

TIC TALK

Creating a TIC Toolkit consisting of coping skills, psychoeducation and guided exercises.

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The Skill of Nonjudgmentally

This is the third suggested exercise for your TIC Playlist.

We are sometimes conditioned to place judgments on our observations. We judge others and we judge ourselves. Judgment can create a hostile, negative environment. It can lead to shame, sadness, and guilt. The Nonjudgmentally skill helps shift our perspective to factual observations instead of judgments and move away from evaluations based on opinion.



The Nonjudgmentally skill includes observing an object/person/experience, noting thoughts about it, and allowing the thoughts to move away. We are focusing more on the facts of this experience (what we can see, hear, touch, smell, taste), and adopting a curious mind about this observation. We are leaving out comparisons, opinions and assumptions. Our TIC Tip for this month involves leaving out judgments of good/bad, and observing everything simply as is.

A Suggested Exercise:

A common theme this month has been politics. See if you can hold a nonjudgmental stance when talking about this topic with another person or considering a candidate. Suggestions include speaking about values/morals instead of making negative judgments about an opposing candidate, adopting a radical acceptance stance of each person, separating a person's ideas from the worth/identity of that person, and observing your own judgments and allowing them to pass like any other thought (avoid holding on to them as facts). We encourage the Nonjudgmentally skill this month as another way to treat ourselves/others with kindness and respect.