

Judgment

How many situations or people have you judged today?

Most of us judge others and situations all day long. We are judge and jury. We know what is correct, we know what is best; we know others are waiting for us to tell them what is correct.

Well, who says we have any right to judge another? Who says we are correct? Who is truly waiting for us to pass judgment?

No, we are not always correct and we know it. Think back to a situation in which you held a firm position only to change your mind later. It may have been that further facts changed your mind. It may have been the space or emotions you were feeling at the time. As those emotions changed you may well have changed your opinion as to what was right.

We all change. When we know better we do better. When we know better we might change our opinion. In hindsight, perhaps we should not be so fast to pass judgment.

It seems we are hard wired to make judgments. We make them daily. Some days we do a better job than others. We need to make them for ourselves and to live in this world.

We do not necessarily need to make judgments for others. We do not need to direct them. Everyone is entitled to their opinions which are correct for them at the moment based on their past and their current feelings and emotions. Those too will change and their opinions may well change.

Look back on your life and your judgments. You will be able to remember some that you felt strongly about that you now realize were wrong and have changed your mind about them. Yes, it is going to happen again and again as you learn, grow, and develop. That is part of life's lessons for all of us.

We are all here to learn and we learn at our own pace. If we do not learn the lesson we repeat it until we learn it. We have to learn it for ourselves. Perhaps, we should focus on ourselves and let others focus on themselves.

Sure, we can help and assist when asked. We can discuss and we can express our point of view. In expressing ourselves we do not need to judge. We should listen and leave room for different opinions.

