



# Ladder of Integrity

*Love Deeply Tool*

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# Ladder of Integrity

*Start from the bottom and be sure to stick to one issue.*

10. I hope and look forward to...	What I hope? (9-10)
9. I think my honest sharing will benefit our relationship by...	
8. The most important thing I want you to know is...	
7. One thing I could do to improve this situation is ...	What I value? (5-8)
6. I am willing to/not willing to...	
5. This issue is important to me because...	
(I violate my own value (priority/what's important to me) by...)	
4. My feelings about this are...	
(What my reaction tells me about me is...)	What is going on inside me? (1-4)
3. My need in this issue is...	
2. My part in this is...	
1. Right now, the issue on my mind is...	
(I'm anxious in talking about this because...)	



## Ladder of Integrity

**Listener:** Your goal as a listener is to repeat in your own words what the speaker has said after each thought. After the speaker has finished, you may then respond or choose an agreed-upon time to respond.

**Speaker:** As the speaker, you can write this down or go over it in your head before you share what is on your heart. This tool helps you to be clear, thorough, and stay on track about an issue.

**Notes:**

This tool helps you to discover & discern your **value** – not as a conflict resolution tool.

The purpose of this is to remove blame first, then go to the person. This is about me not you, this is my issue.



## Thank You!

We hope you found this tool helpful for you and your partner. If you're looking for more helpful resources like this one, check out our website.

*Kevin*

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