

THINKING NON-JUDGMENTALLY



- A Path to thinking in a non-judgmental manner:
 1. Regulate your own emotions, slow down, find your Wise Mind
 2. Notice judgmental thoughts
 - Be aware of any thoughts that include "should"; "must"; "she/he wants"; "shouldn't"
 - Be aware of assuming
 - Do not assume what your child is thinking, feeling, intending or what is motivating the behavior
 3. Let the thoughts go
 4. Remember: "Your child is doing the best he/she can be at this moment in time"
 5. DESCRIBE - put your observations into words, so that others can "see" what you are seeing' "see" without evaluation
 6. If judgmental thoughts continue to intrude in your thinking, as yourself
 - What is getting in the way of seeing and describing, and accepting without making evaluative statements or having evaluative thoughts?
 - Remember to remain in Wise Mind
 - Let judgmental thoughts go as if they are waves on the beach

- Remember
 - Thoughts are behaviors. They can be observed, acknowledged and *changed*. You are in control.

- How to communicate non-judgmentally
 - Describe the facts of the situation (the "what", not the "why"); describe your feelings
 - Focus on the consequences of the behavior and events, not on whether they are good or bad, right or wrong
 - Acknowledge the harmful and the helpful and do not judge either one
 - Describe your preferences and how you feel about something without evaluating
 - Don't judge yourself when and if you realize you are judging

