



## ACTIVE RATIONAL TRANSFORMATION

### Module 7. Self-Integrity

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#### Exercise 1.

Write down some of the negative messages you send toward yourself, then apply integrity and write an answer in the present form.

For example:

**The statement:**

“You’re stupid”

**The answer:**

“No, I’m not. It’s not fair to call myself stupid just because I’m not a good at being organized. But I am an ok organizer. And that is good enough.”

**Self integrity is an act of standing up for yourself. It’s a way of believing in yourself. Integrity happens silently, as you have no reason to justify yourself in front of others for the way they see you.**

#### Exercise 2.

Treating yourself with integrity means being true to your strengths and at the same time honest that you are not better than others, as you have weaknesses too. Make your list like shown with this example:

PLUS

I am trustworthy  
I am courageous  
I am energetic  
I am patient  
I am friendly

MINUS

I am corrupt  
I am cowardly  
I am lazy  
I am frantic  
I am rude

The greatest courage is to accept your imperfections and love yourself the way you are!