

Stretch task #3 (Chapter 2, p50)

Do you find yourself getting defensive quickly? Are you aware (awareness is the first step to change, folks) that you like being right a bit TOO much? If so, this is a great stretch task for you.

Practice being wrong. Sounds simplistic? It's anything but. PRactice with your partner, your friends, your kids, your dog and your parents. It will sting. You'll be swallowing pride for pussing. But you'll survive. Here are a useful words to get you started:

- Do you know what? You might be right
- I might be mistaken you know...
- You're right, I got it wrong this time...

Use the space below to jot some other useful phrases you could use.

