

Judgement

Exercise #2

Premeditatio malorum, or *Considering Bad Things In Advance*

Disturbing Event	Reel it in...	Stick a fork in it...

Judgement

Exercise #4

This is Based On Faulty Judgment"

Describe the situation when you were upset	About how long did it take to tell yourself "this is based on faulty judgment"	When you considered it stoically, you realised: