

INTEGRITY INVENTORY

Use this list to scan through your life to discover where you may be out of integrity.

UNFELTS

Have I felt all of my feelings around:

- My childhood
- My parents
- Any relationships that have ended
- My siblings
- My children
- My career
- My spouse
- My body
- My money
- My sexual orientation/desires
- How I use substances (drugs, food, alcohol)
- Death, mine and others

UNKEPTS

Have I kept all my agreements with:

- My Spouse
- My Children
- My Extended family, parents, siblings, etc.
- My Friends, current and past
- My Colleagues, current and past
- Myself
- Anyone else who who comes to mind more than three times

About:

Sex
Money
Time
Things

UNOWNED

Am I blaming:

- My Spouse
- My Children
- My Extended family, parents, siblings, etc.
- My Friends, current and past
- My Colleagues, current and past
- Yourself
- Anyone else who who comes to mind more than three times

About:

My past
My present circumstances
My lack
My emotional states (Anger, Sadness, Fear, Joy, Sexual Feelings)
My spiritual states
My physical condition

UNSAIDS

Is there anything I have been withholding from:

- My Spouse
- My Children
- My Extended family, parents, siblings, etc.
- My Friends, current and past
- My Colleagues, current and past
- Myself
- Anyone else who comes to mind more than three times

About:

Emotions: (sexual feelings, anger, fear, sadness, joy)
Desires, wants, requests
Food, alcohol, drugs, etc.
Agreements Approval
Judgements Comparison
Money Appreciation
Stealing Sex
Lying Attraction