

# 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