

Be impeccable with your word

Being impeccable with your word means ...

- » Speaking with integrity
- » Avoiding the use of words to speak against yourself or to gossip about others
- » Saying only what you mean
- » Using the power of your words in the direction of truth and kindness

When we believe something, we assume we are right about it to the point that we will destroy relationships in order to defend our position. This worksheet is designed to help you let go of the need to defend your opinions and always be right.

Let go of the need to defend your opinions and always be right.

Complete the following sentences:

I know that I'm right because...

Other people are usually wrong because...

I need to prove that I'm right because...

It's important to defend my opinions and my point of view because...

Your opinion is nothing but your point of view. It is not necessarily true.

List four times when defending your opinion caused emotional drama in your relationship with others.

- 1.
- 2.
- 3.
- 4.

List four compelling reasons *not* to defend your opinions or always be right.

- 1.
- 2.
- 3.
- 4.

Make a commitment to spend one hour, then four hours, then one day, then one week at a time without defending your opinions.

Being impeccable with your word is a good use of your energy; it means to use your energy in the direction of truth and kindness for yourself and others.