



JUDGING OTHERS

Before the Meeting: Preparation

Be prepared to talk about a time that prematurely judged someone else – either positively or negatively. What was the outcome or consequence?

Step 1: Introductions and Icebreakers

Judging Others:

Get a volunteer. Tell the volunteer to stay silent and sit in front of the group. Tell the rest of the group what they thought of the volunteer by how they acted since they walked into the room, from their clothes, from the body language, etc. Everyone might be caught a little off guard but go with it! Repeat this with the other people sitting in front of the group.

Close the Activity by Saying:

How did that activity go for you? What was easy and what was hard?
What did you learn?

Judging others is one of our most basic instincts; it is how we determine threats.

Step 2: Discussion

Ask these in order and allow everyone to respond to each question before moving to the next question:

- What are some examples of when you judged someone else – either positively or negatively?
- What do we typically judge people about (looks, clothes, etc.)
- Why is it so easy to judge other people?
- When we see someone doing something wrong, isn't it easy to give an opinion on how to do it right? What could be the problem with that?
- When we judge someone, how is that similar or different from comparing ourselves to that person?
- What are some examples where you judged yourself for doing something wrong?
- Why are we so hard on ourselves when we do something wrong?
- Have you been judged by someone? How did you feel to be judged by that person?
- How can we show acceptance of others instead of judging others?
- How does "being judged" impact depression, anxiety, and thoughts of suicide?

Step 3: Closing (End) the meeting.

- What is the most important thing you learned today about judging yourself or others?
- What is one thing you can do tomorrow to show more acceptance toward yourself and toward others and less judgment with yourself and others?