

# DECALOGUE FOR STOPPING JUDGING THE OTHERS

*Many of us lament a social and digital environment that is tense and aggressive without realizing that we may be contributing to it more than we think. Our spoken or written words affect others, so we must be attentive to them. Even more so if we express them on social media.*

## 1. I am aware

of the growing problem and of the harm caused by the spread of disparaging criticisms and judgments on social media.

## 2. I examine

if I might be contributing to it, sometimes without realizing it, and I assess myself if I need guidance.

## 3. I care for my inner self

to avoid cultivating envy, the desire for protagonism, resentments, or anger.

## 4. I actively participate

in social conversation by offering a positive and hopeful perspective, with respect, knowledge, ideas, and experience.

## 5. I inform myself and verify

sources beforehand, and I avoid speaking out on topics and people I am unfamiliar with.

## 6. I take time to pray

silently about what I will say, and to consider its consequences before expressing myself or forwarding any information.

## 7. If I am negatively affected

by someone's posts, I avoid public confrontation and try to discuss it privately.

## 8. I am aware that no one

**can know** the depths of others' hearts and intentions.

## 9. I bear witness to the truth

always with charity and the criteria of the Gospel, without dogmatism or relativism.

## 10. I strive to defend

attacked individuals by asking questions respectfully, following Jesus' example.