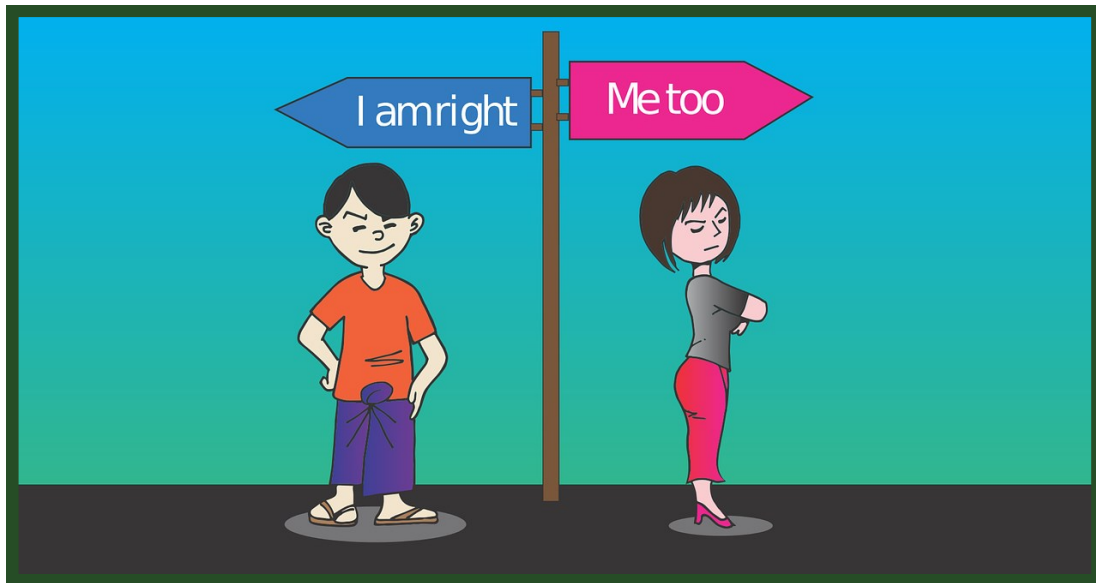


# Two Liberating Points Of View That Dissolve The Desire To Argue



by

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## Two Liberating Points Of View That Dissolve The Desire To Argue

*'The test of a first rate intelligence is the ability to hold two opposed ideas in the mind at the same time, and still retain the ability to function.'*

F. Scott Fitzgerald

Once you become aware of the *I Am Right*' trance, what's next? Well, there are two very powerful perspectives that can dissolve the desire to be right and the urge to argue about it.

### The Root Of Our Urge To Argue Is Polarization

At the root of arguing (and the anger that feeds it) is the action of polarizing toward one point of view as right and another as wrong. When you take an unbiased look, you can verify that it is indeed this decisive action that creates contraction, stress, and dis-ease in your body, mind, and emotions.

In simpler terms, arguing only happens when you decide you're *for* one point of view or action as the right one, and *against* what is almost always its opposite. Can you think of a few times when you've set this situation up yourself?

This kind of polarization is at the root of endless unwinnable arguments, like the obvious stalemates around the death penalty, abortion, birth control, and gun control, to name a few. Familiar with any of these yourself?

When you're able to reflect on these situations impartially, you realize there are two positions in each scenario that are truly opposites; and, that each is completely unwilling to move from their position.

#### **Polarization creates a *fixed point of view*.**

This is the polarization currently running rampant in our world. Whether it's global warming, apartheid, abortion, distribution of wealth, politics, or genocide, taking an unmovable position creates polarization.

This creates the environment for the unhealthy growth of unpleasant situations like stalemates, lack of compromise, no-win scenarios, and a continuation of the warring mentality polarization thrives upon. Can you identify a place in your own daily life where this polarization has occurred? Parenting? Finances? Romance? Sex?

So what are we to do? This same dynamic unfolds whether it is something very complex like economics, global warming, or politics, or a simple belief that there is indeed a 'right way' to do anything.

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Check it out for yourself. Do you think (or secretly feel) there really is a right, correct, or best way to:

- Load the dishwasher
- Fold the towels fresh out of the dryer
- Vote in an upcoming election
- Drive from your house to where you drop off the kids at school
- Dress for a workout
- Perhaps even slice an onion, or cut up an apple?

Amazingly enough, these kinds of opinions, backed by an unconscious emotional commitment, create the content of most of our every day, ordinary arguments.

### Do Teasing And Bickering Count As Arguing?

It's interesting to approach teasing and bickering as judgements, and thus invitations to an eventual full-blown argument. Explore your own intention behind these very common ways of relating.

- Want to point out something but don't want to say it directly?
- Are you trying to connect but reticent to do it openly?
- Is bickering your way of bonding?
- Is squabbling the way you create a sense of intimacy?
- Is quarreling the way you get your partner or friend to engage?

All of these poke at our ego, insecurities, and that lurking, unconscious sense of inadequacy and basic unworthiness.

It's truly best to take all of these ways of relating out of your current repertoire and explore using the following new perspectives. These new perspectives change how you relate to everyone in your life – especially those you feel hold viewpoints totally opposite to your own.



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### Perspective 1: All Viewpoints Are Valid

Here's a circle with a big dot right in the middle. Imagine that dot represents the object of contention – the dishwasher, the time to leave for the airport, a political race, etc. Fill in what's relevant to your life.



Now notice that the circle around that object of contention is made up of multiple points positioned right next to one another. And when they are connected, they create your experience of the circle.



Now imagine moving around that circle and viewing the object of contention from each individual point. Each view will be different, just as the view of a street will appear differently when seen from a building's ground floor, the roof, and from the building across the street.



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With each point of view, the object of contention presents itself in a slightly different light because you are viewing it from a slightly different position.

**This means that every point from which you view the object is actually a valid point of view.**

By valid I mean that it is the actual view of the object as seen from that particular individual point on the circle surrounding it.

Note that I am *not* saying the view is accurate. Accuracy implies that it is a true reflection of what is being seen.

**In fact, no view seen from a single point can present a fully accurate view because it is reflecting only what can be seen from that position.**

Hence I use the term valid rather than accurate.

And, we are less inclined to argue with a valid point of view, and more inclined to argue a point someone presents as accurate and thus the truth.

Check this out for yourself. Put some object in front of you and then walk around it in a circle and notice how what you see of the object changes as you move around it.

Walk around a tree and you'll experience the same thing.

**You just can't see the whole of anything from any single point of view.**

Freeing? Yes! Annoying? Sure can be!

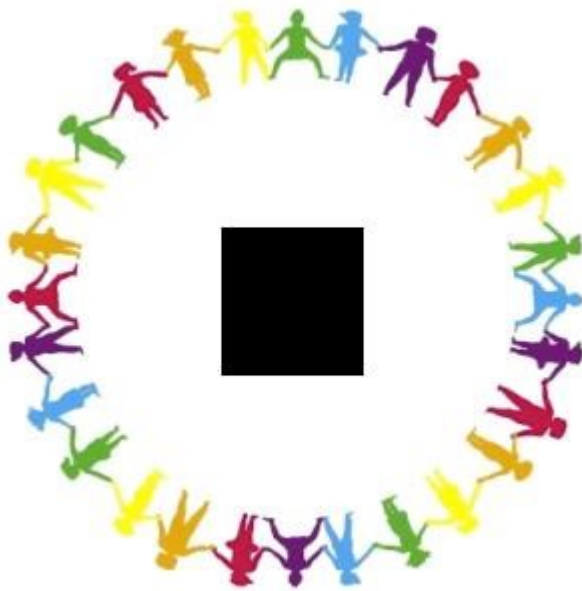
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### Perspective 2: All Viewpoints Are Incomplete

This leads us to understand that all viewpoints, though valid, must also be incomplete.

A single viewpoint, by definition, must be incomplete by virtue of the fact that it is the view from *only* one point on the circle that holds many possible viewpoints.

Thus, it leaves out all other information about what it looks like from the other points on the circle.



**This is why flexibility of viewpoint is essential.**

Without it, you will find it difficult, if not almost impossible, to step out of the *'I Am Right'* trance.

Instead, you'll find yourself tenaciously clinging to having to be right and being unwilling to be wrong.

**Freedom to move your point of view all the way around the circle  
is empowering and incredibly useful.**

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Discovering you can explore each different way of seeing the object of contention without making any one perspective right and all others wrong leads to:

- Deeper insight into the ‘why’ of the way others are perceiving things and thus why they think and feel as they do
- Deeper understanding for how a point of view can become fixated and incapable of moving
- Awareness of multiple viewpoints and greater access to creative and harmonious ways to work together and dissolve disputes
- Greater acceptance of differences in viewpoints, together with a new awareness of the strengths and weaknesses of each
- Freedom to stand firm in your own point of view while remaining open to the input of other perspectives as valuable and potentially useful

Freeing? Yes! Annoying? Sure can be!

## The Antidote To Polarization Is The 360 Degree Viewpoint

If you wish to move beyond the arguing and bickering that unconscious polarization creates, you must learn to flex the muscles of your conscious attention and awareness.

This means developing the ability to detach your attention from any one point of view when it has become the ‘right’ view – not just for you, but for everyone.

This detachment grants you access to a marvelous freedom:

**The 360 Degree Viewpoint**  
**– the ability to move your attention around all the points from which**  
**you can view the situation at hand.**

Detaching expands your capacity to move beyond the notion of your way being the ‘right’ way to the odd proposition that there can actually be two (or more) rights!

It is from here that a new level of communication and connection with the other can emerge for now the strengths and weaknesses of each viewpoint can be your own experience. And, it is amazing how the need to be right and/or prove the other wrong, simply begins to dissolve into an unimportant issue.

Now here’s one last thing to pay close attention to. To detach and de-polarize yourself so you can ‘go with the flow’ of what’s unfolding by using the 360 Degree Viewpoint, hidden expectations become of the utmost importance.



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### Attend To Those Hidden Expectations

Differing points of view rest on differing assumptions and expectations. It is prudent to discover what those differing assumptions and expectations are.

For example, did you ever get frustrated with your partner or a friend who said they'd clean up the kitchen after a party? They said they did so, but when you walked into the kitchen, it was definitely not cleaned up, according to your standards. They might have left a pot to soak in the sink, or folded up wet dish towels and left them sitting, or neglected to wipe the crumbs that spilled from the Apple Betty dessert all over the counter.

Your expectations for a cleaned-up kitchen were not met. However, a clean kitchen seen from the viewpoint of your partner or friend could be very different from yours. To them, a clean kitchen might only include dishes in the dish washer and pots left to soak so they could be more easily scrubbed clean the next morning. And just maybe, their vision isn't so good and they didn't see the crumbs!

Whose picture is right? Is the other wrong? This is the stuff of which arguments are made. Or, does the solution rest in the perspective that both might actually be valid viewpoints, yet incomplete, opening the door to creating an effective and mutual compromise?

**Expectations based on a single viewpoint give birth to right and wrong.  
Without any awareness of this, you remain imprisoned  
by your own point of view.**

When you consciously pay attention to the rigidity or flexibility of your viewpoint, you can flex your attention muscles any time you wish. Then you have what you need to let the arguing dissolve.

And, you can use your freed-up attention to explore the other's way of viewing whatever you're at odds about.

### The Story Of Marcie

If you'd like to watch a short and sweet 2 minute video review of all we've covered here, please just [CLICK HERE](#).





## Tips

1. This is a skill to develop. So don't get upset when you realize how attached you are to a lot of viewpoints.
2. The point here is *not* to give up your viewpoint as yours, but to expand your ability to hold multiple viewpoints as both valid and incomplete.
3. Relax when you realize you not only can't detach from a viewpoint, but that you don't want to. This is so totally a sign of being a human being.
4. When you're in resistance to releasing a cherished point of view, give yourself time to gently and kindly explore this 'no'. There are valid reasons for it and they have to be addressed by you.
5. And remember, this is all about discovering how to have the maximum amount of happiness in relationship – not about being right.



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### Action Steps

1. Notice how many times this week you find yourself polarizing against someone else's point of view – political, religious, fashion, etc. – whether in person or in a TV show or news broadcast.
2. Notice what happens inside your body when you try to detach from your own point of view and hold the other's view as valid AND incomplete.
3. Pay attention to what you actually argue about this week, or want to argue about, even if you don't actually say anything. Are you setting up something you like against what you dis-like? If so, write down what these things are.
4. When you do get in an argument, or start to bicker or tease, what are your expectations? Do you want the other to change? See your point of view? Admit they're wrong? Find out what you're for and what you're against. It will most likely surprise and perhaps confound you. Giving it a fresh look allows you to begin loosening your attachment to that point of view and opening to the curious experience of the 360 Degree Perspective



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### One Last Note

What you have just read is Lesson 3 of my 8 Lesson Course *Transforming Anger In Relationship*. This course is currently living at [www.DailyOm.com](http://www.DailyOm.com).

If you'd like to purchase the complete course, simply go to DailyOm.com. The cost of the course is up to you—\$10, \$25, or \$40. Daily Om is very cool to offer their courses with this kind of flexibility for the buyer.

If you decide to continue on, please enjoy. And do feel free to contact me via email should you have any questions—[Ragini@ToHelpYouHelpOthers.com](mailto:Ragini@ToHelpYouHelpOthers.com)

My best to you,

Ragini

