

ONLOOKER CONSCIOUSNESS:
BEING RIGHT, AT ODDS & ALONE



This language is from the head. It is a way of mentally classifying people into varying shades of good and bad, right and wrong. Ultimately, it provokes defensiveness, resistance, and counterattack. It is a language of demands.

Marshall Rosenberg, Nonviolent Communication

JUDGING

- Moralistic Judgments
- Good/Bad & Right/Wrong
- Either/Or Binary Thinking

BLAMING

- Fault-Finding
- Deviance Detecting

LABELING

- Classifying & Categorizing
- Sexist, Racist & other Stereotypes
- Making "You" into an "It"

OBEYING

- Denying Choice
- Denying Responsibility
- Conditioned to Authority

DESERVE

- Punishments & Rewards
- Behavior Modification
- Dominator/Dominated Mentalities

COMPARING

- Measuring, Testing, & Grading
- Competing for Winners & Losers

BEING RIGHT

- Convincing & Persuading
- Debating & Arguing
- "Enlightening" Others Proactively

ASSUMING

- Interpretations, Analyses & Diagnoses
- Jumping to Conclusions

The view that evaluates and assesses always does harm, whether it leads to positive results or not... The judgmental view forces a "You" into the world of "It."

Henning Köhler, Difficult Children: There is No Such Thing