

# 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 2<sup>nd</sup> edition of *Logical Miracles* and on the Suppers website.
  - Read [Lindsey's story](#) about better living through chemistry, page 13 in the 2<sup>nd</sup> edition of *Logical Miracles* and on the Suppers website.
  - Read [Kimberly's story](#) about practicing nonjudgment page 177 in the 2<sup>nd</sup> edition of *Logical Miracles* and on the Suppers website.