FINDING YOUR COMPASS: INTEGRITY VS. NOT INTEGRITY

*For each, list a specific example from anytime you can remember and the associate feelings/body sensations you experienced with each.*

A time you said no to someone and it felt right:

A time you said no to someone and it didn't feel right:

A time you said yes to someone and it felt right:

A time you said yes to someone and it didn’t feel right:

A time you did something for your career that felt right:

A time you did something for your career that didn’t feel right:

A time you did something for a friend that felt right:

A time you did something for a friend that didn’t feel right:

A time you did something for your health that felt right:

A time you did something for your health that didn’t feel right:

A time you made a significant life change and it felt right:

A time you made a significant life change and it didn’t feel right:

A time you spoke up and it felt right:

A time you spoke up and it didn’t feel right:

A time you kept silent and it felt right:

A time you kept silent and it didn’t feel right:

*Once you’ve filled out all the blanks above, read slowly through your answers.*

*Notice what happens to:*

• your breathing (Does it get slower, faster, deeper, more shallow?)

• your gut (Does it feel sick, empty, twisted, hot, cold?)

• your muscles (Do they tighten? Where? What does it feel like?)

• your physical posture (Do you hunch, curl your shoulders, clench?)

• your emotions (Do you feel fear, anger, sadness, or any variation of these?)

*What do you now know about your body, emotional and mental response to when something feels right versus when it doesn’t feel right:*

*Observe this sensation in yourself all week and make note of any/all scenarios that feel right and don’t feel right:*