

HOW TO
Overcome Other
People's
Judgements



A *Earth School* workbook

GET READY

- Have a notebook or a print out of the workbook
- Have 15 minutes
- Find yourself a quiet spot

THIS WORKBOOK IS FOR YOU IF YOU WANT...

- to understand how judgments affect you
- to learn about beliefs
- a 3 steps method to free yourself



JUDGMENTS

We are all quick to judge, and this guide is as much for you to get free of people's judgments as well as learning to stop judging. Judging doesn't bring anything new, good or helpful, it is only a defense mechanism of our beliefs.



Action Step

UNDERSTAND HOW JUDGMENTS AFFECT YOU

No matter what you do, there will always be someone to judge you, have you noticed?

LEARN ABOUT BELIEFS

We do not always choose what we think, did you realize that? How sometimes some thoughts seem to "pop"?

A 3 STEPS METHOD TO FREE YOURSELF

Discover what is in YOUR power when it comes to people's judgments.

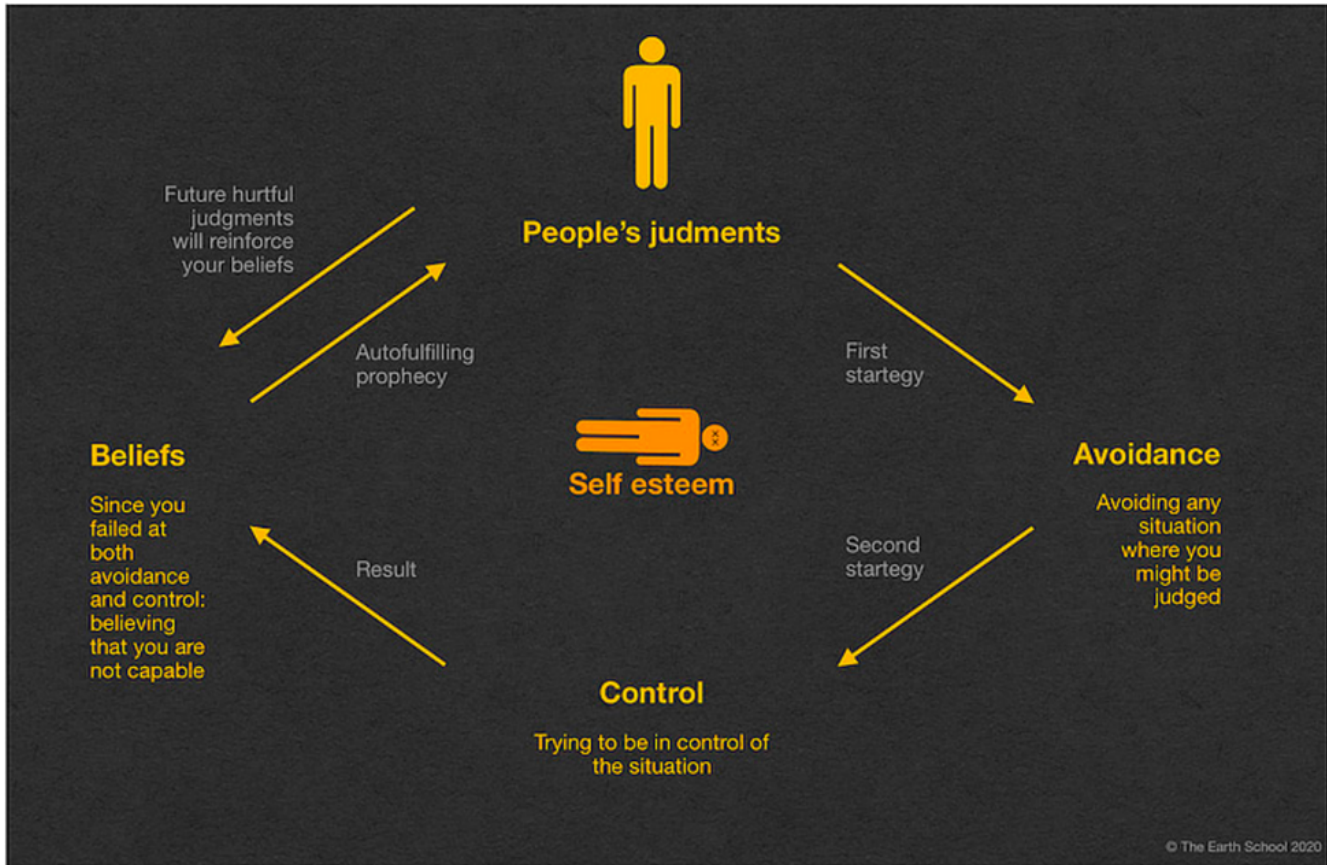
BEING YOURSELF MEANS BEING ABLE TO COPE
WITH WHAT OTHERS SAY. LET'S BE MORE
OURSELVES TODAY!





UNDERSTAND WHY PEOPLE JUDGE YOU

No matter what you do, there will always be someone to judge you, have you noticed? Are you curious to understand why?



You can try to avoid being judged or you can try to control it. But since it is an external matter, you have no effect on it. Your attempts only comfort you in the idea that there is nothing you can do.

Your beliefs are fed by those failures. No matter what your beliefs are. It could be that you deserve those comments, that you should keep quiet, that the others know better than you,...

You hurt your self-esteem. Stop this circle. To illustrate my words I want to share a tale with you...



THE MAN, THE BOY, AND THE DONKEY

A Man and his son were once going with their Donkey to market. As they were walking along by its side a countryman passed them and said: "You fools, what is a Donkey for but to ride upon?"

So the Man put the Boy on the Donkey and they went on their way. But soon they passed a group of men, one of whom said: "See that lazy youngster, he lets his father walk while he rides."

So the Man ordered his Boy to get off and got on himself. But they hadn't gone far when they passed two women, one of whom said to the other: "Shame on that lazy lout to let his poor little son trudge along."

Well, the man didn't know what to do, but at last, he took his Boy up before him on the Donkey. By this time they had come to the town, and the passers-by began to jeer and point at them. The Man stopped and asked what they were scoffing at. The men said: "Aren't you ashamed of yourself for overloading that poor donkey of yours and your hulking son?"

The Man and Boy got off and tried to think of what to do. They thought and they thought, till at last they cut down a pole, tied the donkey's feet to it, and raised the pole and the donkey to their shoulders.

They went along amid the laughter of all who met them till they came to Market Bridge, when the Donkey, getting one of his feet loose, kicked out and caused the Boy to drop his end of the pole. In the struggle, the Donkey fell over the bridge, and his fore-feet being tied together he was drowned.

"That will teach you," said an old man who had followed them: "Please all, and you will please none."



LEARN ABOUT BELIEFS

We do not always choose what we think, did you realize that? How sometimes some thoughts seem to "pop"?

A belief is a generalization of an old experiment, who went into our subconscious and pops out automatically.

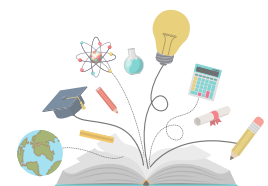
What does it mean? It means that your mind, to try and organize the world, create beliefs based on experience.

If you hear during your childhood that one has to work hard to make money, there are good chances it will become a belief.

And when this belief stops you from reaching your goals, it becomes a limiting belief.

We have many beliefs regarding education and family for example. And when new information doesn't fit with our beliefs, we tend to fight it.

That is what people do when they judge you. Actually, they are telling you that you don't fit with their beliefs and you disturb their peace of mind.





A 3 STEPS METHOD TO FREE YOURSELF

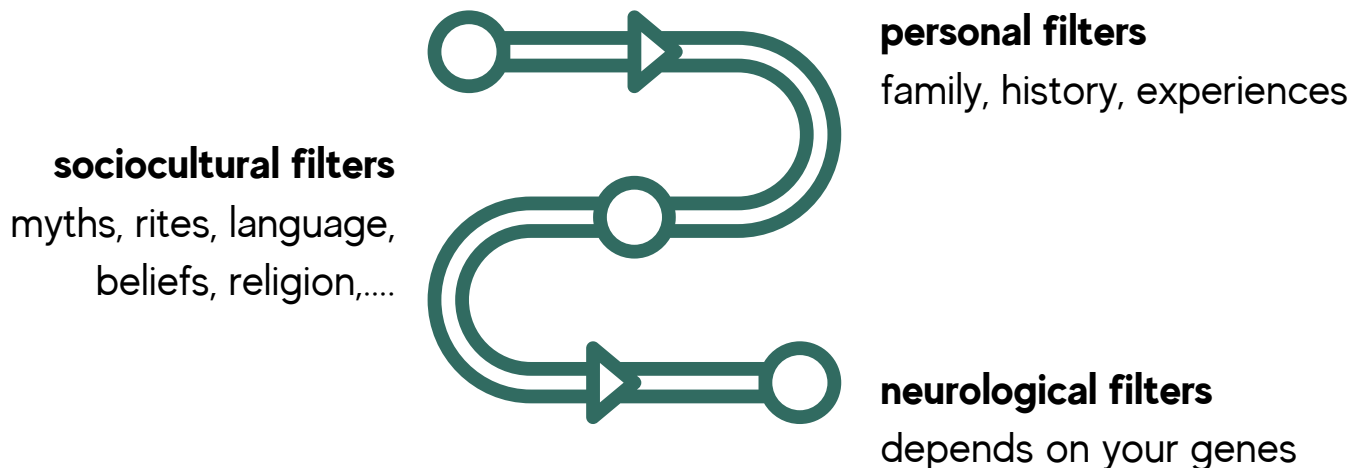
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1

Understand Others' Minds

When you understand others' mind, you can take an emotional step back.

We all see the world in a different way, we all navigate according to a different map of the world.



„Everything we hear is an opinion, not a fact.
Everything we see is a perspective, not the truth.

- Marc Aurelius





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2

Accept What Cannot Be Changed

Hoping and trying to change someone is a waste of time and energy.

Of course, some people do change their minds, and you might have had an influence on it with what you said. But the actual decision to change can only come from the person.

Speak using "I"

If you want someone to listen to you, and to hear what you have to say, try to speak about yourself.

When I want to tell my cousin that what she says is hurtful, I will say "I feel hurt when I hear you say that".

If you want to speak up and not being judgemental, remember the magical "I"!





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Don't Take Anything Personally

This one is a life-lesson and you have to let it sink in. The postulate here is that we all have our own version of reality (see point 1). Thus, what someone says is true for them, but not necessarily for you.



Here is what I do

When someone says something that hurts me, I remind myself that they didn't MEAN to hurt me, but it did touch something that hurt me (and that was already there).

Think humility, it's not all about you. It is actually quite rare for people to want to hurt us on purpose.

Exercise:

Grab a pen and paper. Think of a situation where you got hurt. Now, try to take some distance. Ask yourself:

- what will I think of it in ten years?
- what would someone from Middle-age think of it?
- what if that person actually wished me good?



You did it!

You are now ready to stop being hurt by
people!

WRITE DOWN THE 3 MAIN THINGS YOU WANT TO REMEMBER
FROM THIS BOOKLET.

Congratulations

TODAY YOU LEARNED HOW PEOPLE'S MINDS WORK
AND HOW YOU CAN USE THIS KNOWLEDGE TO
TAKE SOME DISTANCE FROM YOUR EMOTIONS.
WELL DONE!

