

Consciousness: Transforming Judgments and Enemy Images

KEYS:

- a. Judging someone is an indication that a need of ours is not met. The first step in transforming judgments is to recognize and connect with our unmet needs.
 - b. The action we're judging is itself an attempt to meet needs. The second step is connecting with the needs of the person we're judging so we can open our hearts with compassion.
 - c. When we experience challenge in transforming our judgments, we can reflect on what needs we might be trying to meet by holding on to our judgments. Connecting with this set of needs may be essential to enable the previous two steps to proceed.
1. Write down a judgment you have of someone else that you would like to explore. This may be something you think about that person that you completely believe is true.

 2. Think of a time or situation when you are likely to have this judgment come up, and write an observation of what this person is actually doing at that time.

 3. What needs of yours are not met in relation to that person's action? How do you feel when these needs are not met? Explore this sufficiently to experience the relief of self-connection.

 4. Explore the possibility of opening your heart to this other person. What needs do you imagine this person might be trying to meet by taking this action? How might this person be feeling? Explore this sufficiently to experience the relief of compassion.

 5. Check in with yourself about your original judgment. Is it still alive? If yes, return to connecting with your own needs or with the other person's needs - wherever you're experiencing a "charge." If the judgment is still alive after that, consider: What needs might you be trying to meet by holding on to this judgment? What feelings arise in relation to this? Again, connect with yourself sufficiently about these needs to experience some relief.

6. Check in with yourself again about the judgment. If it's still alive, consider the following set of questions:
- a. Is there any way in which you believe the judgment to be "the truth"? If so, explore what needs might be met by this belief, and what needs might be met by letting go of this belief.
 - b. Are you afraid to express this judgment? If yes, what needs are you afraid would not be met by sharing it, and what needs might be met?
 - c. Are you judging yourself for having this judgment? If yes, explore any way in which you're telling yourself that you should not have this judgment. Connect with your choice about whether or not to work any further on transforming this judgment, and explore any needs that might be met by continuing to work on transforming the judgment, or letting go of working on it. (You may also want to work with the "Transforming Self Judgments" worksheet.)
 - d. Reflect on your feelings, needs, and any requests you have of yourself or of the other person in this moment.