

Release Self Judgement

Louise Hay writes in *You Can Heal Your Life* that judgement and criticism become a habit that can be hard to break for many of us.

Take a few moments to notice your inner dialogue. Are you seeing the world through critical eyes? Do you judge everything? Do you stand in self-righteousness? Do any of these statements ring true for you?

- Why are there so many bad drivers?
- People are so stupid.
- I'm such a jerk.
- I'd do it if I weren't so fat.
- Those are the ugliest clothes I've ever seen.
- The people around here are such slobs.
- My neighbours are so noisy.
- Nobody asks me what I think.
- I hate his laugh.

When we judge, we make someone or something wrong. To be able to love ourselves we have to release judgement. Drop all criticism. Refuse to criticise or judge yourself. Criticism only brings you down. It doesn't create positive change. Criticism locks us into the very pattern we're trying to change. Whereas understanding, compassion and being gentle with ourselves, helps us move out of it. Self acceptance is required. Be willing to accept yourself exactly as you are in this moment.

Robert Holden teaches the following process to help you release self judgement.

Take a moment to sit down and relax. Take a few deep breaths and close your eyes. Place your hand on your heart and ask yourself "*What is it like to be me when I am not judging myself?*" Repeat this question once every minute for 15 minutes.

Furthermore, you could complete the following sentence five times.
One good thing that could happen if I judged myself less is...

It would be worthwhile to write your answers in a journal and also write about how you feel.

I'd love to know how you found this exercise and anything that surprised you. Send me an email at anna@annarawlings.com

References:

This exercise is from the book *Life Loves Me* by Louise Hay and Robert Holden.
Checklist from You Can Heal Your Life workbook by Louise Hay.

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