

# JUDGEMENT

## MAKING THE DECISION

### What Is Judgement?

Judgement (US spelling: judgment) is a decision. It is also defined as the "process of forming an opinion or evaluation by discerning and comparing" options.

- Merriam-Webster, 2023



#### Types of Judgement

- ☐ behavioural judgement
  - ☐ emotional response
  - ☐ based on reaction
  - ☐ relies on past experiences
  - ☐ feels passionate
  - ☐ feels intuitive
- ☐ legal judgement
  - ☐ accessing all available evidence and interpreting the law

#### Social Beliefs About Judgement

- We tend to believe judgement to be
- ☐ of negative connotations
  - ☐ the 'final answer'
  - ☐ a statement of 'truth'
  - ☐ based on assumptions about the person
  - ☐ based on biases (racial, gender-based, etc)
  - ☐ ignorant
  - ☐ opinionated
  - ☐ hurtful



Note: this infographic focuses on individuals' judgements as a behavioural response over which one has control

### Judgement or Discernment\*?

Good, fair or just judgements are based on discernment (see relevant infographic); behavioural judgements are based on emotional reactions to someone



#### How Judgement Feels

- ☐ oppressive
- ☐ critical
- ☐ unheard
- ☐ uncaring
- ☐ blaming
- ☐ accusatory
- ☐ cruel

#### How Judging Feels

- ☐ defensive
- ☐ hurt
- ☐ angry
- ☐ distraught
- ☐ heavy
- ☐ need to explain
- ☐ justified

#### How Discernment Feels

- ☐ curious
- ☐ compassionate
- ☐ lightness
- ☐ open
- ☐ considering others' opinions



#### What Psychologists Say

- ☐ Judgment (and criticism) is reacting from fear (often related to the behaviour of others) ...[stemming] from a longing for recognition, appreciation, and/or validation; it is a projection response, when we see behaviours in others we don't like in ourselves.
- ☐ Discernment is responding from love, rather than reacting, so we can make appropriate choices for ourselves, and for the good of others.



### Avoiding Judging

#### Realize the Discomfort? Try These:

- ☐ "I think you are saying... is that right?"
- ☐ "I am wondering if you are saying this..."
- ☐ "I need some time to reflect/process this. Can I get back to you tomorrow?"

It seems the most empowering space is being able to exercise discernment without the fear of judgement of oneself and others.

- AAJ-Peart, 2000

Keep discernment in mind and interact with the right resource who can help with your specific question

Recommendations to add to the list?  
Let us know at the address below

For more information about Judgement, see <https://jpacrnls.sagepub.com/doi/pdf/10.1177/13505076221100919>. For opinions on judgement vs discernment, see <https://executivecoachinglondon.com/life-choices/discernment/>, <https://sedonamichelle.wordpress.com/2010/01/19/judgment-or-discernment/>, and <https://www.amberconglas.com/blogpost/judging-vs-discerning>.

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