



GOOD JUDGMENT: Or the art of not firing off your opinion too quickly!

Good judgment isn't just about having a well-oiled brain. It's a kind of practical wisdom, a subtle cocktail of experience, reflection, and empathy, shaken, not stirred. It's the ability to assess a situation, a behavior, or a person with finesse, nuance, and fairness... without turning into a reality TV judge.

You can spot the masters of discernment by their superpower: thinking before acting (yes, it exists), listening before jumping to conclusions, and wielding tact like a grandmother seasoning her soup, just enough, never too much.

No mental shortcuts, no prefab stereotypes, and definitely no « *emotional fast food* » judgments. These people prefer understanding over condemning, and reflection overreacting like a fire alarm.

Having discernment also means knowing how to say to your first impressions: « *Thanks, but I'll double-check.* » It's adopting a posture that's open, clear-eyed, and capable of juggling emotions, personal histories, and the blind spots of reality. In short, it's being a bit like Sherlock Holmes, with more empathy and less pipe.

True discernment doesn't stop at what's obvious. It listens to silences, decodes the unsaid, and spots the truths hidden behind appearances, like a detective who's read too many philosophy novels.

But beware: this kind of judgment doesn't download in 5G. It takes time, rigor, and a healthy dose of self-questioning. It's built through active listening, spirited yet respectful debate, and intensive training in emotional intelligence, that ability to distinguish « *I feel* » from « *I know.* »

By contrast, those who judge faster than their own shadow often do so to reassure themselves, to compare, or to protect. The result?

A barrage of criticism, opinions set in reinforced concrete, curiosity on sabbatical, and empathy gone missing.

But all is not lost! By cultivating kindness, learning to question ourselves without self-flagellation, and realizing that snap judgments cause more damage than a poorly worded « *tweet*, » we can move toward a posture that's fairer, more humane... and frankly, classier.

Finally, judging someone's character isn't about sticking them in a box labeled « *fragile* » or « *under surveillance*. » It's about observing patiently, seeking coherence between their words, actions, and values, like a food critic who tastes before scoring.

An enlightened judgment is like a good flashlight: it doesn't just light up the surface; it seeks the substance. And it avoids confusing « *what we see* » with, « *what truly is*. »

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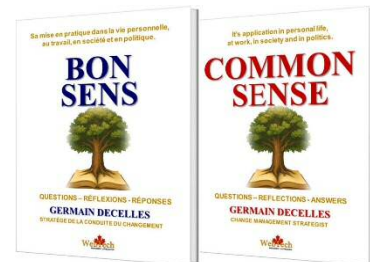
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