



The Catalyst Series • Part 6

The Cost of Being Right

"Would you rather be right, or would you rather be free?"

The Concept

We cling to our grievances like treasures. We replay the argument, the insult, the betrayal. We build a case. We gather evidence. We want the jury of the universe to look at our pain and say, "You are right. They were wrong."

But being "right" is the most expensive thing in the world. It costs you your peace. It costs you your connection. It costs you your future.

The Ego's Bargain

"I will keep my pain, so I can keep my righteousness."

Deep Reflection

What Are You Defending?

When we insist on being right, we are usually defending a fragile part of our ego. We are afraid that if we let go of the grievance, we are saying what happened was "okay."

Being Right Looks Like:

- Replaying the argument in the shower.
- Waiting for an apology before you can move on.
- "Punishing" them with silence or coldness.
- Feeling morally superior but miserable.

Being Free Looks Like:

- Accepting reality exactly as it is.
- Deciding your peace is more important than their admission.
- Dropping the rope in the tug-of-war.
- Focusing on what you want to build, not what they destroyed.

The Turning Point: Drop the Gavel

The Case

What situation or person are you currently trying to be "right" about?

The Cost

What is holding onto this costing you? (Sleep, joy, connection, energy?)

The Drop

If you didn't need to be right, what would you do differently today?

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