



REFLECTION TOOL

Before Judgment

Three Questions for Human Understanding

Three simple questions can help slow down reaction, examine assumptions, and return communication to human dignity.

TOOL FOCUS	PURPOSE
<ul style="list-style-type: none">● Pause before reacting● Notice assumptions● Separate people from labels● Return to dignity-centered speech	This tool is designed for the small moment before judgment becomes a conclusion. It helps readers slow down, examine what they are assuming, and communicate with greater care.

Why this tool matters

Many harmful conversations do not begin with hate. They begin with speed. A person hears something painful, frightening, or familiar, and judgment forms before reflection has time to speak.

Before Judgment gives readers a short pause structure: notice the reaction, examine the assumption, and choose speech that keeps dignity in the room.

The three questions

QUESTION 1

What am I reacting to?

Notice whether you are responding to a specific action, a personal fear, a painful memory, a repeated message, or a broad label placed on a group of people.

QUESTION 2

What might I be assuming?

Ask whether your mind is filling in missing information too quickly. Assumptions can make a story feel complete before it has been examined carefully.

QUESTION 3

How can I keep dignity in the room?

Even when disagreement is real, dignity can remain. This question helps shift the goal from winning a reaction to preserving human understanding.



A simple practice

Before responding to a difficult message, pause for ten seconds and ask the three questions silently. Then choose one sentence that keeps the conversation open instead of closing it.

“I want to understand this more carefully before I judge it.”

This sentence does not avoid responsibility. It creates enough space for responsibility to become more accurate, fair, and human.

When to use it

- Before replying to a painful post or comment.
- Before repeating a claim about a group of people.
- Before entering a tense family, classroom, or community conversation.
- Before deciding that one story explains an entire situation.

Suggested use

This tool may be used as a short handout, discussion opener, journaling prompt, or reflection exercise before dialogue.

How LightBridge uses this tool

LightBridge Institute creates educational tools that help people slow down, reflect, and communicate across differences with dignity. Before Judgment is a simple starting point for classrooms, workshops, community conversations, and personal reflection.