

CONVERSATIONS IT'S NOT WORTH HAVING (PART THREE)

By Marlene and Bob Neufeld

In the May and June issues of TONE magazine, we wrote about two of the conversations we recommend people not put energy into; i.e. "Who said what." and "Why did you do that?" For a copy of both of those articles go to www.marleneandbob.com/articles.htm.

Another conversation we recommend you avoid if you want to feel closer to your partner and have more fun together is "Who is right". Dr. Phil has made the question "do you want to be right or be happy?" famous. We believe that this question comes from The Course in Miracles.

People in our office often want to argue with this question, believing that being right makes them happy. They are locked in the belief that there is a "right", an irrefutable fact, thereby making everything and everyone else "wrong." They are stuck in believing that if they can just convince others of the irrefutable facts or of the wrongness of their beliefs or actions, then everyone will be happy. This kind of black and white thinking gets us into trouble.

Being right is a lonely place. It keeps us distant from others, and keeps us from forgiveness. Being right keeps us in the place of angry victim/blamer.

People in our office ask, "but what if I really am right?" We acknowledge that there are things that are inaccurate or hurtful, but that usually what seems wrong may just be a misunderstanding or a different point of view.

We tend to ask a slightly different question, "Do you want to be right or have a relationship?" You may not be happy at first; opening up to the possibility that you need to let go of being right, or see the situation from another person's perspective. You might need to listen generously to really try to understand the other person.

We are hard-wired from birth to want to feel loved and connected (securely attached) to others. Unfortunately we learn that believing we are right will get us what we need. This learned need to be right often gets in the way of feeling loved and connected. We believe that being in relationships is about stretching beyond our need to be right and opening up to feeling love and connection even when others do things that make us want to defend or justify ourselves and our positions. Letting go of being right may not lead to short-term happiness but will lead to connection and lasting happiness.

There are lots of great conversations that can assist you in feeling closer to each other. "Who is right" isn't one of them. Contact us if you want to know about the kinds of conversations we have found helpful.

Marlene & Bob Neufeld practice body-centered Coaching and Psychotherapy. They are a couple who help couples learn life-changing skills and create closer, more loving relationships with one another. To learn more, see www.marleneandbob.com or call 613-594-9248 to arrange a complimentary 1-hour introductory session.