustrating you at times or a lot?
2. Be completely honest and open and write out why they are frustrating you. *E.g. Susan is negative and draining. She never listens to me and is always procrastinating. I feel that she doesn’t respect me or care about me.*

Write your statement here:

1. Now replace the person’s name with I to represent yourself.

*e.g. I am negative and draining. I never listen to myself and I am always procrastinating. I feel that I don’t respect myself or care about myself.*

Write your statement here:

1. What have you taken from your statement? What judgements are you having of this person/people that in fact is a judgement you have of yourself?
2. Free writing exercise….just allow yourself to write whatever comes to mind after this statement:

If I let go of judgement, I would be……..

Well done…you’ve taken some great steps towards letting go of judgement!

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