What is a vice of condemnation which Jesus spoke about?
Condemnation is not an intellectual process but emotions, negative emotions.
This phenomenon is manifested most vividly in the habit of seeing only the bad in other people and events and condemning them for this. And when one cannot find something bad in someone or something, one starts making up defiling fibs.

Why do people do this? In order to (consciously or unconsciously) humiliate others in this way and make them look worse in comparison with themselves! Thus spiritual nonentities raise their own self-esteem before themselves and before others, which gives them false self-satisfaction.

Many people are accustomed to living in such a state constantly, without comprehending that by this they cause harm, first of all, to themselves, dooming themselves to the life in hell. It is so because hell is a place (in the corresponding layers of the multidimensional space) where the souls that developed these and other coarse qualities are gathered.

Such quality of the soul is called mordancy.

People who have this quality enjoy, among other things, “stinging” others with caustic, acid remarks. They also try to defile others in their absence during conversations with other people. It also happens — more rarely — that they do not manifest mordancy verbally, but they use silence or false external agreement as its cover.

The last “hidden” form of mordancy is difficult to notice sometimes. To do this, one needs to see the emotional state of another person instead of just believing in his or her words.

Mordant people destroy harmony of relations in every collective composed of people with respectively healthy souls.

It also occurs that a strong incarnate diabolic soul involves other people with weak souls in the sphere of his or her influence, attuning them to him or herself and programming them for hell too. This phenomenon looks especially tragically when the youth gets under the influence of such leaders. This can take place in the field of politics, in unhealthy religious environment, or just in everyday life.

It is typical that children contract this disease from their parents (through the mechanism of identification).

Yes, mordancy is infectious! Watch out!

... How can a person who has found this terrible vice in himself or herself overcome it?

First of all, he or she should understand that God, Who is Love, does not look at his or her mordancy with Love! Yet He allows people to choose their own path for themselves: someone wants to His Embrace, someone wants to hell...

Is it really true that we can choose where we want to go?

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1 You can find more details about this in the book of Dr. Vladimir Antonov How God Can Be Cognized. Autobiography of a Scientist Who Studied God.
So, what should we do if we want to God, and not to hell?
The first thing is to learn to control our own thoughts, since our emotions often arise because of our thoughts. So, as soon as we see that our thoughts start taking vicious course, we should stop this. How? Just by switching the mind to another subject or by remembering something virtuous and pleasant. We also should repent!

Nevertheless, it is possible to resolve this problem radically only through mastering the methods of psychical self-regulation and developing oneself as a spiritual heart.