***What are the dangers of being judgmental?***

***Informal outline***

* Introduction
* Overview of the issue
* Claim of a fact, policy or value
* Opposition
* Summary of the opposing viewpoint
* Concession
* Refutation/counterargument for addressing weak aspects of the viewpoint
* Supporting argument
* Specific proof of claim
* Evidence grouped under three key point
* Strongest point at the last
* Conclusion
* Restatement of the claim
* Resolution, call to action or compromise.

Essay

**Introduction**

 The word “Judgment” is commonly used in our society but it has a negative connotation attached to it. Mostly, it is considered as a negative word as it is used to describe a person who rushes to judge others without any logic or proper reason. A judgmental person builds up various opinions regarding things and people. Judgmental people not only make opinions rather they critically question others for their thoughts, looks and emotions. Sometimes, judgmental people become harsh that ultimately hurts those who are being judged. There are various effects of being judgmental seen in the society.

**Discussion**

 There is a need to educate people for not becoming judgmental. One of the most threatening elements is, people are judgmental and they are happy with it. People must be made aware of the fact that being judgmental is bad for their mental health. According to Caroline. J Simon, being judgmental takes people towards depression and other psychological issues. Being judgmental, destroys their perception as well. Being judgmental affects the human mental condition and un-necessary judgments drag people towards stress. In a recently conducted study in Mindfulness Magazine, it shows that participants who were given high points for being non-judgmental were found to have lower levels of anxiety, stress, and depression etc. Researchers, who conducted this study, suggested that awareness is the only tool that could improve the ability of people to manage depression symptoms efficiently. This study also suggests that people who become judgmental should be educated to learn how to accept thoughts, appearance, emotions, and sensation of people rather than judging people that would help in reducing the drastic effects of depression and anxiety.

 Evidence shows that things go from start towards the end that is the logical sequence for doing anything, so it won't be wrong to say that raising the issue in the beginning (introduction), is the logically right thing to do. According to a survey conducted by Allure (magazine), people believe that their lives would be better if they were more attractive. According to the statistical facts (61 percent of men and women polled that their life would be more beautiful if people usually got promoted at work on the bases of their appearances (62 percent people claimed that they got a better service at the store because of their appealing looks). So taking into account this fact, it won’t be wrong to say that this survey refers towards the fact that good looks work, as people in society have become so judgmental that they judge and treat people as per their appearances.

 Being judgmental is not always a bad thing because being judgmental also has some benefits to it as well. Being judgmental is very good for personal growth in both professional and personal life. It can help in setting goals, increase alignment of oneself with his or her views and can also help in guiding the actions of others around us. Furthermore, being judgmental also builds self-esteem.

 In summary, it can be construed that being judgmental is also healthy for people. This is because it helps in the increasing personal growth of a person. Moreover, it is also beneficial in terms of setting goals for one's future. Being judgmental is beneficial in the sense that one gets more aligned with their view regarding the world and this leads to the building of high self-esteem.

 The points regarding the benefits of being judgmental have some merit to them. Being judgmental helps in personal growth because it helps one in understanding their current position and the position they want to be at. Furthermore, being judgmental, a person can focus on their positive attributes. Hence, it leads to stronger self-esteem and then people are also able to forgive the bad habits in them.

 It is beneficial to be judgmental on some level but being judgmental also has some weak points in those arguments as well. Being judgmental may help one to increase their self-esteem but it also leads them to be oblivious of their true nature. By focusing on just their positives they forget the negative points about themselves and do not work on resolving them. Furthermore, aligning with one's views requires people to let go of the various beliefs around them, for being judgmental can be very detrimental for people.

 Being judgmental is hardly a positive trait to have for any person. This is because it shows that the person has a narrow mindset and is not able to think outside the box. Furthermore, being judgmental stems from the fact that the person is unhappy about their life and is putting their feelings on others. This can hamper an individual and a society’s growth. Increase in judgmental behavior is decreasing the level of individualism in the world.

 People are afraid to be completely open to themselves and others due to fear of being judged. The human rights issue, issues regarding rape and other evils of any society increase due to people not opening up about their stories because they feel that they will be judged and labeled. If an analysis is to be done for any area with the highest ratio of societal evils, it can be seen that people feel that they will be judged. This leads them not to report their stories leading to an increase in social evils.

 All the supporting arguments and studies that have been presented could be grouped as one as they point towards the evidence that are common. All the evidences (studies, scholarly viewpoint, and survey) support some key points i.e. people become judgmental because of their environment, being judgmental affects their mental health and looks is the first thing that people get attracted to. Despite having arguments in favor and opposition of the dangers of being judgmental, this fact cannot be denied that in this society, around 80 percent of the people are judgmental. One of the most heartbreaking facts is, people judge others, not by their skills, values, morality, or capabilities but their physical appearance.

**Conclusion**

 Keeping in consideration, all the above-mentioned arguments and evidence, it could be concluded that becoming too much judgmental is dangerous for both mental as well as physical health. Being judgmental affects a person's emotions and thoughts and lowers morality. Evidence presented above claims that anxiety; anguish, depression, and anger are more common in people who become too judgmental and all these psychological effects lead to various health issues i.e. heart problems and high blood pressure. Being judgmental is dangerous to people as it affects their health as well as morality and put other’s (who are being judged) in an inferiority complex. To mitigate the dangers of being judgmental, public awareness programs should be introduced. There is a need to educate people that by becoming judgmental, they not only affect their health but also affect the life of those who are judged. Judgmental makes them a victim of inferiority complex as they lose their confidence.