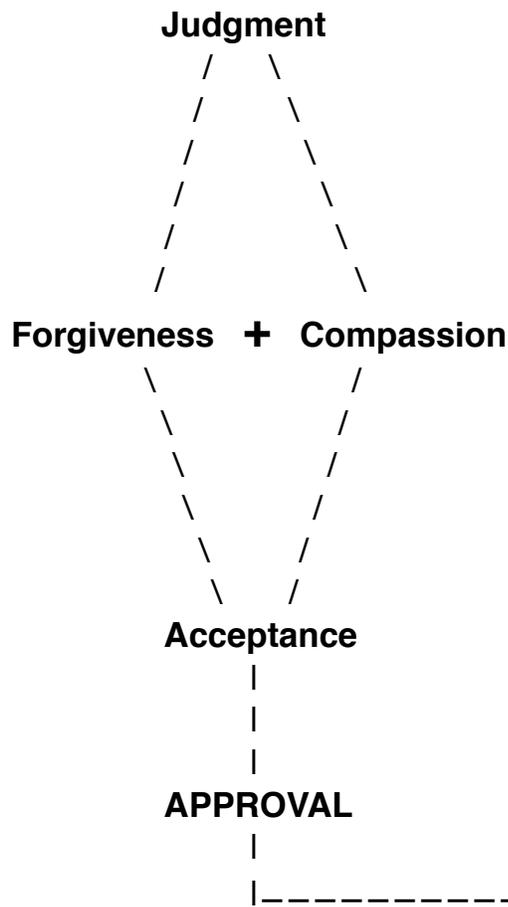


# Simone Peer, Inc.

PROFESSIONAL CERTIFIED COACH - ICF MENTORING/SUPERVISION

## The Judgement Model



**Judgment** usually brings to mind a negative value assigned to self and/or others attributed to Who they are; i.e. the quality of their character vs the quality of their conduct or actions. Very often there is no perceived distinction between who a person is and what they do or how they do it.

**Forgiveness and Compassion** combined together make up the antidote, which neutralizes judgment and leads to its antithesis: acceptance

**Acceptance** is often associated with peace of mind because it implies that there is no longer a disturbance in one's thought or energy because there is no longer resistance to the judgment; thus peace ensues.

The Invitation for greater transformation is to shift from Acceptance, which can be an act of settling or resignation, toward a higher state of acceptance: **Approval**. It's not about liking something; it's about being able to agree that this is the truth of who or what it is, regardless of any positive or negative assessment. The pinnacle of this transformational response process is to stand, in both thought and action, with **Respect**, which honors the other for who and/or what it is and how it chooses to act or operate. You don't have to like it to respect it.

From this state of being, subjective filters are lifted, dignity presides, integrity is in tact, free will is honored and an immutable state of peace is ever present because you can love something just the way it is, for what it is. This is very liberating and brings a whole lot peace into your heart, mind and life.

**PREPARING COACHES TO MAKE IT, so THEY NEVER HAVE TO FAKE IT!**