

Are Your Judgments Causing You Unnecessary Problems?

It's normal to constantly make judgments about what you like and what you don't like, however, some people seem to be prone to more negative judgments, and this can contribute to some serious problems. If you are constantly making negative judgments about *others* you may be building a wall around yourself that keeps you socially isolated. If you are constantly making negative judgments about *yourself*, you are undoubtedly causing yourself unnecessary suffering, which can contribute to both anxiety and depression. Whether you are making negative judgments about yourself or others, you are likely magnifying your emotions and this can cause you to behave in self-defeating ways. Use this worksheet to think about your judgments over the next several days and how they affect your life.

Judgments Regarding Others

Situation	Emotion(s)	Judgment	Magnifying Emotion(s)	Outcome (Positive or Negative)

Judgments Regarding Yourself

Situation	Emotion(s)	Judgment	Magnifying Emotion(s)	Outcome (Positive or Negative)