

# Suspend Negative Judgment Checklist

Purpose: This checklist serves the purpose of helping you reframe how you view your spouse or partner.

## Key Points:

- Suspending judgment enables you to remove yourself from the immediacy of negative feelings and thoughts and see the larger picture.
- You strengthen the part of you that can objectively evaluate your situation, which removes you from your pain and agony.
- You gain control of your feelings and thoughts with the ability to suspend negative judgment
- Your life will more and more be based on reality and not upon your reactivity or neediness.
- You will achieve internal freedom by moving away for all or nothing mentality to appreciating the subtle differences of others and life in general.

## Benefits for You:

- You will live with less reactivity and loss of control when facing difficult situations.
- You will experience your personal power and have greater positive influence in relationships.
- You will decrease the tension and negative feelings in your life.
- Negative images and memories will lose their power in your life.

## Instructions:

Choose one or two of the positive statements you would like most to be part of your view of your spouse or partner.

- I was initially attracted to him/her for a variety of reasons.
- S/he is a mixture of the good, the bad and the ugly – just like me.
- S/he is doing his/her best.
- S/he is doing all s/he can right now to manage our difficult situation.
- S/he has a “little girl/boy inside.”
- S/he has many redeeming qualities.
- Deep down, s/he probably wants the same things I want.
- S/he probably wants to learn better how to get what s/he wants
- It must really suck sometimes to be him/her.
- S/he has many qualities I truly admire.
- S/he has developed “walls” – just as I have.
- S/he was given to me for some purpose.
- S/he employs coping behaviors that go way back – long before I met him/her.
- S/he is no different than anyone else – trying to find his/her way in life.

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- Spend a few days focusing on these statements.
- Remind yourself periodically during the day that you want to think your positive thought.
- Go over the list before you sleep.
- Be kind to yourself when you fail. Check the statements below when you believe you have met that specific goal.

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- I can shift to this thought when I begin to encounter negative thoughts
- I can shift to this thought in my darkest moments
- I can list 3-5 benefits maintaining the thought has for me
- I truly believe this thought is reality
- I can smile when I think of this thought
- I am extremely pleased with how I can control my thoughts and the good feeling it generates
- I know that maintaining this thought opens a new world for me in terms of creating a lasting love
- I know I am benefiting from this experience even if my spouse fails to respond in ways I would like

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**Help us out: Give your input on this**

**exercise: Please go to:**

<http://www.surveymonkey.com/s/NXQ7T8W>

**Notes and Comments:**