

CLIMB THE LADDER OF INTEGRITY

10- I hope and look forward to...

9- I think my honest sharing will benefit our relationship by...

8- The most important thing I want you to know is...

7- One thing I could do to improve the situation is...

6- I am willing/not willing to...

5- This issue is important to me because I value...and I violate that value when...

4- My feelings about this are...
(What my reaction tells me about me is...)

3- My need in this issue is...

2- My part in this is...

1- Right now the issue on my mind is...
(I'm anxious in talking about this because...)

What I hope
(9-10)

What I value
(5-8)

What is going on inside me
(1-4)

Be sure to stick to one issue.