

THE WHOLE YOU!

Integrity for the Broken

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WHO AM I?

**EVERYDAY
I AM BECOMING
A BETTER VERSION
OF MYSELF**

KEY CONCEPTS

- What does it really mean to have INTEGRITY?
- Importance of living authentically
- Symptoms of living out of alignment with your true self
- Discovering your values
- Reconnecting with your true self
- Embracing a life of integrity

WHAT IS INTEGRITY?

COMMON ANSWERS

Integrity means being honest and having strong moral principles.

A person with integrity behaves ethically and does the right thing, even when no one is looking.

A NEW PERSPECTIVE

Comes from the Latin word integer -
which means “intact”.

...the state of being whole and undivided

EXAMPLE

A building with integrity - all the materials and
pieces are together and stable

AN EXAMPLE

A building with integrity - all the materials and pieces are together and stable



**WHAT
ABOUT
YOU**



PURPOSE & INTENTION



PASSION & FASCINATION

follow
your
passion



BLISSFUL JOB/CAREER

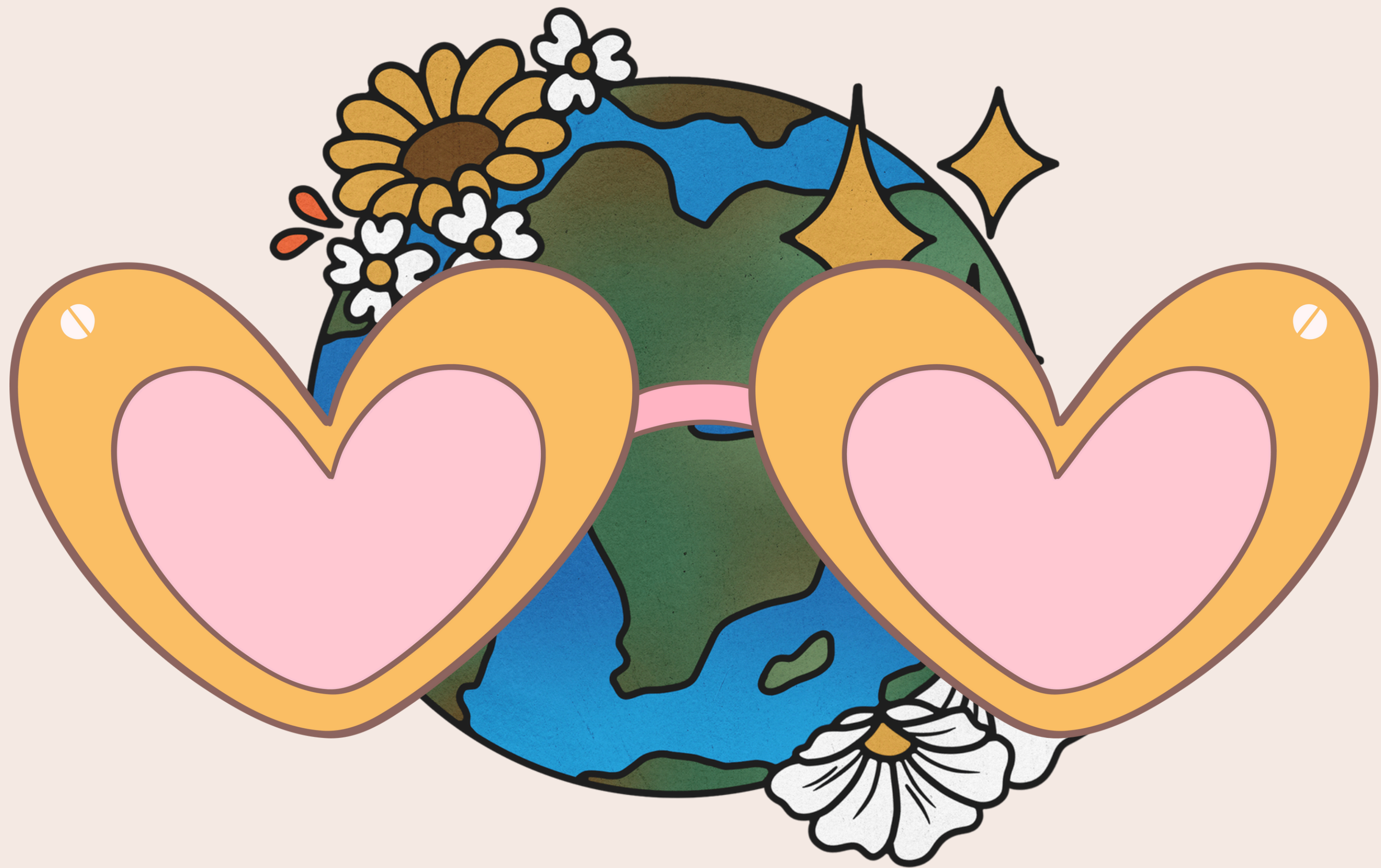


FAMILY PERFECTION



AMAZING SLEEP/REST





WHAT HAPPENED?

- Extremely social creatures - dependent - peer pressure is a real thing!
- Children - like parrots and monkeys.
- We want to BELONG, so we conform to what our “culture” expects.
- We end up ignoring our own thoughts & feelings.
- We start to divide ourselves - duplicity - multiplicity.

CONSEQUENCES OF FAKING IT

MEH...GOOD ENOUGH

- Vague sense of purpose
- Job isn't perfect, but okay
- Relationship is "fine"
- Life will be better - one day

COMPLETELY WRECKED

- Feel bad & anxious
- Live with regrets
- Disappointed or angry with others
- Mental & physical problems
- Trapped - "Life is a bitch and then we die."



You are a highly functioning person! On a deep level you know what makes you happy
- it is part of your natural being!

NO JUDGEMENT ZONE

BELONGING

1. True belonging happens when we present our most **AUTHENTIC** self to the world.
2. Our sense of belonging can **NEVER** be greater than our acceptance of self.

**FITTING
IN**

**SEEKING
APPROVAL**

VS

**I accept
myself
as I am**

**LET'S FIND OUT
WHO
YOU
ARE!**

VALUES

Values are the principals or ideals we hold as important, good, desirable or worthwhile.

They are our most fundamental beliefs that are closely linked to our identity and they guide or motivate our attitudes and behaviours.

Values are usually stated as a word or short phrase and are usually positive.

EXAMPLES OF VALUES

belonging	adventure	knowledge	responsibility
beauty	compassion	courage	wealth
conformity	diversity	duty	work ethic
education	environment	religion	self-discipline
fairness	family	freedom	tradition
friendship	generosity	humanity	tolerance
independence	individuality	honesty	simplicity
justice	kindness	leadership	talent
life	love	loyalty	strength
mercy	nurturing	possession	safety
peace	power	respect	skill

PERSONAL VALUES VS. SHARED VALUES

Personal values are those that shape and influence our own lives. These can sometimes challenge the dominant cultural or societal values.

Our unique perspective and personal context (e.g. age, gender, life experiences) inform these.

They might also shift or change throughout our lives due to different circumstances.

Shared values, often called dominant values, are the views and beliefs that are widely shared among the majority of a society or group. Some of these might be related to our specific society or cultures.

These cultural values can be so normalised or naturalised that we accept them without question.

DO MY ACTIONS SHOW WHAT I VALUE?



WHAT'S YOUR HUSTLE? RADICAL HONESTY

Of the things you do everyday -
are they coming from “culture”
expectations, or your true
nature?

Simply NOTICE the difference
between things you genuinely
love to do and things you do for
other reasons.

Nature
Nurture

**DO YOU EVER HANG OUT WITH
PEOPLE YOU DON'T TRULY
ENJOY?**

WHO ARE THEY?

**DO YOU CONSISTENTLY MAKE
YOURSELF DO ANYTHING (OR
MANY THINGS) YOU DON'T
REALLY WANT TO DO?**

MAKE A LIST.

**ARE THERE THINGS YOU DO
SOLELY OUT OF FEAR THAT NOT
DOING THEM WILL UPSET
SOMEONE, OR LOWER YOUR
VALUE IN SOMEONE ELSE'S
EYES?**

WHAT ARE THEY?

**ARE THERE ANY TIMES IN YOUR
DAILY LIFE WHERE YOU'RE
CONSISTENTLY PRETENDING TO BE
HAPPIER OR MORE INTERESTED
THAN YOU REALLY ARE?**

**AND WHAT AREAS
(RELATIONSHIPS, JOB ACTIVITIES,
PLACES) DO YOU TEND TO DO THIS?**

**DO YOU EVER SAY THINGS YOU
KNOW AREN'T TRUE, OR THINGS
YOU DON'T REALLY, TRULY MEAN?**

WHAT ARE THEY?

**WE ARE ALL MADE OF
STRENGTHS
&
STRUGGLES**

**THE GOOD
THE BAD
&
THE UGLY**



ALL THE PIECES OF YOU!

INTEGRITY is when you allow **ALL OF YOU** to be present.

Show up - Unapologetically

Learn to BELONG to YOURSELF!

Just Me

QUESTIONS?



Thank You!

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