



Do You Need to Be Right?

Select a person close to you who has been frequently impacted when your unhealthy habits of thinking have taken over with the need to be right. Schedule a formal meeting with this person.

Before you begin your visit, take a deep breath. This could be very difficult and it will take a lot of effort to listen and not comment. When you begin, thank them for taking time to meet with you. Tell them you're working with a coach. Share that you have some unhealthy habits of thinking and when you surrender your free will to these thoughts you have a desperate need to be right. Share that there may have been times when you've needed to be right and have crushed people in the process, especially those closest to you.

Ask this question: **"What has it been like for you to be around me (or in a relationship with me, in a friendship with me, or on a team with me) when I show up needing to be right?"**

Encourage this person to be very honest with you. Create a safe place for sharing. Remember when this person shares, it is not about you. It is their experience with your systemic thoughts. Don't take it personally. This is a fact-finding mission. No matter what they say, you must bite your tongue and restrict responses to, "Tell me more about that," and "Is there anything else you'd like to share [spoken with kindness]?" At the end of the conversation, smile and simply say, "I'll be working on this. Thank you."

Make notes here about what was shared with you. Review the experience with your coach.

Relationship to person:

Their experience with my systemic thought processes:

My take-aways from this experience:

For more direction on how **not** to respond, see pages 159-160 in *Today I Begin a New Life* under the section heading **Letting Go of the Need to Be Right**.

