

The Four Pillars of Integrity

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

Emotional Literacy

- I welcome emotions and sensations moving through me
- I express my feelings and inner experiences in ways that others can easily understand
- I am curious what I can discover from my inner experience
- I locate emotions accurately in my body (anger in neck/shoulders, sadness in throat/chest, fear in belly)
- I create space to deeply presence another's full experience and expression of feelings

Healthy Response-ability

- I take 100% responsibility for all my experiences
- I shift out of defensive postures
- I know my stress signals and choose to shift easily into responsive presencing
- I am curious how I am creating the results I'm getting in life
- I am open to friendly learning from all experiences
- I inspire others to take 100% responsibility for their experiences

Impeccable Agreements

- I only make agreements I want to make, with a clearly defined "what, by when."
- I keep the agreements I do make
- I change agreements that aren't working for me
- I clean up any broken agreements
- I experience my agreements as a source of increased energy rather than a burden.

Conscious Communication

- I turn towards the other person and listen with the intention to genuinely understand their experience
- I listen for accuracy, feelings and deeper desires
- I speak in ways that closely match my actual experience
- I listen appreciatively and speak from discovery, even when I am under duress
- I make clear, direct requests, not generalized complaints
- I choose revealing over concealing