Part 1) Turning the Judgment into a non-judgment 1. Judgment **Mindful Form** 2. Judgment **Mindful Form** 3. Judgment **Mindful Form** 4. Judgment **Mindful Form** 5. Judgment **Mindful Form**



M10: Letting Go of Judgments

Part 2) Resolving a repetitive judgment

Describe the judgment	Emotions resulting from the judgment	Life without the negative judgment: