

The judgmental mind—part 1

So what does your mind say to you when it really wants to beat you up? When your mind turns into judge, jury, and executioner—when it lays out all the evidence about what’s wrong with you, judges you as not good enough, and sentences you to suffer—what does that sound like? If someone could listen in to your thoughts, what would they hear your mind saying?

Take a moment to jot down some of the things your mind says. Complete each sentence with as many words or phrases as you can think of.

When my mind wants to judge me as “not good enough,” this is what it says:

My mind tells me that I am a ...

My mind tells me that I am too ...

My mind tells me that I am not enough of a ...

My mind tells me that I do too much of the following:

My mind tells me that I don’t do enough of the following:

My mind tells me that I lack the following:

Once you’ve done that, read through the list, pick the self-judgment that bothers you the most, and shorten it to a simple phrase of no more than five or six words—for example, I’m a loser, I’m too selfish, or I’m not witty enough. Then either work through the exercises in chapter 9 of ACT With Love, or run through similar exercises with your coach/therapist

The judgmental mind—part 2

When my mind wants to hook me into the “bad partner” story, this is what it says:

It tells me that my partner is a ...

It tells me that my partner is too ...

It tells me that my partner is not enough of a ...

It tells me that my partner does too much of the following:

It tells me that my partner doesn't do enough of the following:

It tells me that my partner lacks the following:

When I get hooked by this story, here is how it affects me: (describe changes in your feelings and your attitude towards your partner, and the way you treat him/her)

When I get hooked by this story, here is how it affects our relationship:

Once you've done this, either work through the defusion exercises in chapter 9 of ACT With Love, or run through similar exercises with your coach/therapist