



Session Add-On Script

From Being Right → Being Connected

(Use once the client is settled, regulated, and reflective.)

1 Normalize the Strategy (No Threat to Identity)

“Let’s pause here for a moment...”

(Pause)

“And notice something important.”

(Pause)

“The need to be right...
often isn’t about ego...
it’s about **safety**.”

(Pause)

“And if this strategy showed up for you...
it likely arrived at a time when safety mattered deeply.”

2 Invite Gentle Curiosity About the Pattern

“So let me ask this slowly...”

(Pause)

“When you feel the need to be right...
what does your system believe might happen
if you’re not?”

(Pause)

“What does ‘being right’ protect you from?”

(Long pause)

3 Link to the Original Powerlessness (Without Re-Traumatizing)

“And as you stay with that...”

(Pause)

“Was there ever a time in your life when being right felt like the **only** way to have ground... or voice... or stability?”

(Pause)

“You don’t need to go into details— just notice whether your body recognizes that time.”

4 Time-Check the Nervous System

“And now something important...”

(Pause)

“Is that time **still here**... or is it something your system learned when power felt limited?”

(Pause)

“What do you notice when you recognize that the original powerlessness has passed?”

5 Introduce Relational Reality (Client-Led)

“Now let’s explore something gently...”

(Pause)

“When two people see the world differently...
does one always have to be wrong?”

(Pause)

“Or could it be that each person is holding
an answer shaped by **their experiences?**”

(Pause)

“What happens inside you when you consider that
others may be right *from where they stand?*”

6 Cost of Being Right (Discovered, Not Told)

“And let’s ask this honestly...”

(Pause)

“When you must be right to feel safe...
what happens to connection?”

(Pause)

“To collaboration?”

(Pause)

“To friendship?”

(Pause)

“How does it feel emotionally
to carry the answers alone?”

7 Safety Re-Defined Through Relationship

“And now consider this...”

(Pause)

“Have you ever felt safest
not because you were right...
but because you were **not alone**?”

(Pause)

“What did shared understanding...
or shared searching...
offer you that certainty could not?”

8 Cause vs. Effect Awareness

“Let’s explore something subtle now...”

(Pause)

“When you need to be right to be safe...
are you living on the **effect side**—
reacting to the world for protection?”

(Pause)

“And when you allow others to contribute...
to co-create understanding...
do you sense yourself moving more toward the **cause side**?”

(Pause)

“What shifts in your body
when you imagine being a participant in discovery
rather than a defender of certainty?”

9 Reframe Safety as Shared Creation

“And you may begin to notice...”

(Pause)

“That safety doesn’t come from standing alone with answers...
but from standing *with others* in exploration.”

(Pause)

“That learning together creates options...
opportunities...
relationships...”

(Pause)

“And none of that can happen
when being right is the requirement for safety.”

 **Integration Line**

“So you can allow this understanding to settle...”

(Pause)

“Being right once kept you safe when you were powerless.
Connection keeps you safe now.”

(Pause)

“And you are no longer required
to choose certainty over belonging.”