

# I avoid judging the decisions of others

## **I avoid judging the decisions of others.**

Individuality is a beautiful thing because it makes the world interesting. I am encouraged to be accepting when I recognize how different my perspective is from others.

The decisions of others are theirs to make. **I stay away from judging them because I am only in charge of my life.** It is easy to think that I have all the answers but that is rarely the case.

Understanding the reality of others opens my mind to alternative thinking. Being open-minded is a good way for me to learn and grow. It builds awareness.

My friends make questionable choices all the time, but I avoid being judgmental. **I accept that their thought process is influenced by unknown factors.** Being a good friend means removing personal bias and just being supportive.

Giving advice is a part of my friendly responsibility. I stay away from expecting that advice to be taken and just give it warmly and open-heartedly.

## **Sometimes I use my experience to provide guidance, but rarely impose my beliefs.**

My responsibility begins and ends by throwing the seeds of wisdom and then accepting how they are received.

There are more important roles that I am responsible for in life. I choose to play the ones that empower and uplift.

Today, my decisions and choices are ideal for my life. I know that imposing those on others is self-serving. My relationships are more meaningful when I give others the room to live their own lives.

## **Self-Reflection Questions:**

1. How do I offer advice to my friends without sounding judgmental?
2. When is it okay to object to a decision that a loved one is making?
3. How can I tell the difference between advice and imposition?