

TABLE OF CONTENTS

FOUR PILLARS OF INTEGRITY:

- √ IMPECCABLE AGREEMENTS
- √ HEALTHY RESPONSIBILITY
- √ AUTHENTIC COMMUNICATION
- √ EMOTIONAL PRESENCE

IMPECCABLE AGREEMENTS.....6

Building a Strong Foundation of Integrity	7
Making and Keeping Your Agreements	10
Making Only Heartfelt Agreements.....	12
Changing Agreements That Aren't Working	13
Embracing Your Inner Agreement-Maker	15
Avoiding Fuzzy Agreements	16
Handling Broken Agreements	17
Communicating Your Desire to Change Agreements...	18

HEALTHY RESPONSIBILITY.....20

Stepping into 100% Responsibility.....	21
Learning about the Power of Responsibility.....	23
Shifting from Defensiveness to Learning	25
Choosing "Wondering" over "Defending"	26
Noticing When You Become Defensive.....	27
Choosing "Wonder" in Your Communication.....	28
Taking Control to Stop Defending	29
Shifting from Blaming to Taking Healthy Responsibility	30
Acknowledging Reality	32
Expressing What You Want	34

AUTHENTIC COMMUNICATION36

Speaking and Connecting Authentically.....	37
Mastering the Art of Truth-Telling.....	39
Mastering the Art of Microscopic Truth-Telling	42
Becoming Aware of Your Automatic Listening Patterns.....	44
Focusing Your Attention around Three Levels of Listening	45

EMOTIONAL PRESENCE.....48

Knowing your Feelings When They Occur	49
Realizing that You're the Source of Your Feelings.....	51
Staying Aware of Feelings Until They Subside.....	53
Revealing Your Authentic Experience	55
Bringing Yourself Back into Integrity	57
Being Present with Your Feelings	59
Knowing What You're Feeling When You're Feeling It	60
 Handling Integrity Glitches	 62
 Authors	 64