

You're Right

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When was the last time you argued about who was right and who was wrong, who was good and who was bad? One day my hubby and I had a ridiculous disagreement. I argued that the house was too cold while he argued that it was too hot. Back and forth we energetically worked at making our beloved a wrong and ourselves right. How ridiculous! I put on a sweater.

Black and white thinking gets us into trouble. Only when we can think in shades of grey or rainbow colours can we begin to consider problem solving possibilities. Good and bad thinking puts us in relationship peril. As the great philosopher Dr. Phil asks, "Do you want to be right or do you want a relationship?" Here are some ideas about how you can successfully be right.

You are right when you:

- Don't blame yourself. Hold yourself responsible for your contribution to the situation and ask for help.
- Don't blame others. Hold others responsible for their contribution to the situation and offer help.
- Avoid shaming yourself with demeaning labels like *lazy*, *stupid* and *bad*.
- Avoid shaming others with demeaning labels like *lazy*, *stupid* and *bad*.
- Avoid defining others with "You are" statements like "You are a disgrace." Or "You should be ashamed of yourself." Or "You are incompetent."
- Avoid assuming, "I understand how you feel." Until you walk a thousand miles in their Nikes, you probably won't come close.
- Avoid thinking and saying "never" and "always." Most often the truth is "seldom" or "most often."
- Accept responsibility for your choices, accomplishments and mistakes.
- Decide when it is appropriate to say "Yes," "No," and "It depends."
- Learn the difference between your feelings, thoughts, beliefs and imaginings.
- Genuinely express your feelings, thoughts, beliefs and imaginings.
- Make internal checks before you leap into action based on others' directives or advice.
- Acknowledge that your biggest influence is being a role model while remembering that you can't control others.

- Listen and seek to first understand.
- Believe in universal truths like peace, love, beauty, creativity and gratitude.

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