



Nonjudgmentally Worksheet

(original version by Meggan Moorhead)

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).