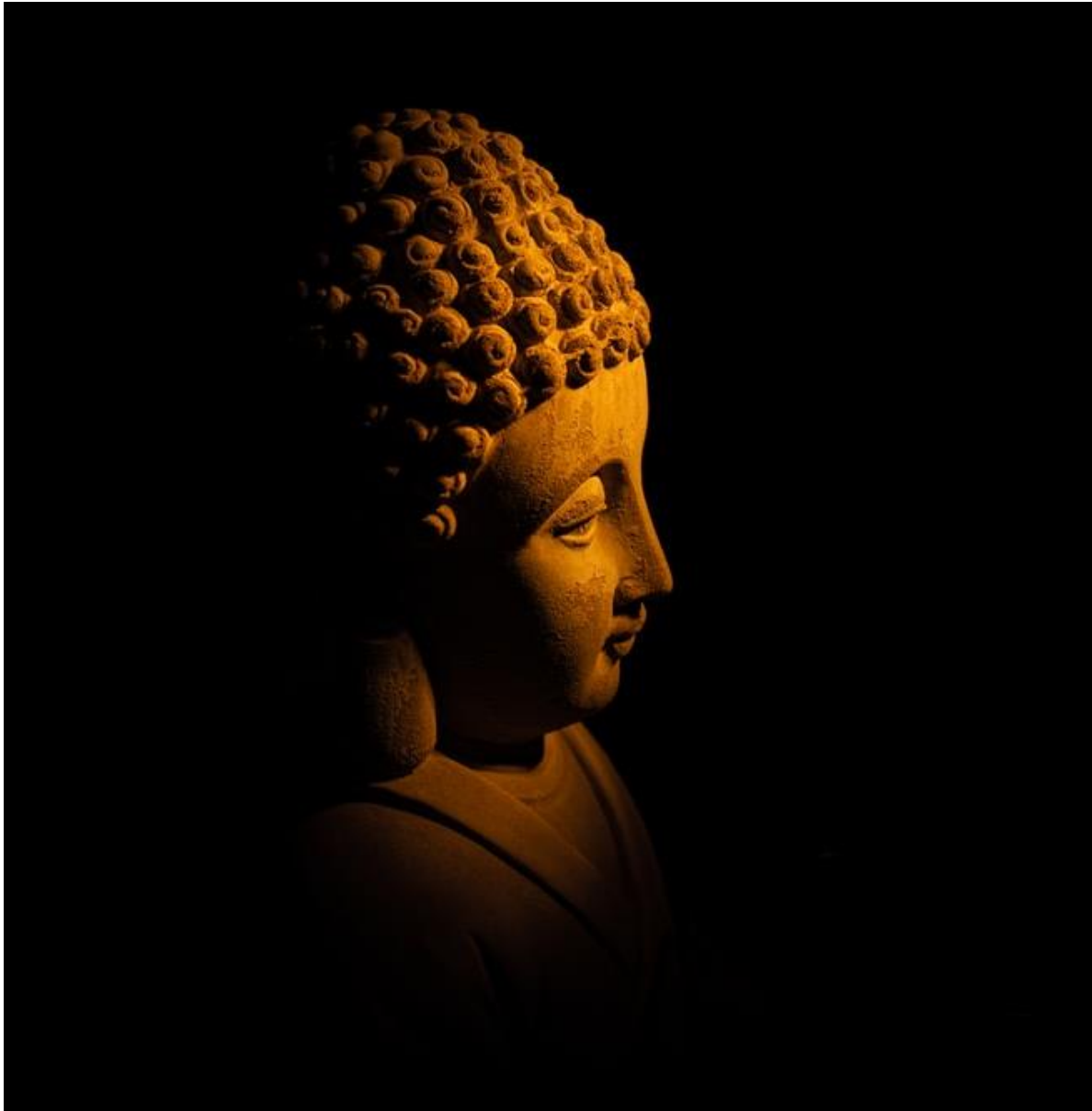




Emotion & Judiciary

Dr. Harish Shetty



Gautam Buddha



Patanjali



Ideal Judge is divested of all fear , anger ,
hatred , love and compassion

Thomas Hobbs (18th Century)



Judges have emotions , and emotions influence decision making

Dispassionate Judges are like Mythical beings

The image shows the Supreme Court of India building, a large, classical-style structure with a prominent white dome and a central entrance. In the foreground, there is a well-maintained garden with various plants and a central statue on a pedestal. The text is overlaid on the image in a white, sans-serif font.

Judges being flesh and blood are subject to the same emotions and human frailties as affect other members of the species

The image shows the Supreme Court of India building, a large, classical-style structure with a prominent white dome and a central entrance. In the foreground, there is a well-maintained garden with a central statue on a pedestal. The text is overlaid on the image in white, bold font.

Judges are not robots and do have feelings .
Good judges recognizes these feelings and
puts them aside

Scenario : 1

A judge in a case was troubled by a lawyer of repute. The other lawyer who was handling the good side of the case was weak. The judge sees the good case crumbling in his presence and feels helpless as he has to acquit the accused as the prosecution lawyer did not put the facts properly. He is angry and very sad !

What are the other feelings he is undergoing ?

How should he cope with this ?

What is judicial dispassion ?

Emotional States



- Deep Satisfaction
- Joy & mood
- Elevation
- Compassion
- Frustration
- Sadness
- Relief

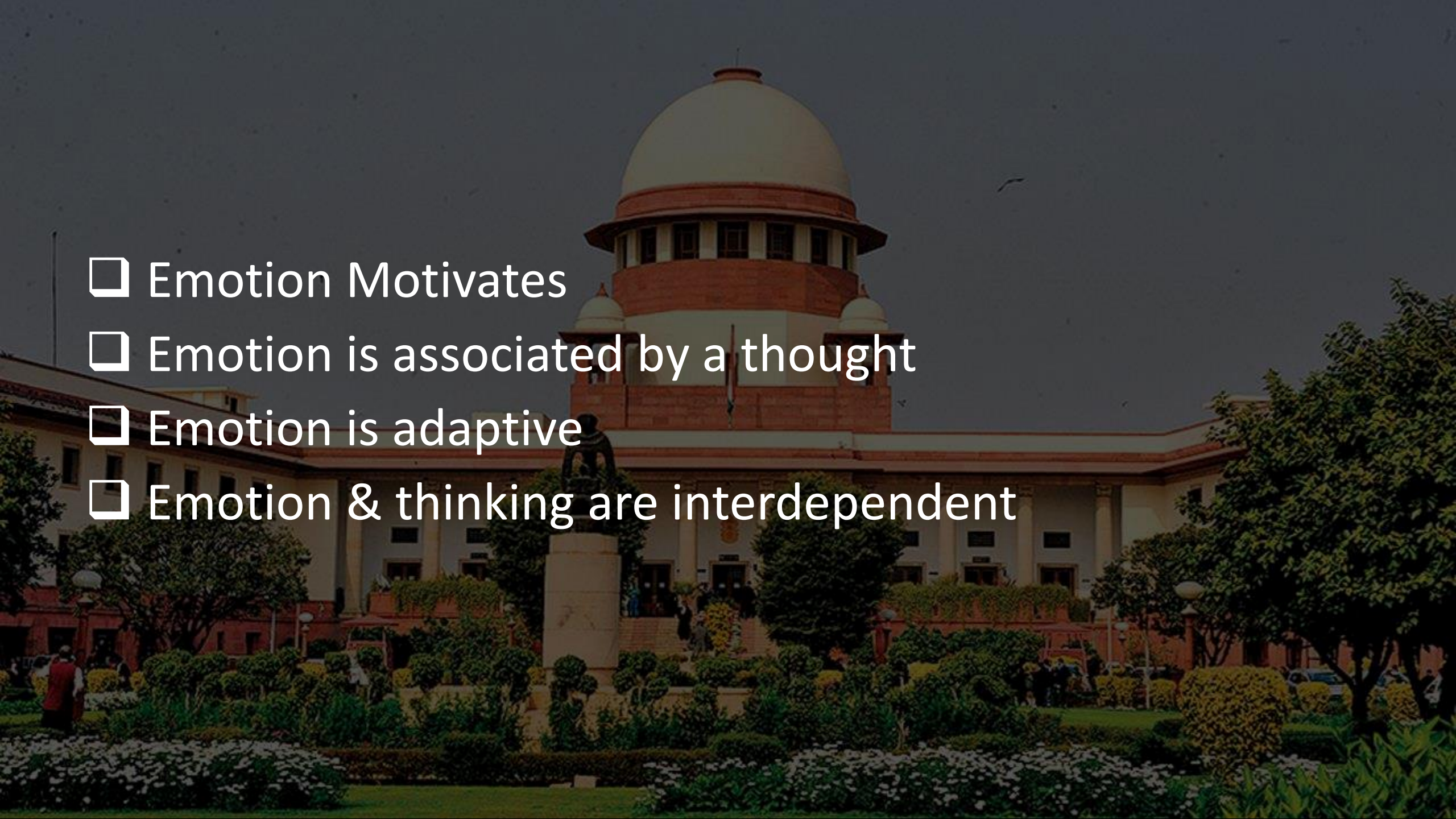
Scenario: 2

A judge is hearing a high-profile case ! A loud media trial is on ! News biased and false are flashed daily with impunity both on the screen and print ! Though this judge is demonstrating judicial dispassion, the issue is hot and discussed in his family too. His sleep is disturbed ! He has acidity ! He feels like recusing from the case !

How should he cope ?

The image shows the Supreme Court of India, a grand neoclassical building with a prominent white dome and a central statue on a pedestal. The building is surrounded by lush greenery and a well-maintained garden. The text "Reputation is a fantasy , Character is the key" is overlaid in white on the image.

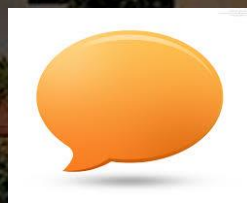
Reputation is a fantasy , Character is the key

- 
- ❑ Emotion Motivates
 - ❑ Emotion is associated by a thought
 - ❑ Emotion is adaptive
 - ❑ Emotion & thinking are interdependent

Scenario: 3

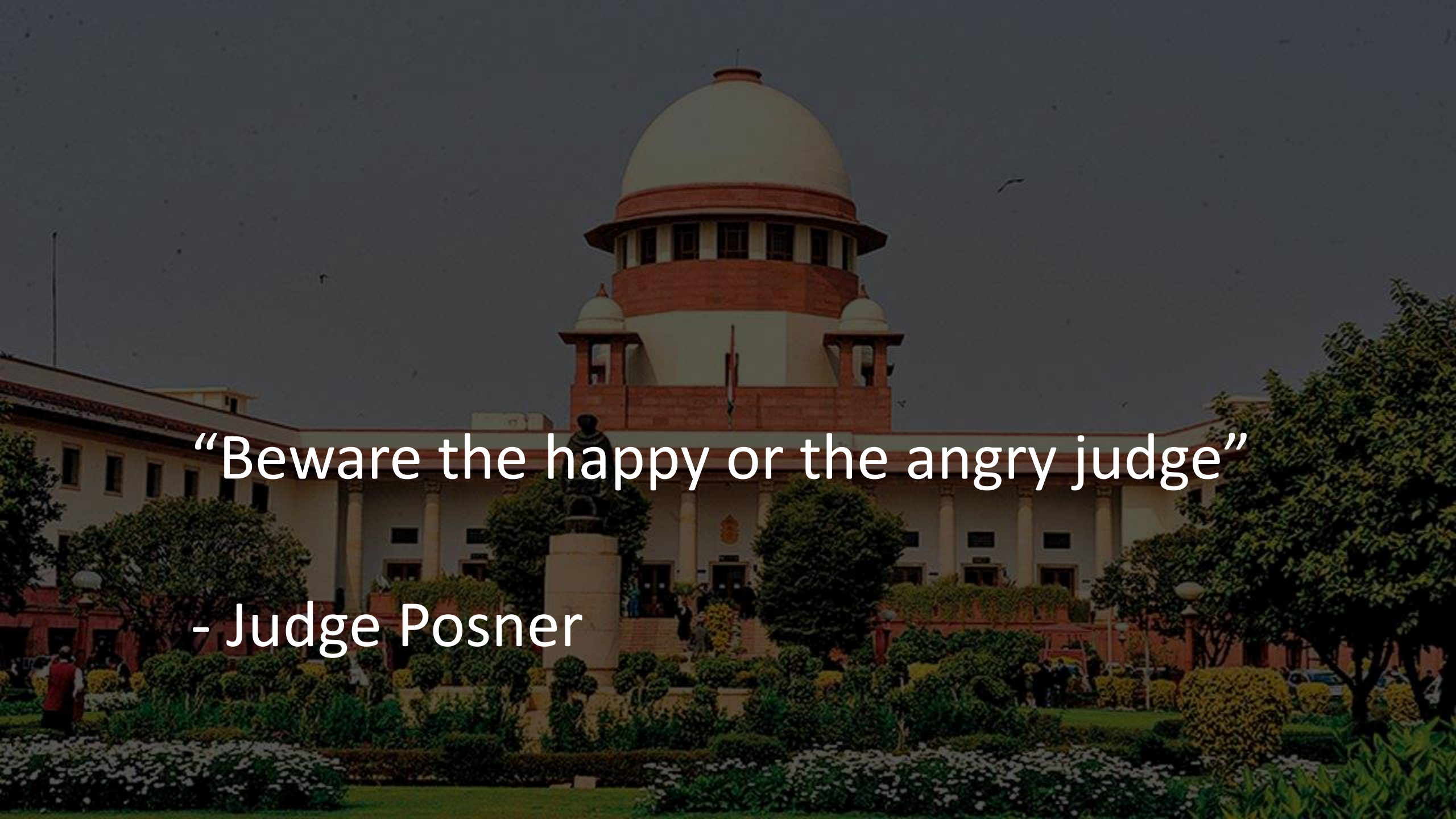
A judge lost his wife ! He does not attend her funeral . His mood is very sad ! He believes in the maxim , ' Work first , Family Next ' !

Your comments





Mood & Emotion : Critical difference :
Does it hurt or help



“Beware the happy or the angry judge”

- Judge Posner



Scenario: 4

“I have been honest and conscientious ! I am ambitious ! I did not get the promotion I felt I deserve ! I will retire in 2 years ! I am disappointed and very sad ! Those promoted to the big job are not as good as me”

How can this judge be consoled?

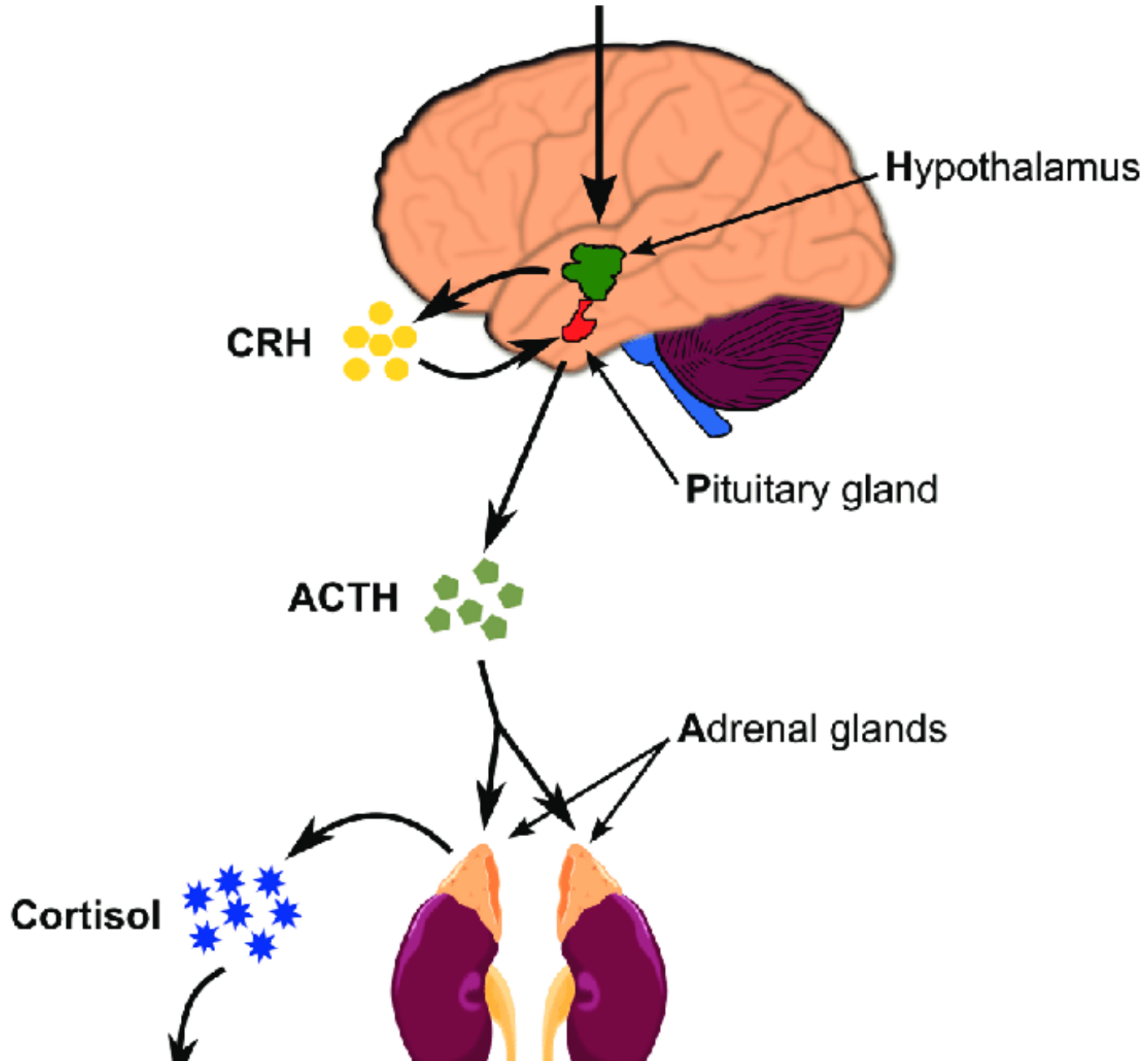
How can he continue with the same efficiency & zeal ?



❑ Emotional regulation is the key

❑ Dysregulation is dangerous

Environmental stressor



Hypothalamo Pituitary
Adrenal Axis

Reset the Mind Body
Orchestra

11 Daily Tools:

- Externalize the thoughts
- Micro Pranayama
- Movement improves mood
- Stretching helps relaxation
- Black humour
- Walking inside the chamber
- Silence
- Greeting staff
- Loosening your facial muscles
- Self talk
- Micro Distractions

Faulty Emotional Regulation:

- Indifference
- Avoidance
- Suppression
- Denial
- Iceberg phenomenon
- Emotional overcontrol



Consequences:

- Anxiety
- Hypertension
- Heart disease
- Diabetes
- Rigidity & Arrogance
- Poor empathy & Periodic explosion



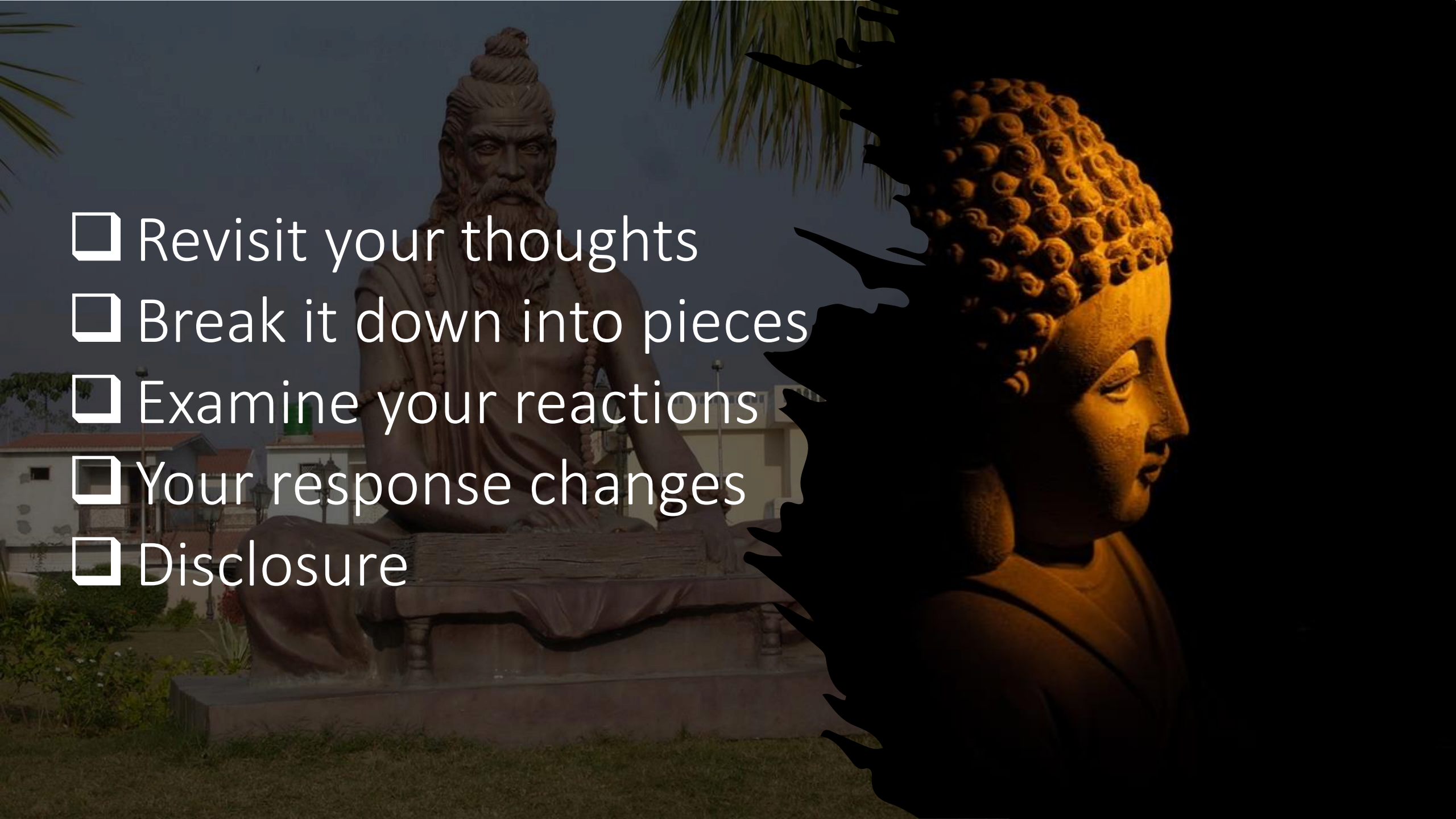


Indifference vs Awareness

Dehumanisation vs Equanimity



Awareness
Awareness
Awareness
Awareness
Awareness

- 
- Revisit your thoughts
 - Break it down into pieces
 - Examine your reactions
 - Your response changes
 - Disclosure

Panch Amrut : 5 Rules

- Yoga
- Exercise
- Diet
- Sleep
- Kindness





Thank you so much !

Gratitude for all the outstanding
work you all are involved in!

-Dr. Harish Shetty