

EPISODE 009

## Why Choosing Peace Is Absolutely Better Than Insisting You're Right!

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**DIANA HIMES:** Welcome, welcome, welcome to today's episode of the **Tough Love for Sensitive Souls** podcast! I'm your host, Diana Himes. I've got another exciting topic planned for us today, so grab a beverage, your notebook, and get comfy!

Hey there Sensitive Soul, I'm so glad you're here! In today's episode we're going to talk about why choosing peace is better than insisting you're right or trying to control what you can't.

Let's see if you recognize this scenario...you're having a conversation with your significant other when suddenly you find yourself going back and forth over something they said you did and you know you didn't! Or maybe it went like this, "well you said..." And that isn't what you said!

Think about the conversation you had and replay it in your head. How'd it go? Were you trying to prove your point and they kept trying to prove theirs? When the conversation was over, how did you feel?

I was always exhausted after these interactions. And usually pissed off! I just knew he was wrong and I was right. Just like he thought he was right and I was wrong. It's a vicious cycle that solves nothing and usually leaves both of you angry.

My husband and I used to have a lot of conversations like this and here's how most of them started...

Me: Why are you doing that?

Him: Because you told me to!

And as soon as I heard the word "You" I didn't hear anything else. Why? Because it makes me feel like it's my fault and I'm being blamed in some way. So I'm immediately on the defensive. The terrible thing is being right was more important to me than whether I actually said what he thought I did.



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Of course, his desire to be right was just as strong as mine so it became a battle that neither of us won!

In this type of conversation, nobody wins, nobody's happy, and chances are both of you are feeling completely misunderstood. When you find yourself going down the rabbit hole of being right, ask yourself...Do I want to be right or peaceful?

You have a choice to make when a conversation like this happens. You can either keep trying to prove yourself right or you can choose peace! And when you choose peace, you'll be glad you did! Not only will you and your significant other feel calmer, you'll be much happier letting these conversations go!

Trust me when I tell you this has been one of the most difficult things for me to overcome. After all, we've been married for over 30 years, and this is how we communicated for most of it! On top of that, my husband continues to start almost every answer to one of my "why" questions with "because you..." even after I've asked him over and over to start them with "because I" instead!

Now when this happens, I choose peace because I don't need to be right anymore. I just want to be happy! So the next time you find yourself in this type of conversation, follow these steps...

1. Recognize this isn't a conversation you want to continue. Take a deep breath in through your nose and out through your mouth. Then tell yourself "I choose peace instead of this" to help calm your mind and soothe your nervous system. Keep saying it over and over if you need to!
2. Shift the conversation somewhere else. As soon as you notice it take that turn, change direction by saying "you know this isn't really solving anything, let's take a minute to gather our thoughts and try again." During that time, repeat step 1.
3. Agree to disagree. If the first 2 steps don't resolve the situation, then the only option left is to end the conversation knowing it's ok to disagree.

The more peaceful and calm you are, the easier it'll be to resolve the conflict. To help you think more about choosing peace, take a few minutes to journal your answers to these prompts:

- What was the situation that caused you to go down the rabbit hole of being right?
- When you made the choice to be peaceful instead of right, how did you feel?
- What did you learn about yourself when you made the choice to be happy instead of right?
- Was there a conversation where you actually did go down the rabbit hole of being right? If so, how did you feel after it was over?

There's another situation where choosing peace is better than the alternative – trying to control something you can't.

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I recently returned from a wonderful trip to Ireland. The adventure started with 2 days in New York City and from there we traveled by train through Ireland staying in Dublin, Cork, and Killarney. It was the trip of a lifetime for both of us!

As you can imagine a vacation like this is at high risk of having something go wrong no matter how well you plan it. With the exception of a few minor bumps along the way, everything was great. We even saw the rain and cooler than expected temperatures as little inconveniences that weren't going to stop us from having the time of our lives!

When you travel internationally, it's extremely important to know about any special requirements, such as Covid testing. We thought we were prepared for everything and anything. And then the unexpected happened...my Covid test came back positive and hers was negative!

Since I was traveling to the United States, I needed a negative test result to get home. I immediately panicked and started crying, right there in Dublin airport! As you can imagine, overwhelm took over and not only did I feel sick to my stomach, I was terrified and unsure of what to do next.

So many questions kept coming to me...How is this possible? What was I going to do? How long would I need to stay in Dublin? Where was I going to stay? What is this going to cost me?

Instead of letting this situation control me, I took several deep breaths and made the choice to take action that would help me overcome this challenge. It didn't make sense that my cousin stay behind with me, so I sent her on so she could make the flight.

While I couldn't do anything about the positive test result, I could find a place to stay and get out of the airport. Once I had a place to stay, changing my ticket so I could travel 48 hours later (when a negative test result was no longer required) was the only thing I had to do right then. Once those 2 things were done, I knew I could relax.

The extra 2 days in Ireland wasn't something I could've planned for. However, it gave me an opportunity to spend some much needed 1:1 time with myself. I'm happy to say that my return home was uneventful!

So the next time you find yourself in a situation you didn't expect or can't control, remember to choose peace by...



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1. taking a deep breath (or more than 1 depending on the situation) in through your nose and out through your mouth.
2. letting go of what you can't change by accepting there's nothing you can do.
3. focus on what you can immediately do and do it.

You've got everything you need to overcome any challenge that comes your way. And it all starts with believing you can!

### FAQ of the Week

How do I find peace and calm when the unexpected happens?

Instead of letting the situation control you, take a moment to feel whatever you need to feel. And don't let the feelings take over! In every situation, there's things you can control and things you can't. The important thing is to let go of what you can't control and focus on what you can.

When you're done feeling your feelings, follow these steps...

1. Put your right hand on your heart and your left hand on your belly.
2. Close your eyes.
3. Take a deep breath in through your nose and out through your mouth.
4. Keep breathing for a minimum of 90 seconds (the longer the better).
5. Ask yourself, what can I do right now that'll make me feel calmer?
6. Open your eyes and take action on your answer.

And that brings us to the end of this week's show! Now it's time for you to decide what you're going to do differently this week. Take 10 minutes right now and get started answering the journal prompts.

Thank you so much for spending this time with me. I hope you got a few new ideas for doing things differently. Remember, you're the only one in charge of your life regardless of what anyone else says or does.

Join me next week for another episode of Tough Love for Sensitive Souls. Until then, don't forget that you've got everything you need to get anything you want!