

Title

Non-judgemental behaviour¹

Short description

Non-judgemental behaviour is a way of accepting those with whom someone disagree. It happen, when someone adopt a non-judgmental attitude while didn't reflect their own biases, and this attitude pervade all his/her social professional or everyday interactions.

Detailed description of the tool and list of handouts (list and enclosures)

Being non-judgemental is having sense of balance, a way of understanding misunderstandings and a way of accepting those with whom he/she may disagree.

This behaviour reflects in his/hers words, what she/he selects, actions and reactions.

This non-judgemental attitude pervades their all communication including verbal and written, one to one, group and social network communication.

Being non-judgemental is a development becoming an observer of life, and not to decide about a behaviour or verbal expression, that right or wrong. It is a behaviour, when first we observe both our own reactions and others. Observing our reactions is a way to increasingly empathise with and understand, rather than judge other people.

Being non-judgemental needs to develop an emphatic approach to people around us.

Becoming a non-judgemental observer is a way to learn to ask non-judgemental questions first from ourselves then from others.

What are non-judgemental questions?

First we should clear up our mind: taking apart the individual past experiences, knowledge, bias and the present situation.

Requests for ourselves:

1. What is my previous bias connecting to present situation?
2. What are previous experiences, reflecting to the present situation?

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3. So what am I observing now?

Observing our feeling in the present situation

- 4. What am I feeling at this moment observing this/being this situation?
- 5. Am I emotionally disturbing now?

Before react to another people, first identify our feelings

When our feelings have already been identified, than we can express or handle feelings.

When you clear with your own feelings and needs, then you can turn to the other people, and do the same procedure to understand him/her.

Using questions and reframing, redefining, communication skills to understand their clear point.

Then we can give feedback and reflect our thoughts and feelings/personal needs.

Tip: to avoid misunderstanding always use the same grammatical form: talking in single mode first person language!

Adapting an advanced non-judgemental behaviour is the best to learn and use the following communication tools:

- 1. 4 Steps of Non Violent Communication, and /or
- 2. using Roger’s acceptant approach and /or
- 3. Gordon’s self-expressing communication techniques.

User’s guide, equipment

Equipment	Quantity
Essential of NVC- sheet of paper	One per mentor
Essentials of Gordon’s techniques-sheets of papers	One per mentor
Essential of Rogerian humanist approach-sheet of paper	One per mentor

Difficulty (easy, medium, advanced)

advanced

Tags

intervention on student level, helping relationship, personal development plan, non-judgemental behaviour

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This tool can be found on the project website: crocoos.tka.hu

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