

## The 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, i.e., 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 and 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 authentically under duress
- 18 To listen for accuracy, with empathy, and to 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 be able 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