

# The Four Pillars of Integrity

## Integrity: (n.) an unbroken completeness or totality with nothing wanting

### Emotional Literacy

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How can I notice what I'm actually feeling and experiencing in the moment?

Do I know how to discern between different emotions and sensations (e.g., between hunger and fear)?

How can I learn to locate emotions accurately in my body (e.g., "anger" in neck/shoulders, "sadness" in chest/throat, "fear" in belly)?

Do I know when a feeling is emerging, and do I let my emotions show?

Can I follow my sensations/emotions to their source using my attention and body wisdom (even when it seems obvious that the source is the other person)?

How can I speak about my feelings and inner experience congruently so that others comprehend?

Do I consistently practice being with feelings until they flow through to completion (instead of drowning them out with food, TV, tweets or other distractions)?

### Healthy Response-ability

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How can I respond freely with full presence rather than react automatically?

Do I know how to shift from defensiveness to openness to learning?

How can I shift readily and easily from blame to wonder?

How can my being inspire others to take 100% response-ability?

### Impeccable Agreements

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Hmmm, how can I experience the connection between keeping my agreements and increased aliveness (rather than thinking of agreements as rules other people are making me follow)?

How do I make a conscious agreement?

How can I easily say no to agreements I don't want to make?

Do I use my whole-body wisdom to select agreements I do want to make?

How can I consciously change agreements that are not working?

### Speaking from Discovery and Listening Appreciatively

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Do I know how to communicate in a way that closely matches my actual experience?

How can I learn to speak about the details of what is going on in any given moment in a way that invites wonder and is free of blame?

Do I give active awareness to how my communications are landing?

How can I source and initiate authentic speaking in any situation (e.g., speaking from discovery without being begged, threatened or coerced)?

Do I use the body sensations and experiences associated with authenticity as guides and those associated with withholding as signals to shift?

Can I speak from discovery and listen appreciatively even under duress?

How can I listen accurately, appreciatively and to invite wonder?

Do I choose revealing over concealing?