

# INTEGRITY, TRUE or FALSE?

People have many false ideas about integrity. They think it means defending your pride, doing “what I want when I want,” sticking to your own ideas, etc. But honestly, you know better than to put your pride, preferences, and ideas over what is right and true. And you feel guilty and conflicted when you do. Your heart has a better way. To follow that better way is true integrity.

See if you can distinguish between true and false integrity in these options. Would you:

Work reliably at a job for the family’s sake — **OR** — Quit and lose the family home because you didn’t feel like going to work.

Listen with an open mind and admit it when you’re wrong — **OR** — Argue even after you know you’re wrong.

Defend yourself at the cost of relationship harmony — **OR** — Let go of your pride in order to do right by your mate.

Insist that the team do things your way — **OR** — Go with the best, most effective idea no matter who thought of it.

Give your heart sincerely in spite of fear, insecurity, etc. — **OR** — Withhold your heart and its expressions to stay safe.

Stand up for someone who’s wrongly accused — **OR** — Refuse to take sides in order to avoid personal risk.

## Common signs of following your heart

NOT normally troubled, anxious, or afraid

Feeling generally secure and confident

Enjoying deep, personally intimate communication;  
communicating sincerely, freely in abundance

Being receptive to love, and to soul-nourishing exchanges

Living boldly, freely enjoying what some call “risk”

Socially responsible/aware. Sincerely interested in the  
human impact of one’s thoughts, attitudes, and actions

## Common signs of *not* following your heart

Suffering from chronic dissatisfaction, guilt, and inner conflict

Feeling insecure, guilty, defensive, self-conscious, unworthy

Shadowed by thoughts and/or deeds you’d hate sharing or  
having discovered. Strategic, manipulative. Hiding. Guarded.

Fearing, minimizing deep personal exchanges

Living in a careful, timid manner for the sake of self-protection

Oblivious to the impact of one’s thoughts, attitudes and  
actions: “I don’t want to know and I don’t care” (yeah, right)