Observe the judgmental thoughts.

How intense are they? (0-10) ____

Describe the judgmental thoughts and what you are doing at the time of judging:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What are the actual consequences or results of 1) the event and 2) the judgments?
________________________________________________________________________
________________________________________________________________________

What are the functions of the judgments? How do these judgments serve me?
________________________________________________________________________
________________________________________________________________________

Re-describe yourself, others, and/or events in a non-judgmental way:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Is there something I want to commit to doing differently?…more effectively? (specific as possible)
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

If this situation happened to a friend, what would I say to him/her?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

How intense are your judgmental thoughts now? (0-10) ____

*Bonus Practice! Notice when you judge your judging and practice responding non-judgmentally to yourself (just like you would with your friend).