

DISCERNMENT

MORAL, ETHICAL AND PURPOSEFUL JUDGMENT

What Is Discernment?

Discernment is the ability to perceive well the next step, to judge between options using reflection, prayer, meditation, discourse to access guidance from inner and outer resources. Discernment is "the quality of being able to grasp and comprehend what is obscure."

- Merriam-Webster, 2023

Guidance for Decision-Making

- ☐ ethical dilemmas
- ☐ choosing between two good options
- ☐ behavioural change
- ☐ crafting a true apology
- ☐ preparing for courageous conversations
- ☐ finding one's life purpose
- ☐ finding oneself

More Than Logic

- ☐ rely on logic AND one's own reality and beliefs
- ☐ access resources
- ☐ validate intuition
- ☐ commune with saints and ancestors
- ☐ converse with mentors
- ☐ practice emotional intelligence
- ☐ reflect/journal inner thoughts



Deepening reflection through interaction with trusted resources

Resourcing

Resources provide a sounding board for your ideas, guidance for your responses or relief for emotions and overwhelm.

Different resources provide specific information; for example, I consult my mother for feminine issues, have a spiritual 'conversation' with my grandmother, play puzzle games when I need intellectual rest or sing at the piano when I need refreshing.

Make your list in each category as specific as you can.

Material

- ☐ tools (eg chimes, scents)
- ☐ clothing (eg cozy sweater)

Psychological

- ☐ self-compassion
- ☐ professional therapy

Spiritual

- ☐ spiritual requests: prayer, protection, guidance
- ☐ spiritual directors

Natural

- ☐ plants
- ☐ connecting to nature

Artistic/Creative

- ☐ play/make something fun
- ☐ music, painting, etc

Relational

- ☐ trusted family member

Somatic

- ☐ movement
- ☐ walk, dance, vacuum, etc

Emotional

- ☐ someone you care for
- ☐ someone supportive

Intellectual

- ☐ brain games
- ☐ writing, puzzles, spreadsheets, etc

Responses are triggered by patterns

The wound is the trigger

The nervous system responds with the pattern

Break the pattern by using your resources

Keep discernment in mind and interact with the right resource who can help with your specific question

Recommendations to add to the list? Let us know at the address below

For more information about Discernment, see <https://journal.sagepub.com/doi/pdf/10.1177/13505076221100910>. For more on Resourcing, see <https://library.sagepub.org/bitstream/handle/20500.12657/23110/1007046.pdf?sequence=1#page=199>.

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