

# THE FOUR PILLARS OF INTEGRITY

*Integrity: (n.) the quality or state of wholeness, congruence, alignment*

## EMOTIONAL INTELLIGENCE

- Welcome all authentic emotions as energy moving through you
- Know what you're feeling when you feel it – discriminate between thoughts and sensations
- Express your feelings in a way that fully matches your experience.
- Get curious about what you can learn from your feelings
- Be a space that allows others to fully experience and express all of their feelings

## IMPECCABLE AGREEMENTS

- Only make agreements you want to make, with clear definitions of “what” and “when”
- Keep the agreements you do make
- Change agreements that aren't working for you and clean up any broken agreements
- Experience your agreements as a source of increased energy rather than a burden

## HEALTHY RESPONSIBILITY

- Take 100% responsibility for all of your experiences.
- Shift out of defensive postures
- Be curious about how you are creating the results that are occurring in your life.
- Open up to learning from all experiences
- Inspire others to take 100% responsibility for their experiences.

## CONSCIOUS COMMUNICATION

- Listen with the intention of genuinely understanding the experience of the other person.
- Listen for accuracy, emotion and the deepest longing.
- Speak in a way that is unarguable – note that your perspective is always subjective
- Make clear, direct requests instead of generalized complaints
- Commit to reveal and not conceal by expressing your authentic experiences, even under duress.

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Questions to ask yourself to generate more aliveness and creativity

## UNFELT

- Am I willing to know what I am feeling and express those feelings?
- Are there any feelings I have not felt all of 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?
- Is there anyone that I have been unwilling to be a space for them to feel their authentic feelings all of the way through to completion?

## UNKEPT

- Am I willing to have come to my awareness any breach of integrity around agreements?
- Is there anything I said I would do that I have not done?
- Is there anything I said that I wouldn't do that I have done?
- Are there any agreements in my life currently where I don't have a whole body yes?

## UNOWNED

- Is there any place in my life where I am 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?
- Is there anyplace where I am colluding with others to support them in not taking 100% responsibility?

## UNSAID

- 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?