
Embracing Non-Judgment

The Dorm Parent Collective

Objectives

- Define & understand the foundations of a non-judgmental attitude
- Learn strategies and techniques for incorporating non-judgment in your interactions with loved ones
- Converse and connect with fellow Dorm parents

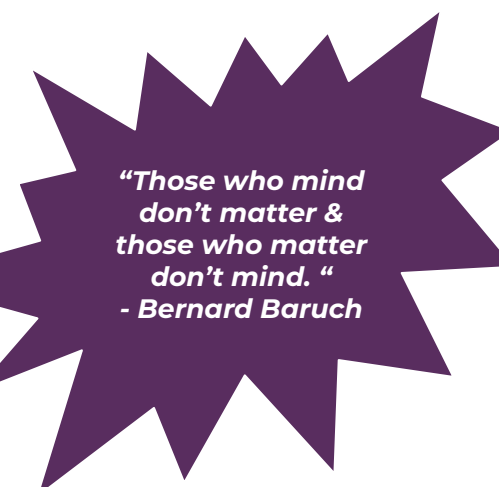
Definitions

Judgment

- The ability to make a considered decision
- The process of forming an opinion or evaluation by discerning & comparing (Merriam Webster)

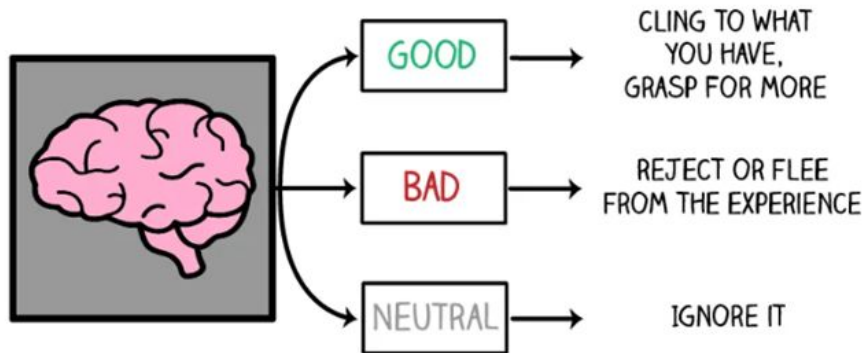
Non-Judgment

- The absence of judging or criticizing
- Refraining from forming an opinion based on your own personal view
- Willingness to remain in contact with aversive experiences or negative emotions



***"Those who mind
don't matter &
those who matter
don't mind. "
- Bernard Baruch***

Foundations



Creating **space** between what's happening & what we think or feel about it.

Not labeling as good, bad, neutral

Changing relationship to judgments, allow them to come & go, not acting on reaction or impulse

*the act of judging isn't inherently problematic..

Foundations

Non-judgment ≠ stopping judgments from arising

Our focus shifts to:

- **observing** when judgments do arise
- changing our relationship to judgments
- embracing our emotions as valid & temporary
- inviting in novelty & fresh perspective

Why embrace non-judgment?

- It supports open-mindedness (increases your receptivity to neutral experiences)
- It increases **gratitude** & appreciation for what you do have
- It reduces suffering caused by our own our judgements & thoughts
- It allows you to check the facts



Jon Kabat Zinn on
non-judgment

Strategies & Techniques

Discern between the facts of an experience & our perception of it.

- **Describe the facts**
- **Describe the consequences of an event/situation**
- **Describe your own feelings in response**

Acknowledge the difference between helpful & harmful, safe & dangerous; acknowledge judgments made or desire to judge

Improve self-awareness; explore personal narrative/perceptions; examine your inner world, self-talk, and personal beliefs

Strategies & Techniques

- Return to the practice of **observation**. Engage with 5 senses.
- Consider practicing **acceptance** skills . Acceptance $\neq$ approval
- **Name** the judgment, reflect on where it comes from, & practice **letting it go**. Guided visualization or another meaningful ritual.
- “I notice that, I am having a thought that I am ____ or you/they are ____”
- **Use active listening skills!** (See Mindful Communication & [Communicating Mindfully Parent Collectives](#))

Strategies & Techniques

DBT CORE MINDFULNESS SKILLS

“What” Skills

- Observe
- Describe
- Participate

“How” Skills

- One-mindfully
- Non-judgmentally
- Effectively

Radical Acceptance

Another Helpful DBT Skill

What is it?

- Fully accepting something with mind & body
- Cessation of fighting reality because reality is not the way you want it, and letting go of bitterness.
- Separation of emotions from reality

What it is not?

- Approval/Agreement **[Dialectics]**

Intense desire
for change
of the moment



Radical
acceptance
of the moment

Both allow yourself to have an intense desire to have something else than what is now,
And
be willing to radically accept what you have in your life in the present moment.

Radical Openness

An RO-DBT skill

Being open to new information or disconfirming feedback in order to learn and adapt to an ever-changing environment.

It may mean sacrificing **firmly** held convictions or beliefs

Openness also enhances relationships because it models humility and willingness to learn

Importantly, openness does not mean approval, naively believing, mindlessly giving in, or resignation.

Discussion

- How have past judgments hurt your relationship with your young adult child?
- How might embracing a more non-judgmental attitude change the dynamics within your family?
- What is the most challenging part of practicing non-judgment?
- Reflect on a time you effectively approached a situation with a non-judgmental attitude, consider the outcome.

