

# WHO IS JUDGING WHO

While judging can be normal or natural, it is usually done without you realizing you are doing it.

Examples of why judging occurs:

- You need to make a quick decision
- You want to feel superior
- You want to understand someone's behaviors
- You want to establish or reinforce social harmony
- You want to determine if you should avoid individuals who may bring negative or harmful influences into your life
- You repeat learned behavior

From internal to external connections, negative judgment occurs in all realms of your world, with each realm varying and impacting your life and perception of life.

Judgment comes from:

- **Society (Social Judgments):** society judges you based on stereotypes, biases, and societal expectations
- **Peer (Peer Judgment):** People of your same age, social group, or status judge you or evaluate you.
- **Family (Familial Judgments):** your family judges you based on their beliefs, values, expectations, or experiences.
- **Education (Educational Judgments):** teachers, peers, or the educational system judge you based on your abilities (or lack of) or potential (or lack of).
- **Health Judgments:** The health system (medical professionals), society, family, and peers judge you based on your health conditions, disabilities, or mental health challenges.
- **Personal Judgments:** judgments you make about yourself