

Suspend Judgment

Use this exercise to help you understand how you classify your feelings. On the following page, use the left-hand column of the table to list experiences you've had, and then in the middle column list the emotions you felt from those experiences. Maybe you felt frustrated with Internet lag, then happy to have your favorite leftovers for lunch, followed by a feeling of sadness when your student who is struggling didn't show up for class. Then in the right-hand column, write whether you judged this emotion to be good or bad. For example:

Experience	Emotion	Good or Bad
Slow Internet connection	Frustration	Bad

On the last page, revisit the experience again, but this time think about the emotions as neutral "rather than good or bad." You can write a reminder, "I do not judge my emotions," followed by a short free write. Or you can write a letter directly to that emotion, thanking it for the information it provided: "Dear sadness, thank you for. . ."

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Experience	Emotion	Good or Bad

