

A RESPONSE

TO

@LO.DEVALERA'S

POST

ABOUT

JUDGEMENT

AS A FORMER DBT COUNSELOR,
I LEARNED A
COOL TRICK THAT
HELPED ME CHANGE MY MIND--
BY THAT,
I MEAN I RESHAPED
MY THOUGHT HABITS.
- TERRA VANCE

WHEN WE MAKE VALUE JUDGEMENTS,
THAT THINGS ARE RIGHT
OR WRONG, GOOD OR BAD,
OR WE SHOULD OR SHOULDN'T,
THAT IS A REFLECTION
OF A LEARNED
HABIT TO JUDGE IN ABSOLUTES.

IF WE CRITICALLY JUDGE
OTHERS CONSTANTLY,
WE WILL ALSO JUDGE OURSELVES THAT WAY,
SEEING EVERYTHING AS
NEEDING TO BE IMPROVED OR
AS BEING "RIGHT" WITHOUT
ROOM FOR IMPROVEMENT.
THIS LEADS TO GROUP THINK AND SEEING
OURSELVES AND OTHERS
AS WORTHY OR UNWORTHY.

**THIS KIND
OF CONSTANT
JUDGEMENT IS TOXIC
TO OURSELVES AND
TO SOCIETY.
BUT WE CAN BE
NEUROCLASTIC!**

@NEUROCLASTIC

NEUROCLASTIC TRANSLATES
TO “BREAKING STRINGS,”

” OR HARMFUL THOUGHT PATTERNS WE INTERNALIZE.

IT TAKES

THE BRAIN APPROXIMATELY 3 MONTHS
TO FORM A NEW THOUGHT HABIT.

@NEUROCLASTIC

**TO BREAK
YOUR HABIT
OF MAKING VALUE JUDGEMENTS,
FILL ONE POCKET WITH SMALL OBJECTS,
LIKE PENNIES OR TOKENS
OR EVEN SHREDS
OF PAPER.**

EVERY TIME YOU MAKE
A VALUE JUDGEMENT,
EVEN IF JUST A SILENT THOUGHT,
MOVE A PENNY FROM YOUR FULL
POCKET TO YOUR EMPTY POCKET.
THIS KEEPS YOU AWARE
OF YOUR THOUGHTS.

@NEUROCLASTIC

CHALLENGE YOURSELF TO REFRAME
YOUR JUDGEMENTS
FROM BEING "GOOD"
OR "BAD" TO "WHAT
EXISTS." THINK ABOUT WHY
YOU FEEL THOSE THINGS
ARE GOOD OR BAD
AND TURN THE PENNY OVER IN
YOUR FINGERS UNTIL YOU ARE
FINISHED EXPLORING YOUR THOUGHTS.

YOU WILL BEGIN

TO NOTICE THAT EVERY DAY,

YOUR CONTENTMENT IMPROVES

AND YOU ARE MORE ACCEPTING

OF YOURSELF AND OTHERS.

A GREAT REMINDER IS,

“DON'T ‘SHOULD’ ON YOURSELF.”