MENTAL INTEGRITY

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GOOD AFTERNOON. HOW ARE YOU FEELING RIGHT NOW?
Thank You!
• What does it mean to work and live life with **MENTAL INTEGRITY**?

• What may be the **psychological effects** of not working and living life with mental integrity?
WHAT IS INTEGRITY?

INTEGRITY – latin word “integritas” which means whole or complete; to integrate or bring together

Robert Taibbi, L.C.S.W.
MENTAL HEALTH
a state of emotional, psychological, and social wellness evidenced by satisfied interpersonal relationships, effective behavior and coping, positive self-concept, emotional stability.

INTEGRITY
an internal state of being that guides us towards making wise moral choices and intelligent ethical decisions.

World Health Organization

Barbara Killinger Ph.D
What is Mental Integrity?

• *(Classic meaning)* - **It is the basis for freedom of thought** (Shen, 2013).

• that whatever the coercion, the threat or the violence undergone, the person can generally preserve a “private repository” of thought in which to defend her convictions and identity, her dignity, and autonomy.
Mental Integrity - Integridad sa kaisipan

- freedom of thought
- Coercion
- Threat
- Violence
- private repository
- defend her convictions
- Identity
- Dignity
- Autonomy
- With no complete subjection to other individuals

- Kalayaan ng pag-iisip
- Pamimilit
- Pagbabanta
- Kaharasan
- Pribadong imbakan ng kaisipan
- Ipagtanggol ang kanyang paniniwala
- Pagkakakilanlan
- Dangal
- Sariling kautusan
- Walang Kumpletong pagpapasakop sa ibang indibidwal
Integrity as a psychological process

- is an integration of your outer life and inner life—two sides coming together, creating a whole, consistent you.

Robert Taibbi, L.C.S.W. https://www.psychologytoday.com/intl/blog/fixing-families/201707/6-steps-leading-life-integrity
What is the underlying meaning of integrity?

you can’t show integrity to others unless you first create it within yourself.

Becoming Whole: How to Use Your Brain to Strengthen Your Integrity by ILCHI LEE
Step 1: Discover your inner life

• What are your unique inner being?

• What are your gifts that you alone possess that you can contribute to the world and those around you?
In discovering your inner life

1. Find and define your sense of purpose.
2. Sort out the shoulds & wants in your life –

- **step away from the crowd and listen to your own inner voice.**
- **MORAL COURAGE (kagitingan o katapangan) bridges the gap between thinking and doing.**
3. Define your vision of a “good” life and a "good" person you can be proud of.
Step 2: Have your outer life represent your inner life

1. Make clear decisions.

Wise decision makers are more likely to be successful.
2. Stay committed to what you believe.

3. Stay open to change.

**Step 2:** Have your outer life represent your inner life

How?
Integrated Adult

- Unless integrated, the Adult functions only as a data processing machine.
- An unfeeling machine as the executive of the personality would create an inadequate personality.
- It is integrated adult that contain Adult feelings and Ethics as well as technical skills and ability.
How to be fully integrated within yourself?

“BRAIN INTEGRATION” uniting all the various parts of the brain, so that they all work together toward the person’s highest potential. This integration works in two directions: vertical and horizontal.
Brain Integrating begins with the awareness that we all have three distinct brains, or “layers,” working within our central nervous system. They are all reflective of our evolutionary past, parts of our brains that were necessary or advantageous for our survival.
How do our brain works?

- **The PRIMITIVE BRAIN**, associated with the BRAIN STEM, is sometimes called the “REPTILIAN” BRAIN” - instinctive reactions to stimuli.

- Consists of the **unconscious functions** like heartbeat and metabolism to keep us going.
How do our brain works?

- The **limbic system**, sometimes called the mid-brain or “emotional” brain, controls our emotional responses.
The NEOCORTEX, is the rational decision-making part of our brain.

creates our beliefs and preconceptions about the world, and it is the birthplace of our self-awareness and self-control.
Horizontal Integration: Balancing Your Left and Right Brains

• the **left brain** processes strictly logical activities, like mathematics and problem solving,

• the **right brain** is more concerned with creative and intuitive functions.
How our Brain works?

• On a day-to-day basis, stress, unhealthy emotional patterns, pressures undermine the neocortex’s ability to perform at its best.

• In other words, parts of the brain are fighting with each other instead of working together.
Mental Disintegration

various parts of the human mind function largely independently of each other, rather than as an integrated whole.

immediate outcome of this dysfunction – human behavior lacks consideration, conviction, courage, and strategy

By Robert J. Burrowes
Global Research, May 14, 2019
Cognitive dissonance occurs when a person perceives a logical inconsistency in their beliefs, when one idea implies the opposite of another. The dissonance might be experienced as guilt, anger, frustration, or even embarrassment. When in conflict with a fundamental element of the self-concept, such as "I am a good person" or "I made the right decision". The anxiety that comes with the possibility of having made a bad decision can lead to rationalization, the tendency to create additional reasons or justifications to support one's choices.
COGNITIVE DISSONANCE

You shouldn't be stealing those office supplies. What's the big deal? You deserve to get a few privileges sometimes.

Cognitive Dissonance Example
What does lack of integrity mean?

5 signs you lack integrity

IT’S ALL ABOUT YOU.
Selfish people harm their organizations, families and friends.
What does lack of integrity mean?

5 signs you lack integrity

YOUR SELF ESTEEM RISES AND FALLS WITH THE OPINION OF OTHERS.

An insecure person/leader will bend with every change in public opinion. Which means you’re not actually leading anyone, not even yourself.
YOU’RE HIDING THINGS.
If you’re keeping secrets, you’re heading for a fall. (By the way, if you’re afraid to give your password on your computer or phone to anyone in that circle, you’re hiding things.)
What does lack of integrity mean?

YOU FAIL TO DO WHAT YOU SAID YOU WERE GOING TO DO.

It’s about keeping your word in everything. Ultimately, people lose confidence in you when you fail to deliver. It’s a trust issue.
What does lack of integrity mean?

YOU MAKE TOO MANY COMPROMISES.

It is not about getting everyone to like you or about finding the easiest path. It’s about discerning the best way forward.
Becoming the Best Version of Yourself
Becoming the Best Version of Yourself

STOP PEOPLE PLEASING

Do any of these descriptions sound like you?

- I want everyone to like me
- I’m scared/I try to avoid disagreeing with people
- I never speak my mind
- I never say no (I’m a yes-man)
- I never get angry
- I never tell someone how I feel, even when they make me angry
- I’d rather go along with the pack than stand my ground
What determines moral compass?

- Individual values, beliefs
- Collective, shared values, beliefs
- Culture
- Influence on Individual values, beliefs
- Norms, law, policy, peer pressure
- Reinforcement, sustainability
How do I strengthen my INTEGRITY?

• By having **strong ethical standards and honesty.**
What does it mean when one has integrity?

- He has a personal quality of **fairness**
- He does the right thing in a **reliable way**.
- He has a personality trait that **we admire**,
- He has a moral compass that **doesn't waver**.
What does psychological research say about integrity?

- A person lacking self-esteem, friendships, and financial stability, has higher than normal likelihood of acting without integrity.
- A person with high self-esteem, a strong support system and a balanced life will most likely act with integrity.
How to Have Everyday Integrity

https://examples.yourdictionary.com/examples-of-integrity.html

• Keep your promises even if it takes extra effort.
• Go back to a store and pay for something you forgot to pay for.
• Never betray a friend's trust even if you get in trouble.
• Do not gossip or talking badly about someone.
• Remain true to your spouse or partner.
How to Have Everyday Integrity

https://examples.yourdictionary.com/examples-of-integrity.html

• When in a serious relationship, don't keep secrets from each other.
• Ignore someone's advice on how to cheat on your taxes and not get caught.
• Do not let someone else take the blame for something you did.
• If someone gives you confidential information, never tell anyone what you know.
Integrity in the Workplace
https://examples.yourdictionary.com/examples-of-integrity.html

• Adhere to company policies and procedures.
• Be responsible. Do what you say you will do.
• Use materials for work and not personal use.
Integrity in the Workplace
https://examples.yourdictionary.com/examples-of-integrity.html

• If you make a mistake or you miss a deadline, own up to your mistake. Don't let teammates take the fall.

• Never steal supplies from the workplace.
Integrity in the Workplace
https://examples.yourdictionary.com/examples-of-integrity.html

• If you find yourself in a conflict of interest, get out of it as soon as possible.

• If your company asks you to do something against your personal code of conduct, refuse. If it means losing a good paying job, so be it. Find a more ethical company to work for.
Good questions to assess character traits necessary to make sure that your personal and professional choices possess and demonstrate integrity.

- Did you "neglect to tell the truth" at any time today?
- Did you say Yes when you really should have said No? This is "pleaser" behavior.
- Had you promised to do or commit to something, and then didn't deliver?
Test of Sympathy, Empathy & Compassion Temperature

• Did you consider the impact of your behavior on other people before you acted?
• How considerate and kind were you with each member of your family today?
• Were you understanding, rather than judgmental, with a colleague or staff member?
How would you measure your level of fairness during the day?

- Were you too critical, impatient, impulsive or rigid in any of your interactions?
- Were you controlling and not open to different ways of doing the same thing?
- After listening to others' input, did you willingly share responsibility, co-operate, or delegate?
- Did you consider the equitable, ethical and moral implications of your choices?
How would you rate your self-control today?

• Did you lose control by acting impulsively instead of re-scheduling problem-solving?

• Did you create artificial or self-imposed deadlines, and then obsess over small details?
In conclusion:

• You’ll find people who will respect and trust you more because you live a life of integrity.
• With integrity your life becomes less complicated and less stressful
• Having integrity is a way of life.
Mental Integrity

Mental integrity is a matter that is bringing the inner you into your outer world.

May 4, 2019, by Connie Hertz

How we choose to respond in any given situation is the testing ground for integrity.

Barbara Killinger Ph.D
"Success will come and go, but integrity is forever"
Integrity is doing the right thing even when no one is watching.

C.S. Lewis
INTEGRIDAD NG KAISIPAN

“Ang iyong ikagagaling sa iyo manggagaling ang iyong ikasasama sa iyo magmumula”

“Pag tayo’y nagsasalita, nagdadasal, o nangangako - ito ay dapat galing sa puso, di galing sa nguso”
MALAMAT LAHAT

MARAMING SALAMAT PO!