

#3 Integrity: Risk Factors & Assets

Risk Factors

low self-esteem
poor health habits
low levels of awareness
lonely & isolated
few role models
lack of relationship skills
stressed out
ineffective communication
lacking leadership
mental & emotional confusion
humorless
vices & weaknesses
problems dealing with money
attitude of scarcity
lack of healthy touch
unacknowledged
triggered, angry, frustrated
inflexible
bad attitude
problem focused
unmotivated to change
defensive, resistant
unhealed trauma
negative environment
doesn't accept responsibility
unhealthy sexuality
abuse of drugs, addiction
misuse of power, status
poor sleep habits
life out of balance
negative peer pressure
self-centered
negative intentions
drained
distracted
unhealthy competition
self-destructive
high levels of pain
feels like a failure
generally feels sad
poor judgment

Assets

high self-esteem
healthy lifestyle
high levels of awareness
loved & supported
positive role models
good relationship skills
manages stress well
effective communication
leadership, guidance, mentors
mental and emotional skills
sense of humor & perspective
virtues & principles
manages money issues
attitude of abundance
tender loving care
appreciated
calm, centered, satisfied
resilient
good attitude
solution focused
inspired to grow
receptive to feedback
actively working on healing
positive environment
accountable for actions
healthy sexuality
appropriate use of drugs
positive use of power, status
good sleep habits
life in balance
positive peer support
centered in self
positive intentions
energized
focused on priorities
cooperative, team player
strong will to live
high levels of pleasure
feels successful
generally feels happy
discernment, wisdom