

7 COMPONENTS OF RESILIENCE ECOURSE

LESSON 2

No Self-Judgement
The Self-Supportive Mindset



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Introduction

Why is it that some people seem to be able to "bounce back" from difficult experiences while others get stuck in a rut? One key difference is resilience. Resilient people have an inner strength that helps them cope with challenges and setbacks.

They also have a self-supportive mindset, which means they don't beat themselves up when things go wrong. Continue reading to explore the importance of having a self-supportive mindset and offer some tips for developing one.

What Is Self-Judgment

According to psychologists, self-judgment is a form of negative self-talk that can have harmful effects on our mental and emotional health. When we're constantly judging ourselves, we're more likely to ruminate on our mistakes and feel unworthy of happiness and success. This can lead to feelings of anxiety, depression, and low self-esteem.

Not only does self-judgment make it difficult to cope with adversity, but it also makes it harder to bounce back from setbacks.

People are often told that they need to be strong and independent. They are taught to be self-sufficient and to not rely on others. But what happens when this advice is taken to the extreme?

When people become so independent that they forget how to be supportive of themselves, it can lead to a lack of resilience.

In order to build resilience, it's important to learn how to recognize and manage self-judgment and become self-supportive.

- Think of self-judgement as a rock that can crush and crumble you and your efforts when facing challenging times.
- What you need is a step stool that will uplift you to reach higher and that step stool comes in the form of self-support.

One of the key ways to become more self-supportive is by increasing your level of self-compassion. Instead of beating yourself up for your mistakes, try to be understanding and forgiving.

Remember that everyone makes mistakes and that you're not perfect. By being kinder to yourself, you can increase your resilience in the face of adversity.

5 Key Reasons Why We Judge Ourselves

We've all been there—saying things to ourselves like "I'm such an idiot" or "I'll never be good enough." Whether it's after a mistake at work or a personal setback, it's easy to fall into the trap of self-judgment. But why do we do it? And more importantly, how can we break the cycle?

There are a few different reasons why we tend to be so hard on ourselves.

1. For one, we live in a society that is constantly telling us that we need to be better. Whether it's ads that tell us we need to buy the latest fashions or social media posts highlighting our friends' "perfect" lives, it's easy to fall into the comparison trap and think that we're just not measuring up.
2. Another reason we're quick to judge ourselves is that it's a way of deflecting responsibility. If we view ourselves as being at fault, then we don't have to face up to the fact that there might be something wrong with our relationships or our lifestyle choices. It's easier to believe that we're the problem than it is to change our circumstances.
3. It can be a result of ego, self-importance, or self-esteem. High self-esteem drives expectations about your performance and that can motivate you to challenge yourself consistently and thus lead to better results. But it can also breed perfectionism which is an impossible expectation to live up to. Perfectionism is unrealistic because nobody is perfect. The gap between expectation and reality can lead to anxiety, depression, deep disappointment, and anger.
4. There is also a form of self-judgment that is based outside of reality. It's a form of mental manipulation. Someone with a high ego is prone to testing reality by comparing themselves to other benchmarks, like peer performance or historical results. When someone is concerned about their identity, they may use self-judgment to put themselves down in a bid to protect their ego later.

5. Another cause of self-judgment comes down to a fear of failure or rejection. This self-judgment can be a form of self-protection. This does tie into perfectionism a bit because if you're terrified of a poor result, self-judgment can be a way to discourage yourself from acting. And if you don't act, you can't fail.

If we believe that we're not good enough, then we're less likely to put ourselves in situations where we might fail. This might seem like a good strategy in the short term, but in the long run, it only leads to feelings of frustration and resentment.

Remember that you are not your mistakes or your failures. You are so much more than that. So cut yourself some slack and give yourself a break—you deserve it! While we will provide tips below to help you address your self-judgment issue, the first step is recognizing your situation.

You need to understand why you're in this situation and that there is work required to overcome it. You might not realize the power of objectivity, but adopting an objective perspective will help achieve a sense of calm which will be useful to you on this journey.

Examples Of Self-Judgment

If you're having a difficult time nailing down some self-judgments in your own life, these examples may help get your creative juices flowing. People who are used to engaging in self-judgment often have a lack of confidence, they are particularly harsh on themselves and hesitant to take action.

An accomplished professor with vast experience in his vocation attends a conference with colleagues from all over the world. Despite their impressive credentials, he is, by far, the most accomplished aside from the speaker.

Yet, when it came time for the Q&A session, he was unable to come up with a great question. The reason? He spent the entire conference so focused on how poor his questions were that he missed the talk entirely. Self-judgment undermined him.

A dentist has fallen slightly behind her colleagues in technical knowledge because she was off sick for an extended period of time after a difficult bout of COVID-19. She hasn't yet attended the same courses to update her techniques. They are on her schedule, but in the meantime, she feels left behind.

Self-judgment has paralyzed her even though she hasn't had a need to use any of the new techniques. Just hearing her colleagues discuss them was enough to cause her to undermine herself.

The Effects Of Self-Judgment On Resilience

When you aren't at the top of your game, self-judgment tends to creep in. When it does, it targets the parts of you that you don't value or like. You judge yourself in the face of certain challenges. You judge yourself over certain weaknesses. And as a result, you feel disappointment, anxiety, and a loss of control. It triggers a downward spiral.

When you're not particularly good at something, you convince yourself that you can't do it. So, you simply don't bother trying, which leaves you worse off than ever before. You aren't just constrained by the challenge you are faced with; you are also forced to cope with limiting beliefs.

If you aren't careful, you might be wholly consumed by self-judgment. It won't motivate you; it will cause you to stall. It steals your self-confidence, and the negative opinions start to pile up leaving you with an overall negative impression of yourself.

Self-judgment is harmful, and it breeds a fixed mindset which is also wildly harmful. By addressing your self-judgment, you will help develop a self-supportive mindset. That is where the magic happens.

We all have moments of self-doubt. It's human nature to second-guess ourselves sometimes. But when that self-doubt turns into full-blown self-judgment, it can have a negative impact on our resilience.

What is resilience? It's the ability to recover from, or even thrive in, the face of adversity. We all need resilience to get through the tough times in life. But when we're constantly judging ourselves, it takes a toll on our resilience. Here's how:

Self-Judgment Leads To Negative Thinking

When we're constantly judging ourselves, it's easy to get caught up in a loop of negative thinking. We focus on our flaws and mistakes, and we beat ourselves up for not being good enough. This can lead to feelings of inadequacy and low self-esteem, which make it even harder to bounce back from setbacks.

Self-Judgment Leads To Perfectionism

When we're too hard on ourselves, it can lead us to become perfectionists. We set unrealistic standards for ourselves and our work, and we beat ourselves up when we don't meet them. This can lead to anxiety and stress, and it makes it harder to be resilient in the face of adversity.

While it's natural to have moments of self-doubt, constantly judging ourselves can have a negative impact on our resilience. When we're too hard on ourselves, we set unrealistic standards and focus on our flaws and mistakes instead of our strengths. This can lead to anxiety and stress and make it harder to recover from setbacks.

Why Self-Support Is Important For Resilience

Self-support is important for a number of reasons. First, it allows you to be in control of your own life. When you are able to support yourself, you are less likely to feel like a victim or like you are being controlled by others.

Second, self-support gives you a sense of accomplishment. When you know that you can rely on yourself, it boosts your confidence and helps you feel good about yourself.

Finally, self-support helps you develop resilience. When you have the ability to bounce back from setbacks, it makes it easier to handle challenges and keep moving forward in life.

6 Key Ways Self-Support Enhances Resilience

1. When you are confident in your abilities you are likely to persevere through tough times.
2. You are proactive when looking for solutions because you are acting in support of yourself and in your own best interests.
3. The choices and decisions you make are in line with a self-supportive mindset and so your outcomes will tend to be more positive.
4. When you are self-supportive, it means you like and love yourself and so you are not likely to choose self-destructive options when dealing with life's challenges, instead you face adversity with strength and positivity because you want to do what is best for you and will result in coming through to the other side as a winner.
5. If your obstacle or challenge is related to your failure in some way, self-support allows you to push past the self-judgements and berating of yourself and instead allows you to look at your mistake as a learning opportunity. This outlook of a "learning opportunity" enhances your resilience and allows you to overcome the challenge you are facing.

6. Self-judgement is a reactive condition. “I am such a failure” or “how could I let this happen?” or “I can’t face this obstacle,” are just some examples of the self-talk that can take place when we are judging ourselves.

In contrast, a self-supportive dialogue is a proactive condition. “I can do this,” or “I’ve been through worse, I got this,” or “I can handle anything that comes way” or “I refuse to give up on myself.”

As you can see the differences between the self-supportive self-talk and self-judging self-talk can make a world of difference in how you respond to and what actions you take when you are faced with adversity. It is also a clear distinction between the resilient and non-resilient mindset.

How To Become More Aware Of Your Own Self-Judgments

We all have a little voice inside our head that loves to point out our imperfections and tell us we're not good enough. This voice can be incredibly judgmental, and it's often the source of our negative self-talk.

If left unchecked, this voice can become very loud and overwhelming. The good news is, there are ways we can become more aware of these self-judgments and learn to quiet the negative noise. Here are three tips:

Pay Attention To Your Thoughts

The first step is to simply become more aware of your thoughts. A lot of times, we're on autopilot and we're not really paying attention to what we're thinking. But if you start paying attention, you'll notice that a lot of your thoughts are judgmental.

For example, you might catch yourself thinking things like "I'm so fat," "I'm such a screw-up," or "I'll never be good enough." These thoughts are not true and they're not helpful, so it's important to learn how to recognize them for what they are.

Acknowledge Your Judgments

Once you start becoming aware of your judgments, the next step is to acknowledge them. This means recognizing that just because you have a thought, doesn't mean it's true. Thoughts are just thoughts—they're not real.

So, when you notice yourself thinking something judgmental, try to acknowledge it without getting too wrapped up in it. You might say something like, "Oh, there's that judgmental voice again," or "That's just my inner critic talking."

Challenge Your Judgments

The final step is to challenge your judgments. This means examining your thoughts and asking yourself if they're really true. For example, if you catch yourself thinking "I'm such a screw-

up," ask yourself if that's really true. What evidence do you have to support that thought? Is it possible that you're being too hard on yourself?

Once you start challenging your judgments, you'll see how often they're actually based on false assumptions or irrational beliefs. And when you see them for what they really are, it becomes easier to let them go.

These days, it's more important than ever to be aware of our own self-judgments. With all the negativity in the world, it's easy for our inner critic to get too loud and start taking over. But by paying attention to our thoughts, acknowledging our judgments, and challenging them, when necessary, we can learn to quiet the negative noise and focus on the things that truly matter.

Mindfulness And Self-Supportive Mindsets

Mindfulness is a helpful tool on the path to insightfulness. The reflective nature of mindfulness is useful for building awareness of the self-judgments that are sabotaging your self-supportive mindset. Don't look at hiccups as failures, and don't put yourself down for encountering obstacles.

This is a natural part of the journey and the journey is longer than you may realize. So, don't apply unrealistic standards to yourself and expect an overnight transformation. You are working on overturning lifelong habits.

The purpose of this journey is to stop giving your self-judgments meaning. When you give them weight, they weigh you down. When you choose to elaborate on them, they will constrict your thought process.

Not all self-judgments are bad, some are neutral. They don't typically inspire any strong emotions one way or another, which means there's no emotional baggage, they're just a self-definition.

For example, a self-judgment can be as simple as *I am more comfortable spending time alone*. That's not a damaging self-judgment, it's a recognition that you are shy or merely introverted. It isn't disempowering you.

That being said, someone else with that same self-judgment might have emotional baggage attached. Some people are shamed for being introverts, some people are made fun of for pulling away and spending time alone.

Recognizing the difference between these will be an important part of your journey. If you notice a self-judgment, but it doesn't elicit a strong emotional response, you can move on.

15 Tips To Create A Self-Supportive Mindset

There are many ways that you can be self-supportive.

- One way is to set boundaries with others. This includes learning to say "no" when someone asks you to do something that you don't want to do or that is not in your best interest.
- Another way to be self-supportive is to take care of yourself physically, emotionally, and mentally. This means eating healthy foods, getting enough sleep, and taking time for yourself regularly. It also means surrounding yourself with positive people who will support your goals and dreams.
- Finally, being self-supportive means having a positive outlook on life and believing in yourself even when things are tough.

Learning how to be self-supportive is an important life skill for everyone. If you want to be resilient and thrive through difficult times, it's crucial that you develop a strong sense of self-support.

The biggest piece of work will be around expanding your awareness to recognize your habits around self-judgment and how it's holding you back from cultivating a self-supportive mindset. You can start slowly by simply *counting* the number of times you catch yourself in a self-judgment. That is a powerful exercise that will draw your attention to and expand your awareness of the problem. You might be surprised by how often you fall into the self-judgment trap.

Once you get to grips with this, you can reframe your perspective and use self-compassion to develop your new mindset. With self-judgment comes rejection and denial. But with self-compassion, comes love and recognition.

When you learn to stop being hypercritical you also learn compassion and tolerance. And if you are non-judgmental when it comes to others, then you can use that to your advantage when it comes to putting a stop to self-judgment.

You can also use visualization as a helpful tool to reimagine your inner self as a mirror image of yourself or another figure that you can imagine yourself being compassionate with.

Remember, YOU are the only one who can control YOUR life...so make sure that YOU are the one in charge!

Determine The Cause

Every emotion has a root, and so do self-judgments. The brain naturally analyzes any stimuli it encounters in the world. This is a form of judgment, but it allows the brain to assess and adapt to the environment. You can do the same by looking inwardly. You have thousands of thoughts every day, and most of them fly by unquestioned, unnoticed, or unexamined.

So, it's time for you to reflect, whether you do so through meditation or otherwise, just push everything else away to focus on your thoughts. Once you are tapped in, you are in touch with a deeper version of yourself.

The more you do this, the more you will recognize the many imperfections in the way you have been viewing yourself. Start paying attention to what or who is causing those self-judgments and standing between you and a self-supportive mindset.

Practice Self-Love

We've already touched on the issue of addressing self-judgment at its root. It can be a useful tool when you use it to understand *where* it's coming from and take action as a result. This is a healthy way to take accountability.

Practicing self-love is about seeking the thoughts that align with self-love. If your thoughts generate self-pity, generating more positive thoughts will generate self-love. Self-pity-generating thoughts will just provide you with more hater material.

So, start being more forgiving with yourself when you do the wrong thing because that's the most effective way to manifest more right things. If you are your own judge, you should be seeking balance.

Treat Yourself

There is a fairly good chance that your self-judgments are far harsher than any judgments others place on you. You might even see some of the same physical "imperfections" and behaviors in others, yet you treat them kindly.

The degree of separation between you and *their* situation allows you to be a more objective view. It's much easier to show kindness to others and overlook their "shortcomings" than it is to show kindness to yourself or overlook your own "shortcomings".

Think about the people close to you. The people who share some of your perceived imperfections and think about how much you love them and how much kindness you show to them. What's the difference between you and them? Only the way you treat yourself. Start practicing self-forgiveness instead of self-loathing.

Your Witness

When you notice self-judgment, shift your brain's gears. Separate yourself from the inner conversation you're having and refuse to engage with your negative thought. You can acknowledge the thought but do so passively rather than getting defensive about it. This allows the truth of the thought to rise to the surface.

Self-judgment can be a motivational tool because, despite the evidence, it really isn't intended to hurt the way it often does. The reason that you are your biggest hater is that you are also your biggest fan.

The emotional sensitivity you have to some self-judgments is a sign that yours have gone awry and are preventing you from reaching a self-supportive mindset. So, when you notice an emotional sensitivity in response to a self-judgment, be your witness. Take a step back mentally and let go of your emotional sensitivity to simply witness the thought.

The quickest way to turn a self-judgment into a negative is to process it as something that detracts from your worth. Ground yourself, detach yourself from your ego, and start looking at self-judgment as a different form of love – it isn't tearing you down, it's enlightening you and you can address it.

The Power Of Thoughts

We touched on mindfulness because mindfulness is a useful tool for deciphering your thoughts. Are your thoughts contributing to a self-supportive mindset or are they cultivating a mindset of scarcity or negativity? When you take the time to practice mindfulness, it can help you become more conscious of the types of thoughts circulating in your mind. That can help you shift away from negativity.

Embrace Gratitude

Gratitude is a powerful tool and it's actually one that is widely recognized as a tool for creating happiness. If you spend all of your time focusing on what you don't have, you will always feel as though it's not enough.

You will always want more. But if you look at what you do have, you will feel like you have much more. So, actively think thoughts of gratitude to help counter thoughts of self-judgment. You can keep a journal if you like, but having active thoughts of gratitude can be a powerful way to counteract negative emotions related to certain self-judgments.

Accept Imperfection

Everyone has imperfections and everyone has weaknesses. You don't need to hide them away or pretend they don't exist, just like you don't have to castigate yourself for them. Hiding from them is a great way to make sure you never overcome; you will struggle to cultivate a self-supportive mindset if you don't deal with them head-on. Acknowledge them and embrace them, they are a part of who you are.

Let Yourself Dream

Do you jump to dismiss yourself every time you dare to dream? Well, it's time for you to dare to dream. You should never put limits on your dreams because they're part of your creative side and embracing them identifies opportunities for growth.

Holding yourself back from dreaming is an act of self-judgment because you are subconsciously telling yourself that you can't do it. You can do whatever you want, you are capable of doing whatever you want, you just have to believe in yourself.

Embark On A Journey Of Adventure

Commit to trying something new every single day. It doesn't matter how big or small it is, just go out of your way to do something new. You can make a point of trying something bigger once a week or once a month, but the point is that you go out of your way to expand your horizons. A lot of self-judgment is rooted in an inability to *make things happen*, which means you need to take small steps to make things happen.

It's The Experience

You probably heard the phrase before. Life is about the journey, rather than the destination. And as great as it feels to achieve your goal, the path you took to do so is just as important, if not more.

There is another facet to the saying – the reason you should focus on your experience rather than the result is that you don't have to be an expert at something to enjoy doing it. So, focusing on your experience is going to ensure you have more fun. And you may find out you are good at certain things when you relax and enjoy yourself.

Growth, Not Speed

Rushing is just about the worst thing you can do in this situation. When you slow down and focus on your growth rather than the speed, you're going to pick up on all the important details and lessons there for the taking. Slow down and allow yourself to engage fully in the process. The results will be more meaningful.

The Power Of Yet

As you embark on a journey of cultivating a self-supportive mindset, change your vocabulary. Start using the word *yet* to challenge your self-judgments. If you are faced with something

new and you feel apprehensive, add *yet* to your self-judgment. *I can't do this...* now add the *yet*.

You can do it, you will do it, and by tacking the *yet* onto the end of your self-judgment you are giving yourself a stark reminder that you can actually. It's taking critical self-judgments out at the knees before it has a chance to take root. It's a great way to convince yourself that growth and development are possible, it's only a matter of time.

Cheerlead Yourself

When you take on a new challenge, you may be overwhelmed by self-judgment. You have to create a self-supportive mindset and you can do that by cheerleading yourself. A good habit to cultivate is positive self-talk.

Think about how great it feels when you master a skill. It's an incredible feeling. So, as you embark on something new, be sure to lift yourself up the way you would with a friend or family member.

Set Goals

Every time you achieve your goal, set a new goal. The learning journey never ends. Just like school days, when you finish studying for a test, you take it, and you move on to studying for another test.

Adulthood is much the same, but with setting and resetting goals of all sizes. In doing so, you constantly propel yourself forward and that helps deal with self-judgment and cultivate a self-supportive mindset.

The Sky Is The Limit

If there is one major enemy of a self-supportive mindset it's contracted awareness. When you get caught up in tunnel vision, focused on just one thing, everything else will pass you by. You can't grab every opportunity if you're focused elsewhere. So, expand your mind, open your focus, and recognize that the world is there for the taking.

Final Thoughts

To wrap things up, we will repeat what was said in the beginning of this lesson.

In order to build resilience, it's important to learn how to recognize and manage self-judgment and become self-supportive.

Think of self-judgement as a rock that can crush and crumble you and your efforts when facing challenging times. What you need is a step stool that will uplift you to reach higher and that step stool comes in the form of self-support.