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# Judgement

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*Judgement gets in the way of making effective and wise choices*

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## Sound Judgement

Sound judgement would see us make sensible decision, taking all aspects of a situation or behaviour into account but what about an error in judgment, what could this look like?



- Have you ever wondered why in certain situations you feel a sensation in your body such as tightness or frustration when communicating with others or observing others in your environment?
- Why at times you feel repelled by someone or something, making you go in the opposite direction?

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***Judgement damages the relationships we hold with others.***

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Judgement can be experienced as a 'pain' within yourself - we may experience this physically or mentally. Interestingly, if we observe the concept of judgment and how it makes you feel then you would become aware of how detrimental it is on a personal level. It also impacts our ability to think and feel.

It not only damages your self-esteem, but also damages the relationships we hold with others. Judgement can and will make us physically unwell if left unchecked, for example, the anxiety that judgment brings can lead to increased heart rate.

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*Judgement gets in the way of making effective and wise choices.*

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## What are the drawbacks for us and other when we judge?

Judgement prevents us from gaining and maintaining safe relationships with other people. We miss opportunities to connect and to grow within ourselves. Judgement can impact us as family members, as employees or employers, as entrepreneurs and as a valuable member of any community.

## Examples from an early childhood advocate and passionate entrepreneur:

- Staff judging parents' deficits, for example- a parent 'forgets' to be at an important event being held at the school and a staff member states, 'I can't believe this parent forgot her child's.....'.
- Parents judging other parents and parenting styles.
- Parents judging the teaching strategies.
- Staff judging the behaviours of children within the classroom.

So, as you can see from the above examples, it highlights the importance of understanding this topic on a wider scale.

Asking a simple question like "why am I triggered by this situation or behaviour?" can be the difference in developing and maintaining relationships or losing them!

## Process for developing judgement (the true definition of judgement).....

- 1- Assessing the 'situation or behaviour' from all perspectives (yours and theirs)- this requires you to be truly present and honest.
- 2- Become aware of the impact your actions could take "If I am to say or do this right now, what would be the impact for us?"
- 3- Apply compassion to the situation by asking yourself, "how would I feel if I were on the receiving end of the judgment?" (being the judged)
- 4- Taking the right action- using verbal and non-verbal language to communicate compassion and to find a long-term solution.

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*"Why am I triggered by this situation or behaviour?"*

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## Play to Learn Early Learning Centre

247 Main rd, Toukley NSW 2263

[www.playtolearnelc.com](http://www.playtolearnelc.com)

[playtolearn@bigpond.com](mailto:playtolearn@bigpond.com) // 02 4397 1683

