

# JUDGEMENT & HEALING OF NEGATIVE EMOTIONS

STEP  
**1**



## THE 6 BASIC EMOTIONS

Which of the basic emotions do you express fully?

Which of the basic emotions do you suppress? Why?

Which of these basic emotions take you away from who you really are?

Pair each emotion with it's 'energetic twin':

Fear \_\_\_\_\_

Joy \_\_\_\_\_

Peace \_\_\_\_\_

STEP  
**2**



## COMMON NEGATIVE EMOTIONS

Negative emotions themselves don't directly impact our health and well-being, but how we react and process them when we do experience them that really counts, for example when we become sad, we may withdraw and reject people around us.

How do you normally react when you are experiencing negative emotions?

How could you respond more positively?

# JUDGEMENT & HEALING OF NEGATIVE EMOTIONS

STEP  
**3**



## BOTTOM LINE OF JUDGEMENT

Bring to mind a recent time you were judgemental and work through 1 - 6 in the space below:

- Ask yourself why you felt the need to judge.
- What was the trigger?
- Did you consider that was going on for them?
- Write down your judgmental thoughts, then reframe them.
- How can you offer them and yourself some compassion?
- What do you need to do?

STEP  
**3**  
CONT.

Bring to mind a judgement you habitually make about yourself -and work through 1 - 5 in the space below:

- Are you willing to confront the inner critic?
- Can you reframe this judgement?
- Will you separate you and the behaviour?
- What is the mantra you will use?
- What is the absolute truth about you?

# JUDGEMENT & HEALING OF NEGATIVE EMOTIONS

STEP  
**4**



## HEALING TECHNIQUES

### Explore Your Self Talk

Take some moments during the day this week to tune into what types of thoughts you're having - good opportunities to do this often happen while interacting with others, going to work, looking at yourself in the mirror, or making a mistake.

You can also use your emotions to hook yourself into your inner talk. Whenever you're feeling upset, depressed, insecure, or anxious, try to pause and focus on your inner talk. What thoughts or assumptions are behind your feelings?

STEP  
**4**  
CONT.

Do this every day, without fail! Are there common themes or patterns that reveal your underlying core beliefs?

### Accept Yourself

Self-acceptance is about realistically looking at yourself, understanding why you are the way you are, and embracing who you are at a core level.

Employ some of these self-acceptance practices this week and record your results in the space below:

- Take care of your body and health
- Make a list of everything you appreciate about yourself
- Remove toxic people from your life
- Surround yourself with supportive people
- Read self-help books
- Do one self-loving thing each day
- What could you forgive yourself for?



# JUDGEMENT & HEALING OF NEGATIVE EMOTIONS

STEP  
**4**  
CONT.

## Question Your Judgement

This week whenever you start to feel a wall go up between yourself and someone else, stop, then ask yourself,

*"Do I 100% know my judgment is true?"*

*"Am I seeing the whole picture?"*

Describe your experience with this practice:

STEP  
**4**  
CONT.

## Stop Judging Yourself

Use the 'five senses' mindfulness technique to ground yourself and shift your negative thinking to empathetic feelings.

Here's how it works:

- You describe five things you can see in that moment,
- four things you can physically feel,
- three things you can hear,
- two things you can smell and
- one thing you can taste.

Describe your experience with this practice: