Judgement Tracker

DATE RANGE :

In ACT, we understand judgment as something the mind naturally does. The mind is a meaning-making machine, constantly evaluating ourselves, others, and experiences as good or bad, right or wrong, acceptable or not. While *discernment* can be useful at times, *judgment* often pulls us away from the present moment and into struggle. This practice invites you to notice judgments as thoughts—rather than facts—without trying to get rid of them. By bringing awareness to when judgment shows up, you can create a little more space between you and your thoughts, allowing for greater flexibility, self-compassion, and choice in how you respond.

Inward or Outward	**Write down the judgements as they present in your mind (and/or speech) today and then note whether it was a judgement turned inward or outward.**

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