

Neutralizing Judgmental Thoughts

Sometimes it is difficult to avoid judging someone based on how they look, behave, or what they say.

This worksheet uses the acronym CLEAR to adopt a less critical outlook when dealing with others (modified from Linehan, 2015).

Use the following statements to adopt a CLEAR mind:

Categorize your thoughts and recognize any judgments.

Write several judgmental thoughts you had this week:

Leave behind any thoughts that adopt a (good or bad) “*should*” viewpoint.

Write them below. Take a deep breath and let it out slowly and release.

Evaluate the consequences and the benefits of the actions:

Accept the reality.

Reflect on the reality of the situation. What do you need to accept?

Remind yourself that things often make sense because of the reasons around them and the context in which they happened. List the three most likely reasons below:

Re-write your judgmental thought without judgment:

References

- Linehan, M. M. (2015). *DBT skills training handouts and worksheets*. The Guilford Press.

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