

FOUR PILLARS OF INTEGRITY

EMOTIONAL LITERACY

1. To know what you are actually feeling when you feel it
2. To discriminate between different feelings and sensations (e.g., between hunger and fear)
3. To locate feelings accurately in your body (e.g., “fear” in belly, “sadness” in chest/front of throat, “anger” in neck/back)
4. To know the true source of your feelings (e.g., you first think you’re angry because your spouse went to the movies without you; upon reflection you realize that the real source was that your parents often left you with a bad babysitter when they went to the movies)
5. To be able to talk about feelings congruently in such a way that other people understand
6. To be able to stay aware of feelings until they subside, instead of drowning them out with food, TV or other distractions

AUTHENTIC SPEAKING & RESONANT LISTENING

12. To communicate in a way that is unarguable (e.g., “I’m sad” is unarguable; “You ruined my life” is arguable)
13. To communicate the details of what is going on in any given moment in a way that invites wonder and that does not blame anyone
14. To take responsibility for communication until the other person comprehends
15. To be the source and initiator of authenticity in any situation (e.g., to speak the truth without being begged, threatened or coerced)
16. To know the body sensations and experiences associated with authenticity and those associated with withholding
17. To be able to communicate authenticity under duress
18. To listen for accuracy, with empathy and promote mutual creativity
19. To reveal rather than conceal

IMPECCABLE AGREEMENTS

7. To see that keeping agreements increases your aliveness rather than thinking of agreements as rules people are making you follow
8. To keep the agreements you make
9. To not make agreements that you don’t want to make
10. To select agreements that you do want to make
11. To know how to change agreements if they are not working

HEALTHY RESPONSIBILITY

20. To know how to take 100% responsibility reliably
21. To shift from defensiveness to learning
22. To actively promote and inspire 100% responsibility in others
23. To shift readily and easily from blame to wonder