**Integrity, Resolving the Drama Triangle and the Five Agreements.**

We’ve recently looked at the Drama Triangle, with its roles of Victim, Rescuer and Persecutor, and some advice as to how to understand it.

The other key principle to consider is **Integrity** – Shakespeare said, in Hamlet, ‘To thine own self be true’ – so we should seek to know ourselves, and to be true to ourselves . To look at this in more detail, the ‘Five Agreements’ may help us

The Toltecs were native South Americans. They had a well-developed system of wisdom about life and how we should live it. It is said that key points were these ‘agreements’:

1. Be Impeccable with Your Word
2. Take Nothing Personally
3. Make No Assumptions
4. Always Do Your Best
5. Be Sceptical, but Learn to Listen

**Be Impeccable with Your Word BIWYW**

By this, is meant that your word is an affirmation of your intent: a casting out of your will into the world, reinforced by power. So, say only what you mean and speak with integrity. Don’t waste the power of your word in idle gossip or putting yourself down. Use your word as a vehicle for the power of your will, for good, with love and truth. (If you lie, you’re only lying to yourself).

**Take Nothing Personally TNP**

We are all part of an interconnected universe but we are each having our own experiences. My stuff is my stuff, yours is yours. So nothing you do is because of me – it’s *your* stuff. How I interpret that is *my* stuff but it is better to take nothing personally. for nothing in life is done personally. If I do take it personally then it is me that chooses to suffer!

**Make No Assumptions (To Assume makes an Ass out of You and Me) MNA**

Ask the little question “Why?” often, and find clear answers for yourself. Express your wishes clearly to avoid misunderstanding. Communicate clearly with others to avoid needless emotions, mistakes and upsets

**Always Do Your Best ADYB**

When you are present in yourself and stand in your power, you are the best you can be. In life, everything is always changing. If we just do our best, whatever the circumstances, we are expressing our selves with integrity. That way, we avoid self-criticism and regret. Avoid any emotional attachment to the outcomes of your efforts.

**Be Sceptical, but Learn to Listen BSLL**

People tell us their story – but it is from their perspective, not necessarily the whole view. When we learn to listen, we understand truth at a deeper level. Using the power of doubt allows us to discern the truth behind their words and communication. So it is important to use curiosity when assessing the story, asking ourselves ‘Is it truth, or is it not? Is it reality, or is it a virtual reality?’ Everything we all do is guided by a positive intention – try and find out what the other person’s positive intention is, and life becomes a whole lot easier

What’s Going on Behind What’s Going On? **WGOBWGO** (‘One last question, please. Just help me understand why… - The ‘Columbo Approach’ after the American TV detective)

The Four Agreements, by Don Miguel Ruiz, Amber-Allen Publishing, and The Fifth Agreement, by Don Miguel Ruiz and Don Jose Ruiz.

Thoughts:

* Which are the easiest of the Five Agreements to adopt?
* Which are the difficult ones?
* How would you go about personal change in the light of these?