

Nonjudgement

How to use this card:

*Pass this card around. Each person please state your name and read a small section of the content on **Nonjudgement**:*

Boundary 2: Nonjudgment

Members actively practice nonjudgment for the sake of self, others, and group health. We foster a spirit of curiosity and experimentation to assure healing for the greatest number.

Libby's Story: Libby the Guinea Pig

For me, the most meaningful words from the Suppers literature appear in the second boundary for relationships: "We foster a spirit of curiosity and experimentation to assure healing for the greatest number." How refreshing! How empowering to look to my own body for data. I didn't know I was a wealth of information. But I am!

It never occurred to me that I could test my blood sugar more than twice a day. The insurance company covered only two strips per day, and that was that. With my new fascination for my body, I bought extra strips and blasted through them for a few weeks to see how my body reacted to specific foods, exercise, and stressors. "Know your numbers" became my new motto. I counted carbs and fiber and wrote down everything I ate and how it made me feel in my journal. I did the breakfast challenge. That was eye opening! The oatmeal and apple that had been recommended didn't carry me nearly as long as a bowl of lentil soup or an omelet. As I got more sophisticated about my experiments, I branched into other areas of my life. I've always refused to take drugs for my insomnia, but I was willing to manipulate my behavior to see what could help me sleep. Eating earlier helped. Making myself stay up doing needlepoint until 11:30 meant I got my sleep in one block, instead of two blocks separated by three fretful hours in the middle of the night. I played with the timing of my supplements and took notes. I took the clock out of my room.

I got curious about relationships too. I wondered what would happen if I did something totally new and out of character. The next time I felt criticized by my office mate, instead of staying in my pattern and getting defensive, I agreed with her. "You might be right," became my new reply. I got so smooth nobody could lock horns with me any more and I felt clever and happier.

Curiosity can be a gentle way of walking through life. I'm less stressed. I'm more fun. And nobody has to be down for me to be up. I love being a guinea pig, as long as I'm the one designing the experiments.

Continue around the table by briefly sharing how you relate to the Suppers boundary that requires members to actively practice nonjudgment at our meetings.

Share what you are learning from experiments with lifestyle change.

Discussion Prompts (Each person select a prompt that works for you.)

- Describe how our meeting environment that insists on nonjudgment is different from your everyday world.
- How does it affect your sharing to know that that we have a cultural expectation that we will not judge each other?
- Name something you might explore further with a spirit of curiosity instead of with judgment.
- How have other people's judgments of you affected your quality of life?

Ideas for Next Steps:

Experiments and Observations:

- Do a thought experiment: Imagine you are already benefiting from not being judged. What is better in your life?
- Do a thought experiment: Imagine you are actively practicing nonjudgment, how is it affecting your relationships with the important people in your life?
- Do the experiment with someone safe: Next time you feel judgmental with this person, acknowledge you are working on an experiment to actively practice nonjudgment. Discuss how being less critical will affect the relationship.

Between Meetings:

- Just start noticing when you leap to judgment and collect your observations in a journal. Look for patterns.
- Read how other Suppers members related to nonjudgment.
 - Read [Shelley and Dor's story](#) about resistance to change, page 10 in the 2nd edition of *Logical Miracles* and on the Suppers website.
 - Read [Lindsey's story](#) about better living through chemistry, page 13 in the 2nd edition of *Logical Miracles* and on the Suppers website.
 - Read [Kimberly's story](#) about practicing nonjudgment page 177 in the 2nd edition of *Logical Miracles* and on the Suppers website.