

# How to Practice Nonjudgmental Mindfulness

<https://www.mindfulnessmuse.com/mindfulness-exercises/how-to-practice-nonjudgmental-mindfulness>

“Kind thoughts are rarer than either kind words or deeds. They imply a great deal of thinking about others. This in itself is rare. But they also imply a great deal of thinking about others without the thoughts being criticisms. This is rarer still.” – *Frederick W. Faber*

**J**udgment has no more power over your lived experience that you will allow. Do you sense that [judgment toward yourself](#), others, or events has impacted your life in ways that feel limiting, inauthentic, or harmful in some way? If a part of you feels that you could benefit from cultivating an attitude of [nonjudgmental mindfulness](#) toward your [true self](#), others, or events, take a few minutes to practice this [brief mindfulness exercise](#).

Unless you are currently faced with an “emergency,” spending the next three to five minutes engaged in mindful reflection is likely to be time well spent. Before you begin this brief mindfulness exercise, take a moment to reflect on the ways in which adopting a judgmental attitude has resulted in limiting your opportunities, knowledge of self/others, and relationships.

## (1) Visualize yourself removing the lenses of judgment

[Observe](#) what thoughts, emotions, and sensations emerge within your experience as you imagine taking off a heavy pair of glasses through which you have viewed your experience. Imagine these glasses as containing thick, cumbersome, and cloudy lenses that result in a skewed, distorted, and judgmental view of yourself, other people, and events.

## (2) Mindfully notice... really see... yourself, others, and the world

Allow yourself to blink a few times, take a step back, and really see the world around you... unencumbered by the heaviness of judgment. Allow harsh judgmental thoughts toward yourself and others to slowly melt away as you become aware of the rich and personal life path that has brought you to this present moment. Allow yourself to experience warmth and compassion as you realize that each of us has traveled along a unique path in life... full of hopes, dreams, regrets, failures, desires, doubts, loves, fears, and so on. Recognize and embrace our common humanity as you allow the barriers you may have built between yourself and others (or between your false self and authentic self) to slowly melt away.

## (3) Ask wise mind, “What is it that I most deeply want in my life?”

Wise mind is the balancing point between reason and emotion. Wise mind often manifests itself as the still small voice within... guided by your deepest sense of intuition. When you are acting out of wise mind, there is mindful awareness and integration of reason with emotion, enabling you to make effective choices. By calmly and peacefully asking wise mind this question and allowing it to naturally unfold, you may notice certain themes emerging. For example, you might notice a deep longing for love, belonging, or acceptance arising from within. Whatever answer(s) come to you, choose to practice mindfulness by directing an attitude of acceptance, curiosity, and openness toward your deepest needs and wishes.

“No matter how far you have gone on the wrong road, turn back.” – *Turkish proverb*

### About Laura K. Schenck, Ph.D., LPC

I am a Licensed Professional Counselor (LPC) with a Ph.D. in Counseling Psychology from the University of Northern Colorado. Some of my academic interests include: Dialectical Behavior Therapy, mindfulness, stress reduction, work/life balance, mood disorders, identity development, supervision & training, and self-care.