

## Understanding Self-Judgement

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You must complete this section with your Pain Truth Certified Health Care Provider

### Idea of perfection: What I should be...

Check  the words that describe what you want to be or think you should be

- Pain-free       Strong/not weak       Flexible/not stiff       Energetic  
 Not feel old       Move without fear       Confident & trusting of my body  
 Capable of doing all my activities such as...
- .....

### Belief of current self: What I am now

Check  all the words that describe what you perceive you are now

- In pain       Feel old       Weak       Worried about my body  
 Exhausted       Tight & stiff       Frustrated       Fearful of movements  
 Unable to do my activities such as...
- .....

### Felt sense of judgment

Try out the judgment process to see what emotions it brings. Place a check mark  beside the emotions you now feel.

- |  |    |   |
|--|----|---|
| <input type="checkbox"/> Satisfied     | or | <input type="checkbox"/> Frustrated           |
| <input type="checkbox"/> Hopeful       | or | <input type="checkbox"/> Hopeless             |
| <input type="checkbox"/> Proud of self | or | <input type="checkbox"/> Disappointed in self |
| <input type="checkbox"/> Calm          | or | <input type="checkbox"/> Stressed             |
| <input type="checkbox"/> Joyful        | or | <input type="checkbox"/> Sad                  |
| <input type="checkbox"/> Empowered     | or | <input type="checkbox"/> Shame                |
| <input type="checkbox"/> Happy         | or | <input type="checkbox"/> Angry                |
| <input type="checkbox"/> Confident     | or | <input type="checkbox"/> Worried              |

How does that judgement make you feel?

- Generally good      or       Generally bad

It is suggested that you read the review below daily for this week until you truly agree with the concepts in this section and until you fully realize that to be accepting of your current self, is the greatest gift you can give yourself. It is a sure way of feeling SAFETY, therefore calming the nervous system.

<b><i>What I now know about self-judgment review</i></b>	
<i>Check <input checked="" type="checkbox"/> either Agree or Disagree for each statement below</i>	
Self-judgment only makes me feel inadequate and disappointed in myself, resulting in me suffering	<input type="checkbox"/> Agree <input type="checkbox"/> Disagree
Self-judgment makes me feel as if I am lacking something and creates the mindset that I am not good enough	<input type="checkbox"/> Agree <input type="checkbox"/> Disagree
Self-judgment and the emotions it brings can be part of why I have a sensitized nervous system and experience persistent pain	<input type="checkbox"/> Agree <input type="checkbox"/> Disagree
To feel self-acceptance, content, and peace I don't have to wait until I am all the things I wish I were (idea of perfection)	<input type="checkbox"/> Agree <input type="checkbox"/> Disagree
I am more likely to improve tomorrow, if today I concentrate on self-acceptance rather than dwell on self-judgement	<input type="checkbox"/> Agree <input type="checkbox"/> Disagree
I accept myself no matter what I am... this does not mean everything is perfect; it just means today I will accept myself no matter what	<input type="checkbox"/> Agree <input type="checkbox"/> Disagree
I fully accept what I am right now... it is enough and it is okay	<input type="checkbox"/> Agree <input type="checkbox"/> Disagree
I may have pain tomorrow or I may have no pain tomorrow and I am accepting of either outcome	<input type="checkbox"/> Agree <input type="checkbox"/> Disagree

**Reference:** *Donen, Rachel. Back pain again?: 4-Week program for pain that won't go away. Volumes 1-4. CreateSpace, 2018.*

Self-compassion is the ability to be kind toward oneself in times of stress, difficulty or suffering. Several studies have shown that there is a potential therapeutic benefit to self-compassion when coping with pain. **How does one practice self-compassion?**

*Imagine that one of your dearest friends is experiencing significant pain and is feeling bad about themselves. Write three short sentences that you would use to encourage them, and that express compassion, understanding, and unconditional acceptance for your friend.*

Examples of self-compassion phrases include...

1. I will always be there to support you
2. No matter what happens you are always loved
3. You are strong and will get through this difficult time

Now write 3 of your own compassion phrases to remind yourself on a daily basis, as you would be kind to a close friend, you **MUST** also be kind to yourself.

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