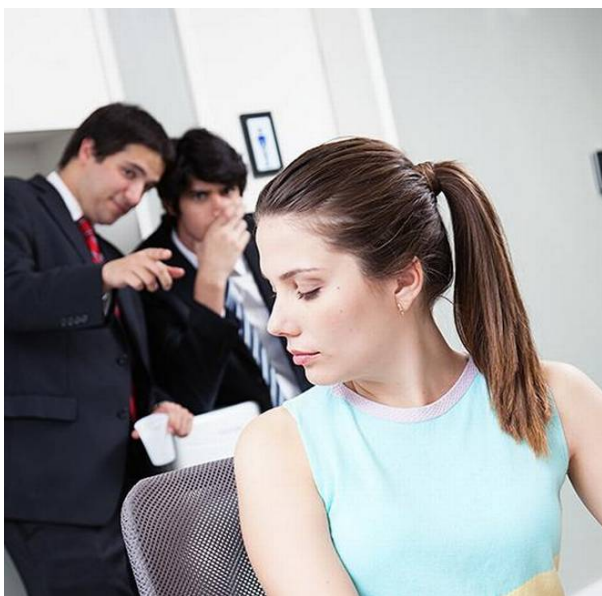


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When I think I am being judged

T. T. SRINATH

Feelings of devaluation arise and one does not feel respected



There is a particular relative of mine, and every time I speak to him, I feel I am walking on eggshells. This feeling arises in me for every conversation I have with that person and leaves me feeling a trifle undermined. I have often asked myself 'what is it about what the person in question is saying that causes me to feel so?' Slow realisation has made me assume that such feelings of devaluation arise as I do not feel respected; I am made to think I am wrong and sometimes even told that I need to correct my ways.

I know for myself that I often judge others when I think I know better, that they are in the wrong, and perhaps are ignorant.

Ignorant, as I use the term here, is being used not in a manner to suggest lack of knowledge, but simply 'being foolish'.

If people who judge can just for a moment pause and ask themselves where their judgement of another is welling up from, they will surely become aware that it is not coming from a place of 'respecting the other' and certainly not from valuing them.

If we actually value someone, we will surely not judge, but speak in a manner that tells the other we care and appreciate them. We will, in so speaking, be compassionate and 'care-fronting', i.e., confront with care, even if we have to correct.

(The writer is an organisational and behavioural consultant. He can be contacted at ttsrinath@gmail.com)