

## **Quality #4: Discipline and Structure**

### **Curing the Need to be Right:**

When we think obsessively, dualistically and create expectations we will most likely need to be right about our ideas or opinions. We may be a “fixer” or a criticizer. We may be a whip cracker. We may be obstinate and inflexible. We may hold grudges, unable to let go of past offenses and mistakes. We may be very clear and may in fact be right. But so what? We can be right or we can be rich – rich in health, relationships and money. Most likely we cannot be both.

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

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 outright rebellion. You may be the pusher or the pushee – the one needing to be pushed. In either event it may be time to take charge of these thoughts and take charge of your life.

We will start with those closest to you. Take a deep breath. This may be the biggest Power Session (Power Sessions are detailed in Quality #3: Completing Tasks) you have ever engaged in. You are about to expand your courageous heart.

Select a person in your life who has been most adversely affected by any of these out of balance thought processes. Schedule a formal meeting and thank this person for taking time to meet. Tell them that you are working with a coach. Tell them that one of the great discoveries is that we have thought processes that can sabotage our lives – habits of thinking accumulated over a lifetime. Some of those thoughts want us to resist and even rebel against structure. Others want us to defend our ideas and yes, at times crush people, even those closest to us.

Ask one of two questions:

1. “What has it been like to be in a relationship for \_\_\_\_ (months/years) with someone who always needs to be right?”
2. “What has it been like to be in a relationship for \_\_\_\_ (months/years) with someone who resists or even rebels against your suggestions or direction?”

Encourage this person to be very honest. Create a safe place for them to share. Remember when they share, this is their experience dealing with your thought processes. Bite your tongue and listen. Don’t take the comments personally. This is not about you. Besides, you are ready to change these thought processes anyway.

Be prepared ahead of time by making the commitment to listen and let go of any comment that seems personal. These thoughts will

want you to justify and defend your past behavior. Consciously restrict your responses to, “Tell me more about that” and, “Is there anything else you would like to share (spoken with kindness)?” At the end of the conversation smile and simply say, “I’ll be working on that one, thank you.”

Write down the numbers, 24/48. If during the conversation the person shares something that your thought processes think is inaccurate or harmful, they will want you to say something. Imagine this. Your conversation was with a committed companion. Twenty-four to forty-eight hours later you walk into the bathroom where they are preparing to go to bed. You wrap your arms around your love and say, “I really enjoyed our conversation last night. It was very helpful (good so far).” You gently kiss their neck and continue, “What had me concerned was that you mentioned that last Thursday I say ‘this’ and I feel so badly that you had to suffer so long from a misunderstanding (about to throw all the good out the window). What I meant was (out the window it goes).”

Don’t undo the good you accomplished by trying after the fact to cautiously incorporate a little fix job so you can be right. Just let it go. If your thoughts want you to obsessively think about it, step back with a new awareness and audibly tell your thoughts to let it go. This is not schizophrenia it is a high level of awareness.

What would be good is within the next 24 to 48 hours to sit down with this person and ask, “How am I doing?” This will require that you

use the principles of Intrinsic Validation to listen for doors and step into their world – “tell me more about that.” No justification. No defensiveness. Just let them share their experience. Conclude with, “Thank you for your patience. I will be working on that.” The need to be right can be so crippling to a relationship. It is time to cure this disease and heal your relationships.