

- HOW DO YOU DEAL WITH TELLING THE TRUTH IN SITUATIONS WHERE A PERSON MIGHT FEEL HURT OR EMBARRASSMENT?
- WHAT HELPS YOU KEEP YOUR INTEGRITY?
- HOW LOYAL AND COMMITTED ARE YOU TO WHAT YOU VALUE?
- WOULD YOU TURN IN SOMEONE YOU KNOW FOR COMMITTING A CRIME? WOULD YOUR ANSWER DEPEND ON THE DEGREE OF THE CRIME OR WHO IT WAS?
- WHEN YOU MAKE A MISTAKE DO YOU ADMIT IT?
- WHAT ARE YOU DISHONEST ABOUT?
- HOW OFTEN DO YOU TRY TO GET OUT OF ADMITTING A MISTAKE BY LYING ABOUT IT?
- HOW FREQUENTLY DO YOU FIND THAT WHAT YOU DO CONTRADICTS WHAT YOU SAY?
- WOULD IT BE MORE PAINFUL FOR YOU TO STEAL SOMETHING AND GET CAUGHT FOR IT LATER OR NOT STEALING AND BEING CALLED A COWARD LATER FOR IT?
- WHAT IS A PROMISE YOU RECENTLY MADE? TO WHO? WHY DID YOU MAKE IT?
- WHAT IS A PROMISE SOMEONE RECENTLY MADE TO YOU?
- HOW DO YOU FEEL WHEN PEOPLE DO NOT KEEP THEIR PROMISES TO YOU?
- WHAT KINDS OF THINGS DO YOU USUALLY TELL LIES ABOUT?
- DO YOU CALL IT AS YOU SEE IT?
- WOULD IT BE MORE PAINFUL FOR YOU TO HAVE SOMETHING VALUABLE STOLEN OR TO GET CAUGHT STEALING SOMETHING FROM SOMEONE ELSE?
- IS IT HARDER FOR YOU TO TURN SOMEONE ELSE IN OR TO TURN YOURSELF IN FOR WRONGDOING?
- HOW HONEST AND OPEN WOULD YOU SAY YOU ARE IN YOUR RELATIONSHIPS?
- ARE YOU TRUE TO YOURSELF AND YOUR IDEAS, REFUSING TO COMPROMISE YOURSELF JUST TO KEEP PEACE?
- DO YOU LIVE YOUR LIFE ACCORDING TO WHAT'S IMPORTANT TO YOU?
- DO YOU EVER FAKE EMOTIONAL DISPLAYS IN ORDER TO GET OUT OF UNCOMFORTABLE SITUATIONS?
- DO YOU HAVE HIGH ETHICAL STANDARDS?
- DO YOU DO REGULAR REALITY CHECKS ON YOURSELF?
- DO YOU EVER LIVE YOUR LIFE ACCORDING TO WHAT IS RIGHT FOR ANYONE ELSE?
- WHEN YOUR OPINION IS ASKED FOR ARE YOU MORE LIKELY TO BE HONEST EVEN IF IT HURTS?, SUGAR COAT YOUR FEEDBACK?, LIE JUST TO MAKE THEM FEEL GOOD?

- IF SOMEONE IS MAKING CRUEL COMMENTS ABOUT SOMEONE YOU VALUE WHAT WOULD YOU DO?
- DO YOU MAINTAIN A CODE OF INTEGRITY THROUGHOUT YOUR DAILY AFFAIRS?
- WOULD YOU TAKE ACTION AGAINST AN INJUSTICE?
- ARE YOU WILLING TO ADMIT YOUR STRONG POINTS, WEAK POINTS AND ERRORS TO YOURSELF AND OTHERS?
- WHEN A FRIEND TELLS YOU SOMETHING IN CONFIDENCE DO YOU KEEP IT TO YOURSELF, TELL ONLY ANOTHER CLOSE FRIEND, OR TELL ANYBODY?
- WHO IS A PERSON WHO HAS HELPED YOU BECOME MORE REAL?
- WHAT DO YOU FIND TO BE AN OBSTACLE TOWARDS BECOMING MORE AUTHENTIC?
- WHERE DO YOU FEEL MOST REAL?
- WHAT PERSON HAS CHALLENGED AND/OR ENABLED YOU TO BE MORE AUTHENTIC AND TRUE TO YOUR BEST SELF?
- IF YOU FOUND A WALLET WHAT WOULD YOU DO?-RETURN IT?,KEEP THE MONEY & THEN RETURN IT?, KEEP THE MONEY & THROW IT AWAY?
- DO YOU KEEP SECRETS THAT HAVE BEEN CONFIDED IN YOU?
- HAVE YOU EVER BECOME SO USED TO REARRANGING THE TRUTH THAT YOU START TO BELIEVE YOUR OWN LIES?
- HOW DO YOU DEAL WITH GOSSIP?
- DO YOU STAY TRUE TO YOURSELF NO MATTER WHAT EVERYONE AROUND YOU MAY BE DOING?
- DO YOU PUT PRINCIPLES BEFORE PERSONALITIES?
- DO YOU OBEY THE LAW?
- DO YOU EVER TRY TO PRETEND YOU'RE SOMETHING YOU'RE NOT?
- HOW SINCERE ARE YOU?
- ARE YOU MORE YOUR OWN PERSON OR DO YOU FIND IT HARD TO LET GO OF OTHER PEOPLE'S OPINIONS?
- WOULD YOU EVER BUY STOLEN PROPERTY?
- ARE YOU DIRECT, KIND AND HONEST IN WHAT YOU SAY AND DO?
- WOULD YOU SAY THAT YOU CAN BE TRUSTED TO DO WHAT YOU'VE COMMITTED TO?
- DO YOU USUALLY POINT OUT WHEN STORES AND RESTAURANTS UNDERCHARGE YOU??
- WHAT WOULD YOU DO IF YOU FOUND OUT A CLOSE FRIEND WAS LYING OR CHEATING?
- IF FRIENDS WERE WILLING TO BE BRUTALLY HONEST WITH YOU ABOUT WHAT THEY THINK OF YOU; WOULD YOU WANT THEM TO?
- WHEN WAS A TIME YOU WERE DISHONEST?
- WHEN WAS A TIME THAT SOMEONE CHEATED YOU?
- WHEN WAS A TIME THAT YOU DECEIVED SOMEONE?
- WHEN WAS A TIME THAT A RUMOR WAS SPREAD ABOUT YOU? WHAT WAS IT? WHAT HAPPENED?
- WHEN WAS A TIME THAT YOU GOT OUT OF TROUBLE BY LYING?
- HAVE YOU EVER STOLEN FROM WORK OR SCHOOL?
- HOW OFTEN DO YOU WEAR A MASK OR PLAY A ROLE?
- WOULD YOU EVER CHEAT ON YOUR TAXES?
- WOULD YOU LIE IN COURT TO PROTECT A FRIEND? WOULD ANY CIRCUMSTANCES MAKE A DIFFERENCE IN YOUR DECISION?
- IN WHICH CIRCUMSTANCES DO YOU FIND IT MOST DIFFICULT TO BE HONEST AND OPEN?
- WHEN YOU TELL A STORY DO YOU EXAGGERATE IT OR BUILD IT UP?
- HOW SUSCEPTIBLE ARE YOU TO THE INFLUENCE OF OTHERS?
- HOW ABLE ARE YOU TO DISCERN IF OTHER PEOPLE'S INFLUENCE IS UNFAIR OR UNWISE?
- A FRIEND IS ASKING YOUR OPINION AND YOU KNOW THE TRUTH IS GOING TO HURT THEM. DO YOU TELL THE TRUTH?
- WHEN WAS THE LAST TIME YOU STOLE SOMETHING? WHAT WERE THE CIRCUMSTANCES?
- WHAT IS THE MOST SERIOUS LIE YOU EVER TOLD?
- CAN YOU LOOK HONESTLY AT YOURSELF?
- DO YOU ALLOW OTHER PEOPLE TO SEE THE REAL YOU?
- WOULD YOU SAY THAT YOU ARE TRUE TO YOURSELF?

INTEGRITY

BELIEFS

- WHAT DO YOU BELIEVE ABOUT HONESTY?
- DO YOU BELIEVE THAT LIVING WITH INTEGRITY GIVES YOU GREATER CONFIDENCE IN LIFE?
- DO YOU BELIEVE THAT MOST PEOPLE PRACTICE WHAT THEY PREACH?
- DO YOU BELIEVE THAT HAVING INTEGRITY MAKES IT POSSIBLE TO LIVE WITH YOURSELF?
- DO YOU BELIEVE THAT LOYALTY TO A FRIEND OR CAUSE IS MORE IMPORTANT THAN HONESTY?
- DO YOU BELIEVE THAT PEOPLE ARE MORE OR LESS-HONEST TODAY THAN EVER BEFORE?
- DO YOU BELIEVE IT IS EVER "OK TO TELL A LITTLE LIE"?
- DO YOU BELIEVE THAT "HONESTY IS THE BEST POLICY"?
- WHY DO YOU BELIEVE PEOPLE SOMETIMES BREAK PROMISES?
- DO YOU BELIEVE THAT THERE IS A DIFFERENCE BETWEEN FOLLOWING YOUR CONSCIENCE AND DOING WHAT YOU WANT?
- DO YOU BELIEVE THAT EVERYBODY HAS A PRICE?
- WHAT DO YOU BELIEVE SHOULD BE DONE WITH PEOPLE WHO STEAL?
- WHAT ARE YOUR BELIEFS ABOUT KEEPING PROMISES?
- DO YOU BELIEVE MOST PEOPLE HAVE INTEGRITY?
- DO YOU BELIEVE THAT YOU HAVE TO COMPROMISE YOURSELF TO GET ALONG IN THIS WORLD?
- DO YOU BELIEVE THAT CHEATING IS ACCEPTABLE AS LONG AS NO ONE GETS HURT?
- WHICH DO YOU BELIEVE IS MORE IMPORTANT?- CHARACTER OR REPUTATION?
- DO YOU BELIEVE THAT "IT'S NOT WHETHER YOU WIN OR LOSE BUT HOW YOU PLAY THE GAME"?
- DO YOU BELIEVE PEOPLE ARE BASICALLY HONEST OR DISHONEST?

EXPERIENCES

- DO YOU KEEP YOUR PROMISES AT ANY COST?
- DO YOU ONLY MAKE PROMISES YOU CAN KEEP?
- DID YOU EVER MAKE A DELIBERATELY FALSE PROMISE?
- CAN PEOPLE RELY ON YOU TO KEEP YOUR WORD AND YOUR PROMISES?
- CAN YOUR FRIENDS TRUST YOU NOT TO DISCUSS THEM WITH OTHERS?
- HAVE YOU EVER BETRAYED A CONFIDENCE?
- DO YOU TRY TO SAY WHAT YOU MEAN AND MEAN WHAT YOU SAY?
- DO YOU EASILY CONFUSE FACTS AND OPINIONS?
- ARE YOU BASICALLY HONEST?
- DO YOU TRY TO AVOID TELLING LIES, EVEN SMALL ONES?
- DO YOU AVOID GIVING COMPLIMENTS WHEN YOU DON'T MEAN THEM?
- HOW STRAIGHTFORWARD WITH OTHERS ARE YOU?
- DO YOU WELCOME AND EXPECT THE HONESTY OF YOUR FRIENDS, EVEN IF IT MEANS POINTING OUT TO YOU YOUR MISTAKES AND FAULTS?
- HOW SINCERE ARE YOU IN YOUR FEELINGS, WORDS AND ACTIONS?
- DO YOU FREQUENTLY TELL HALF-TRUTHS?
- DO YOU USUALLY AVOID RATIONALIZING OR JUSTIFYING YOUR FAULTS?
- DO YOU USUALLY GIVE INDIRECT, EVASIVE ANSWERS?
- WHAT IS SOMETHING YOU DID THAT EXPRESSED YOUR HONESTY AND MORAL PRINCIPLES?
- WHAT IS SOMETHING YOU DID TO RESIST PRESSURES TO CONFORM?
- CAN YOU ADMIT TO OTHERS WHEN YOU ARE WRONG?
- DO YOU TRY TO AVOID PUTTING UP A FRONT TO IMPRESS PEOPLE?
- ARE YOU USUALLY HONEST WITH YOURSELF ABOUT YOUR MOTIVES?
- DO YOU EXPECT OTHERS TO BE HONEST WITH YOU WHEN YOU ASK THEIR FEEDBACK?
- WOULD YOU BE WILLING TO CALL A FRIEND ON THEIR BREACH OF INTEGRITY?
- WOULD YOU BE WILLING TO CALL A FRIEND ON THEIR HYPOCRISY OR INCONSISTENCY?
- DO YOU CONSIDER YOURSELF MORE ON THE REAL OR PHONY SIDE?
- DO YOU OFTEN SAY "I DON'T KNOW" WHEN YOU DON'T WANT TO ANSWER A QUESTION?
- DO YOU HAVE A PERSONAL CODE OF ETHICS THAT YOU HOLD TO?