



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

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

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



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.

- Merriam-Webster, 2023

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://journals.sagepub.com/doi/pdf/10.1177/1350507621100919>. For opinions on judgement vs discernment, see <https://executivecoachinglondon.com/life-choices/discriminate/>, <https://sedonomichele.wordpress.com/2010/01/14/judgment-or-discriminate/>, and <https://www.sobercamion.com/blogpost/judging-vs-discriminating>.

This infographic was developed by Dr. Katherine Tornai-Lokhorst, P.Eng., FEC, FGC (Hon). Those wishing to use this document are welcome to do so at no charge. If you pull content from this document, please acknowledge the author and use the same Creative Commons attribution. All images developed using the tools of Flaticon.com.

