

## How not be judgmental?

- You could feel that you know what the person is going through because you have seen many people in similar situations.
- This feeling of having enough knowledge may lead you to assumptions about the person that may not be true.
- If you say to the person, *“I understand what you are going through”* , the person may turn back and say, *“But how can you, when I do not?”*

### Steps to manage your Judgments

- Ask yourself:  
*“Am I predicting her thoughts, feelings, and actions?”*  
*“Am I generalizing events, metaphors and words from what I know of the scenario?”*
- Say to yourself repeatedly that however similar the story may seem, each person has been impacted differently.
- Try to convey to the person that what she is going through is not abnormal, but happens to other people in similar circumstances.
- Always try to link up your knowledge of possible feelings that the survivor may be experiencing to what she is saying.