

The Four Pillars of Integrity

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

Emotional Literacy

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

How can I reliably 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)?

In what ways can I give myself attention when a feeling is emerging, and let my emotions show?

How 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?

To what extent can 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

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

How many ways can I 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

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?

In what ways can I reference 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

How can I learn 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?

In what manner can 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)?

How can I sense and use the body sensations and experiences associated with authenticity as guides, and those associated with withholding as signals to shift?

In what ways can I speak from discovery and listen appreciatively even under duress?

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

Am I willing to choose revealing over concealing?

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Questions to ask yourself to generate more creative energy and aliveness

Emotional Intelligence–Unfelt

- Am I willing to know what I am feeling and express those feelings?
- What feelings am I unwilling to feel all the way through to completion? (angry, sad, scared, sexual, joy)
- Have I fully matched my expression to my experience by moving, breathing and/or sounding?
- Who do I prevent from expressing their authentic feelings all of the way through to completion?

Healthy Responsibility– Unowned

- Am I willing to take 100% responsibility for what is occurring in my life?
- Where in my life am I not taking 100% responsibility for what is occurring?
- Is there anything in my life that I am complaining about or blaming myself or others for?
- Where am I still caught in victim–villain–hero?
- Who am I allowing to not take 100% responsibility? How am I doing that?

Impeccable Agreements–Unkept

- Am I willing to be in integrity around agreements?
- What have I said I would do that I haven't done?
- What have I done that I said I wouldn't do?
- What agreements am I still captive to that I don't want to keep?
- What agreements do I need to renegotiate?

Conscious Communication–Unsaid

- Am I willing to express myself to create an experience of alignment and be a space where others can do the same?
- What have I not been willing to reveal to another?
- Who have I not been willing to consciously listen to?
- What requests have I not made?
- Are there any thoughts I have had three or more times that I have not revealed to another?

Based on the work of Drs. Gay & Kathlyn Hendricks | www.hendricks.com

