

Judgements Union of Saints

What People Commonly Judge Us By

(Beyond simple “perception,” these are factors—often unconscious—that shape judgment. Many say far more about the observer than the observed.)

Appearance & Surface Signals

1. Clothing style
2. Grooming
3. Body size or shape
4. Age appearance
5. Facial expressions
6. Posture
7. Tattoos or piercings
8. Makeup or lack of it
9. Hair texture or color
10. Physical ability or disability

Speech & Communication

11. Accent
12. Vocabulary
13. Tone of voice
14. Volume
15. Pace of speech
16. Silence or talkativeness
17. Humor style
18. Eye contact
19. Writing style
20. Emotional expressiveness

Social & Cultural Markers

- 21.Race or ethnicity
- 22.Gender presentation
- 23.Sexual orientation assumptions
- 24.Nationality
- 25.Religion or spirituality
- 26.Cultural customs
- 27.Political assumptions
- 28.Family structure
- 29.Marital status
- 30.Parenthood or lack thereof

Economic & Status Indicators

- 31.Income assumptions
- 32.Occupation
- 33.Education level
- 34.Neighborhood
- 35.Vehicle
- 36.Technology used
- 37.Brand choices
- 38.Travel history
- 39.Housing type
- 40.Financial independence

Behavior & Lifestyle

- 41.Diet
- 42.Health habits
- 43.Sleep patterns
- 44.Exercise routines
- 45.Substance use or abstinence
- 46.Work hours

- 47. Leisure activities
- 48. Social media presence
- 49. Response time to messages
- 50. Boundaries or lack thereof

Emotional & Psychological Projections

- 51. Confidence or shyness
- 52. Calmness under stress
- 53. Anger expression
- 54. Grief expression
- 55. Joy expression
- 56. Sensitivity
- 57. Reserve
- 58. Assertiveness
- 59. Optimism or realism
- 60. Trauma responses

Moral & Character Assumptions

- 61. "Niceness"
- 62. Compliance
- 63. Agreeableness
- 64. Obedience to norms
- 65. Forgiveness speed
- 66. Conflict avoidance
- 67. Willingness to explain oneself
- 68. Loyalty
- 69. Independence
- 70. Willingness to be liked

Productivity & Utility Bias

- 71. Output speed
- 72. Efficiency

- 73.Availability
- 74.Willingness to overwork
- 75.Measurable success
- 76.Titles held
- 77.Certifications
- 78.Busyness
- 79.Economic usefulness
- 80.Visibility of labor

Familiarity & Bias

- 81.First impressions
- 82.Past rumors
- 83.Secondhand stories
- 84.Social group affiliation
- 85.Similarity to self
- 86.Threat to ego
- 87.Comfort level
- 88.Unresolved personal wounds
- 89.Cultural conditioning
- 90.Fear of difference

Situational & Temporary Factors

- 91.One bad day
- 92.One good day
- 93.Stress levels
- 94.Illness
- 95.Fatigue
- 96.Timing
- 97.Context
- 98.Environment
- 99.Power dynamics

100.The observer's current emotional state

Why None of This Is As Important As How You Define Yourself

Every item above is **external, conditional, and unstable**.

They shift with mood, context, culture, and time.

What **does not shift** is:

- Your inner truth
- Your lived integrity
- Your conscience
- Your capacity for love
- Your connection to Spirit

People judge through **filters**.

You live through **experience**.

When identity is sourced externally, it fractures.

When identity is sourced internally and spiritually, it **stabilizes**.

The Deeper Truth

- Perception is temporary
- Opinion is borrowed
- Judgment is incomplete

But **self-definition** is an act of sovereignty.

And **connection to Spirit**, however you understand it, anchors you beyond:

- Social approval
- Misunderstanding
- Mislabeled
- Praise or rejection

Spirit sees the whole of you:

Your intention, your effort, your growth, your heart.

Final Reflection

You are not who others measure.

You are who you **know yourself to be**.

And when that knowing is aligned with Spirit,
no judgment can diminish you,
because it was never the source of your worth.

100 Traits That Shape a Person's Perception When Judging Others

Psychological & Emotional State

1. Unhealed trauma
2. Insecurity
3. Fear of rejection
4. Fear of loss
5. Envy
6. Jealousy
7. Shame
8. Guilt
9. Anger
10. Resentment

Ego & Identity Formation

11. Ego fragility
12. Need for superiority
13. Need for validation
14. Identity confusion
15. Overidentification with roles
16. Fear of being exposed
17. Comparison habit
18. Attachment to labels
19. Desire for control

20.Defensiveness

Cognitive Conditioning

- 21.Cultural conditioning
- 22.Family belief systems
- 23.Religious conditioning
- 24.Political ideology
- 25.Media influence
- 26.Stereotype internalization
- 27.Black-and-white thinking
- 28.Catastrophic thinking
- 29.Confirmation bias
- 30.Assumption-based thinking

Emotional Maturity Level

- 31.Emotional regulation skills
- 32.Capacity for empathy
- 33.Tolerance for ambiguity
- 34.Ability to self-reflect
- 35.Accountability skills
- 36.Conflict resolution ability
- 37.Emotional literacy
- 38.Self-soothing ability
- 39.Humility
- 40.Compassion depth

Life Experience & Exposure

- 41.Exposure to diversity
- 42.Travel experience
- 43.Education quality
- 44.Mentorship received
- 45.Stability in upbringing

- 46.Experiences of loss
- 47.Experiences of safety
- 48.Economic stress history
- 49.Powerlessness history
- 50.Privilege awareness

Social & Status Orientation

- 51.Status obsession
- 52.Hierarchical thinking
- 53.Groupthink dependence
- 54.Fear of exclusion
- 55.Loyalty to in-groups
- 56.Distrust of outsiders
- 57.Authority dependence
- 58.Rule rigidity
- 59.Reputation anxiety
- 60.Image management focus

Moral & Ethical Development

- 61.Moral absolutism
- 62.Ethical nuance capacity
- 63.Integrity alignment
- 64.Willingness to forgive
- 65.Justice vs punishment mindset
- 66.Empathy over judgment orientation
- 67.Projection tendency
- 68.Moral superiority belief
- 69.Blame displacement
- 70.Responsibility avoidance

Nervous System & Stress

- 71.Chronic stress level

- 72.Fight-or-flight dominance
- 73.Burnout
- 74.Sleep deprivation
- 75.Sensory overload
- 76.Anxiety baseline
- 77.Depression influence
- 78.Emotional exhaustion
- 79.Hypervigilance
- 80.Dissociation patterns

Spiritual & Existential Orientation

- 81.Connection to meaning
- 82.Spiritual grounding
- 83.Sense of purpose
- 84.Fear of death
- 85.Existential anxiety
- 86.Faith in goodness
- 87.Cynicism
- 88.Hope capacity
- 89.Reverence for life
- 90.Sense of interconnectedness

Self-Relationship

- 91.Self-respect
- 92.Self-trust
- 93.Internal coherence
- 94.Self-compassion
- 95.Inner stability
- 96.Shame resilience
- 97.Ability to sit with discomfort
- 98.Willingness to grow

99. Curiosity over judgment

100. Love for self

Why This Matters

Judgment is **not a measure of you**.

It is a **mirror of the observer's inner state**.

People do not see others as they are.

They see others **as they are conditioned, regulated, wounded, or healed**.

Final Grounding Truth

When you understand this, judgment loses its authority.

Because:

- Perception is shaped internally
- Interpretation is filtered through lived experience
- Meaning is assigned, not discovered

Your task is not to manage their perception.

Your task is to remain aligned with **your truth, your values, and your connection to Spirit**.

That alignment gives clarity.

Clarity gives peace.

And peace is not dependent on how others see you.

Amen.