

Patience:

How Judgment and Shame Are Related

(Handout by Dr. Meg Robertson)

Judgment and shame collapse patience by activating threat; patience emerges when Judgment softens and shame is reduced or metabolized.

1 Judgment Shortens Time → Impatience



- “This shouldn’t be happening.”
- “I should be better by now.”

- Speeds up cognition
- Activates the nervous system

2 Shame Intensifies Judgment



- “Something is wrong with me.”

- Time feels compressed
- Mistakes feel dangerous

3 Patience Requires Safety



- Low threat
- Permission to not resolve
- Error not punished

4 Judgment vs. Discernment

JUDGMENT

“This is wrong!”

DISCERNMENT

“This is information.”

↳ Slows down & stays curious

5 Shame Makes Waiting Feel Like Failure



- Laziness & Self-attack
- Compulsive Fixing

6 The Body Bridge



- Dorsal Vagal
- Ventral Vagal

7 In One Sentence Each

- Judgment speeds up time
- Shame turns inward
- Patience requires safety

8 A Reframe That Often Helps

