

Worksheet #5
Personal Inventory



SELF-ACCEPTANCE AND PERSONAL INTEGRITY WORKSHEET #5

Self-Descriptions	Strongly Disagree					Agree				
	1	2	3	4	5					
"I can find peace and gratification even if I can't do some things as well as I'd like."	Rating: <input type="text"/>									
	Examples: <input type="text"/>									
	Examples of exceptions to this, if any: <input type="text"/>									
"I can accept both my limitations and my strengths."	Rating: <input type="text"/>									
	Examples of accepted strengths: <input type="text"/>									
	Examples of accepted limitations: <input type="text"/>									
"My fundamental sense of confidence in my strengths makes it possible to examine my self-doubts and limitations squarely and learn from them."	Rating: <input type="text"/>									
	Examples: <input type="text"/>									
	Examples of exceptions to this, if any: <input type="text"/>									
"I have such a sense of self-acceptance that I feel free and open with other people without worrying about how I will be judged."	Rating: <input type="text"/>									
	Examples: <input type="text"/>									
	Examples of exceptions to this, if any: <input type="text"/>									
"I have such a sense of self-acceptance that I can be fully present right here and now without worrying about what might happen next or in the future."	Rating: <input type="text"/>									
	Examples: <input type="text"/>									
	Examples of exceptions to this, if any: <input type="text"/>									

WORKSHEET #5

SENSE OF INTEGRITY: TAKING PERSONAL INVENTORY

One's own sense of integrity is the basis for forming an empathic understanding of another person's integrity. Review the following description of a person with a strong sense of personal integrity and the discussion that follows. Then use this worksheet to examine your own sense of integrity.

Caleb Foster is a special sort of person. When Caleb walks into a room, people take notice. Unlike most folks, Caleb has a striking presence. You can sense it in his eyes when he looks about, ready to accept contact with whomever he might find, or when he comfortably looks right into your own eyes as if he were speaking from somewhere deep within himself to a similar place within you. You can sense it from the way Caleb can hear you out, never rushing in to make his point or steal your thunder. And you can sense it from the way he smiles with his whole face, and from the power of his contagious laughter.

Caleb's presence emanates from deep within himself, reflecting the sense of integrity that comes with self-acceptance. And because of that self-acceptance, Caleb is "all there." He has the personal integrity to know that he is far from perfect and that life is good anyway. Caleb is just as much "out there" with his fears, his struggles, his shame, and his shortcomings as he is with his wit, wisdom, creativity, and courage.

Everyone has the potential for that kind of vitality, but many people have made compromises with it as they have tried to mold themselves to fit one image or another of what they think they are "supposed to be." That is when people become vulnerable to the devastating effects of deep self-doubt. Whenever a person feels afraid, ashamed, or guilty about his or her own thoughts, feelings, and choices in life, it might be tempting to contrive a sense of separation between "self" and some presumably disownable fragment of self. Does any of this sound familiar? Consider the implications of each example.

- "I have no idea why I ever took this job." (I'm completely oblivious to the source of my major life decisions. Some mysterious force within me must have compelled me to take this job and I was nothing but a passive victim of its power.)
- "I didn't really mean what I said the other day." (There's a powerful alien force within me that puts words into my mouth, but they are not my words.)
- "See what she made me do?" or "She drives me to drink." (In no way have I wanted to do what I have done. I have had no free will in this matter and I have been incapable of resisting her control over my mind, thoughts, emotions, and actions.)

Such comments are so routine that they are hardly noticeable, but they reflect an underlying mindset that has a far-reaching effect. When people say such things, it is as if they are trying to make a case for the incredible proposition that "I would certainly never be the kind of person I am. Please, don't think me capable of having such reprehensible thoughts as you hear me express, feeling those silly emotions I feel, or making the stupid decisions you see me make."

The self-accepting person who can acknowledge his or her faults can then also recognize and own these decisions and actions, even when they are embarrassing or socially unacceptable. But people who try to

claim they are standing apart from themselves, that their thoughts, feelings, decisions, and actions are “not really me” are playing a dangerous game of self-fragmentation.

Take a Personal Inventory

The following worksheet presents a variety of statements associated with a sense of self-acceptance and personal wholeness, or integrity. How do you rate yourself?