

Are you a covert or overt judger?

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=JW9LDMJVRES](https://www.youtube.com/watch?v=JW9LDMJVRES)
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SUMMARY

The speaker emphasizes that constant judgment of others, whether in relationships or parenting, reflects internal issues rather than flaws in those being judged. They advocate for self-reflection and personal change as the path to improving relationships and dynamics with others.

- *Judging others often indicates a problem within oneself.*
- *In relationships, if judgment persists, consider leaving rather than continuing to criticize.*
- *In parenting, recognize that you co-create your child's behavior and experiences.*
- *If you dislike what you see in your child, focus on changing your own behavior.*
- *Self-reflection is crucial for improving interpersonal dynamics.*
- *Judgment is a common human tendency, but it often reveals personal insecurities.*
- *Change begins with the individual, not the people being judged.*

if you're in a relationship right now or even in your parenting and you find yourself judging the other judging your kids nonstop let me tell you the problem is in you because if it is another adult that you're judging and you're still with them and you keep judging judging judging leave you have a choice if it's with your kids and you're judging judging judging you are part of your kids' lives from the moment they were born so you are part of the very Co

creation of the very thing that you are judging so if you don't like that what you see change yourself because you are part of that co-created relationship you have with your kid so either way when you judge another there is something probably wrong with the way you are thinking not with the other person if you don't like the other person leave if you have an issue with your kid change yourself so your Dynamic changes so your

kid can show up differently it all comes back to the self it's so easy to judge people you know we are Masters at judging people but as I've always found in my clients and myself the problem is often in US