



## Overcome the Need to Be Right

When you think obsessively, dualistically (right/wrong), or create expectations, you will most likely feel the need to be right about your ideas or opinions. You may be a “fixer” or a criticizer. You may be a driver. You may be obstinate and inflexible. You may hold grudges, unable to let go of past offenses and mistakes. And you may in fact be right.

On the other hand, you may resist or even rebel when others attempt to control or fix you or your work. You may even appear to be passive while trying to bury your frustration. Usually the true feelings leak out all over your face or are evidenced in subtle, covert reactions.

What is the cost of being right? You can be right or you can be rich—rich in health, relationships, and money. Most likely, you cannot be both. It is difficult to be in a relationship—business or personal—in which someone always needs to be right—even if they are right most of the time. It is also difficult to push wet noodles—people who are always in resistance or in outright rebellion. You may be the pusher or the one needing to be pushed. In either case, it may be time to take charge of these thoughts and take charge of your life.

### Indicators of a Need to Be Right

“I just want to be heard.”

“I don’t need to be right, I just am.”

“It’s not my fault other people don’t have good ideas.”

“I’m just being persuasive.”

“Yes, but we’re doing it this way.”

“This choice is clearly better.”

“Why do we always go with your idea?”

“Fine. Just do it your way.”

“That’s what they want, but I’m going to do it the way I want.”

### This Might Sound Familiar

Observe a couple interact around the need to be right about a movie title in **The Movie** in *Today I Begin a New Life* on pages 136-137. Which character are you?



### Habit Finder Assessment

Take a look at your *Methodical* measurement. How is this habit of thinking supporting or sabotaging your efforts to overcome the need to be right?

The need to be right can profoundly affect your self-worth. Look at the *Self-Worth* section of your assessment—particularly *Valiant*, *Peaceful*, and *Forgiving*. What could these measurements tell you about your habits of thinking around needing to be right and/or letting others be right?