

Replacing Judgment with Curiosity

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



Without us always being aware of it, the judgmental tendency of the mind frequently guides us towards making narrow assumptions about our experience. When judgment predominates, our curiosity diminishes. We tend to see the world in a limited way, narrowed by our own biases, history, and conclusions.

As we become aware of this natural tendency to judge the world around us, we soften its grasp. In the space created, we are able to cultivate the energies of curiosity and openness. These qualities lead to greater contentment, less anxiety and irritability, and a broader view of the world. Each of these funnel towards greater inner peace.

This exercise invites you to consider where you might be able to replace judgmental thoughts with an attitude of curiosity. In doing so, new possibilities present themselves. Consider the following examples:

Judgments

He is self-centered.

Curiosities

I wonder why he struggles to consider the needs of others.

In what ways do I express self-centeredness?
Does self-centeredness define him?

What other qualities does he embody?

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Judgments

I will never find the right partner.

Curiosities

What themes have been present throughout my previous relationships?

Can I use this time on my own to get to know myself better?

I wonder if there is something I might be able to learn from my past experiences in relationship.



EXERCISE:

Take some time to fill in this chart by calling to mind any presumptive or judgmental thoughts you might hold. Thoughts might include assumptions about yourself, about other people, or about the world. Then, consider where you might become more curious about the situation that led you to making the judgment.

Judgments

Curiosities

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REFLECTION QUESTION:

How might this practice be adopted into your daily life? In what relationships or situations might you invite greater curiosity?

