

NON-JUDGMENTALLY

- ◆ See but DON'T EVALUATE. Take a nonjudgmental stance. Just the facts. Focus on the "what:" not the "good" or "bad," the "terrible" or "wonderful," the "should" or "should not."
- ◆ UNGLUE YOUR OPINIONS from the facts, from the "who, what, when, and where."
- ◆ ACCEPT each moment, each event as a blanket spread out on the lawn accepts both the rain and the sun, each leaf that falls upon it.
- ◆ ACKNOWLEDGE the helpful, the wholesome, but don't judge it. Acknowledge the harmful, the unwholesome, but don't judge it.
- ◆ When you find yourself judging, DON'T JUDGE YOUR JUDGING.