

# Reflecting on What Judgment Feels Like

Do you have someone in your life who judges you? Who is that person, and what is their relationship to you?

How does feeling judged by them impact your relationship with them? Do you trust them? Do you want to spend time with them?

Think of a time when you were judged. Write down what happened. Try to imagine yourself in that moment.

- What did you think?
- What did you feel?

- What did it feel like in your body?

- Did it impact how you felt about yourself?