

Title:

Addiction to Self-Judgment

Word Count:

724

Summary:

^I'm such a jerk. How could I have said that?~
^I'm a loser. I'll never get anywhere.~
^I'm so stupid. I should have learned this by now.~
^I don't fit in. I don't belong with these people.~
^I'll never be good enough. I'll never do it right enough.~
^I'm permanently emotionally damaged. I'll never be okay.~
^No one could love me. I'm not lovable.~

Keywords:

self improvement, self judgement

Article Body:

^I'm such a jerk. How could I have said that?~
^I'm a loser. I'll never get anywhere.~
^I'm so stupid. I should have learned this by now.~
^I don't fit in. I don't belong with these people.~
^I'll never be good enough. I'll never do it right enough.~
^I'm permanently emotionally damaged. I'll never be okay.~
^No one could love me. I'm not lovable.~

and so on and so on.

Are you aware of your self-judgments? Are you aware of how often you judge yourself as bad, wrong, or stupid?

In my counseling work with people, I find that self-judgment is one of the major causes of fear, anxiety, anger, and depression.

Pointing out to them that they are causing their anxiety with their self-judgment doesn't not help.

Generally, the hope of self-judgment is to protect against rejection and failure. The false belief is that if I am perfect, I will be loved.

However, just as a child does far better in school with encouragement than with criticism, so do we.

The way out of this is to become aware of the feelings of fear, anxiety, anger or depression and to deal with them.

For example, ^I'm such a jerk. How could I have said that?~ becomes ^We all mess up at times.~

Addictions are always challenging to resolve, and an addiction to self-judgment is no exception.

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