



Self-Check

This exercise contains a list of statements about your beliefs, convictions and personal truths. Read through each statement and mark the extent to which you agree. At the end of this exercise, reflect on the marks you made. What circumstances came to mind? What are you proud of? What surprises you? What would you like to work on?

Then, proceed to the scenarios on the next page to see how your actions show up in different scenarios.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
When I agree to do something, I always follow through
I am able to deliver negative feedback in a respectful way
My friends know they can depend on me to be truthful to them
When someone asks me to keep something in confidence, I do so
I tell the truth unless there is an overriding moral reason to withhold it
My friends and family know they can depend on me to keep my word
I can clearly state the principles, values and beliefs that guide my actions
I will generally confront someone if I see them doing something that isn't right
My friends would say that I am the kind of person who stands up for my convictions
My friends would say that my behavior is very consistent with my beliefs and values
If I believe that someone with authority is doing something that isn't right, I will challenge them
When a situation may prevent me from keeping a promise, I consult with those involved to renegotiate the agreement
When faced with an important decision, I consciously assess whether the decision I wish to make is aligned with my most deeply held principles, values and beliefs
If I knew that an organization I was connected with was engaging in unethical or illegal behavior, I would report it, even if it could have an adverse effect on me





What Would You Do?

Scenarios For Adults, College Students, and Teens

Below are a series of scenarios that might test your integrity. Read through each scenario and use the prompts to articulate how you would navigate the situation. Choose the subject and context that reflects your reality. After you have read through these scenarios, there is space to fill in your own. Consider when your integrity has been tested and you have stayed true to your gut instincts.

You're at your *[boss's/professor's/youth group advisor's]* house for Shabbat dinner. You begin speaking about *[work/class/meeting]* and it quickly devolves into a gossip fest. Your *[boss/professor/youth group advisor]* tells you that they actually don't like one of their *[employees/students/members]* and plans to make some changes within the *[organization/roster]*.



- a. Why and how could your integrity come into question?
- b. How do you respond in the moment?

Your *[organization/internship/part-time job]* has to furlough several employees, including your favorite coworker. They asked you to deliver the news. You know that they are financially struggling at the moment and beyond loving the job, they need this job *[to support their family/complete their degree]*.



- a. How does integrity come into play?
- b. How can you deliver the news and stay true to your integrity?

You work at a place that has started to slowly reopen from COVID-19. Your superiors are asking you to come back to work in the office. You still don't feel safe doing so.

-or-

You babysit for a family in your neighborhood. Since COVID-19 started, you haven't been going to their house. The family reached out to you to see if you can babysit at their house this week, but you still don't feel safe doing so.



- a. Why and how is your integrity in question?
- b. How can you deliver the news that allows you to stay true to your personal truth?

You *[took a job/joined a club]* that you were really excited to *[start/be part of]*. You realize that you have philosophical and ideological differences with the *[institution/advisor]*. You feel undervalued and appreciated for who you are and what you can contribute.



- a. How do you apply your integrity given what's at stake?

A protest has been building in your neighborhood to express anger around a new piece of legislation. You oppose the legislation and plan to join the protest, but you notice that amidst the signs against the legislation there are also signs around other issues that make you uncomfortable.



- a. Do you join the protest?
- b. How do you show your solidarity in a way that feels true to yourself?

Fill in your own scenario:



- a. How was your integrity tested?
- b. How did you find the courage to stick up to your belief?

Fill in your own scenario:



- a. How was your integrity tested?
- b. How did you find the courage to stick up to your belief?