



# Chris Lucerne

Coach to Leaders • Teams • Couples • Individuals

## INSPIRATIONAL LIVING SERIES

### Four Pillars of Integrity



Integrity is at the center of living a peaceful and fulfilling life. Being “in integrity” is an every day and every action choice that invites you to be on a path of personal and professional evolution... to emerge your best self. In a nutshell, the *Four Pillars of Integrity* focus on taking 100% responsibility for all aspects of your life in alignment with your Essential Self.

#### Emotional Literacy

1. To know what you are 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 talk about feelings congruently in such a way that other people understand
6. To stay aware of feelings until they subside, instead of drowning them out with food, TV or other distractions or addictions

#### 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 curiosity 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 resonate with and really want to make
11. To know how to change agreements if they are not working

#### Healthy Responsibility

20. To know how to reliably take 100% responsibility for your thoughts, feelings, and actions
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 curiosity

*“Integrity is not a set of moral standards; rather, actions you take to align with your wholeness.”*

*~Kathlyn Hendricks, Ph.D.*

Go to [www.chrislucerne.com](http://www.chrislucerne.com) and download *Integrity: What is it?*, an article comparing the Inspirational Leader with the Common Leader and how the *Four Pillars of Integrity* create that distinction.



This version of the *Four Pillars of Integrity* is adapted from the work of my mentors, Drs. Gay and Kathlyn Hendricks, foremost experts the field of conscious relationship and mind-body integration ([www.hendricks.com](http://www.hendricks.com)). Used with permission.