

Right Shoulder Rule SOP

Don't give your happiness away when the day goes sideways.

THE PLAY (ONE LINE)

Decide ahead of time you won't hand your happiness to whatever goes wrong today. When something does: respond, see the facts, drop the label, check the intent, let it go, and repair out loud if you caused it.

Why this matters

Anil Gupta compares your mind to a dream house you'd never let a guest wreck: *"The most expensive real estate in the world is between your ears."* Every bad interaction you carry into the next one costs you twice. This reset is how you stop paying the second time.

THE RULE

"Under no circumstances will I give my happiness away."

THE FACTS

"Look at things as they are, not what they mean."

THE MOMENT

"Instead of reacting, respond."

THE REPAIR

"I know I hurt you. It wasn't my intent to do so. Please forgive me."

The 8 steps

- 1 **Make the rule before anything happens.** You'd never hand over your right shoulder. Same rule for your happiness. Write it down, then list your give-away moments.
- 2 **When it happens, don't react.** "I'm gonna be this nonstick frying pan spray. Nothing's gonna stick." Pause, then respond.
- 3 **See it as it is, not what it means.** Write the plain facts in one line before you decide what they mean. "we're very good at catastrophizing."
- 4 **Swap the label for a plain description.** "languageing is everything." Instead of naming a nightmare client, say you had a hard call this morning.
- 5 **Check the intent, theirs and yours.** "it's all about intent." Ask what they were trying to do, and whether your own intent was pure.
- 6 **Decide to let it go, no conversation needed.** "You just make a decision. I'm not gonna give my power away to X." Still fix what needs fixing.
- 7 **If you caused the hurt, say it plainly.** "Look, that wasn't my intention. My intention was this, but I messed up. Please forgive me."
- 8 **Hand out something good on purpose.** Anil's three-foot rule: anyone within three feet gets a compliment or a joke. "we never know what other people are going through."

My give-away moments

- ☐ Rule written where I see it every morning
- ☐ Paused and responded at least once today
- ☐ Said the repair line where I owed it

- ☐ Give-away moments listed
- ☐ Wrote the facts before the meaning
- ☐ Three-foot rule: one compliment given

Anil Gupta's coaching views as he gave them on the show, for everyday knocks at work. Not therapy or medical advice. If you're struggling, call or text 988 (US) to reach the Suicide & Crisis Lifeline.