

# Forward

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You hold in your hands the gathered wisdom of my experiences from a 30-year counseling career and from many personal regrets.

**Life is messy.** We all fall into patterns that don't work and keep trying the same things over and over again. This little book is intended to get you unstuck. It's not just another one-size-fits-all book of daily inspirations; these little thoughts will help you completely re-design your life. They have been kitchen-tested in my own life, as well as the lives of my clients, with great success.

We trust our gut reactions, we trust our feelings, but what if there is a better way to guide your life? I'll show you what works, and what doesn't. In my line of work, I get to clearly see the patterns and behaviors that kill relationships. The people who achieve positive change in their lives are those who courageously allow their minds and hearts to open to something new.

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Sample of Finding Your Integrity by Greg McBride.

Please visit [gtmcbride.com/blog](http://gtmcbride.com/blog) for the full book!

Did you know, for example, that you can design your own integrity? You can deliberately choose characteristics that govern your words and behavior, no matter what other people do around you and no matter what you are feeling at the time.

This integrity is made up of four distinct qualities:

Love,

Honesty,

Forgiveness, and

Gratitude.

It's an integrity that, just like your favorite mug, never loses its shape no matter what hot or bitter liquid is poured into it.

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What if you...

...chose to do something kind for your partner, making sure that you didn't even get credit for it?

... chose to act in a loving way, even if you felt justified to be angry?

... chose to OWN the hurtful words you spoke in an argument, instead of defending yourself or rationalizing what you did?

... chose to forgive someone who hurt you, instead of holding on to the offense?

... chose to be grateful for what you already have, instead of wanting more?

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The lessons contained in this book follow a few basic tenets –

Take complete responsibility for everything you say,  
do, and feel

(own your behavior)

Give to others complete responsibility for everything  
they say, do and feel

(the responsibility is all theirs)

Stop judging

(understand all that you can)

Listen and understand instead of justifying yourself to  
others

(let them speak)

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Strive to remain 100 percent accountable to the  
integrity you forge  
(regardless of reactions)

When you're not loving, honest, or grateful, ask  
forgiveness  
(don't be afraid)

Forgive and let go of the hurts of the past; stop  
worrying about the future  
(relinquish the notion of control)

Drop your expectations of what other people should  
say or do  
(let them be who they are)

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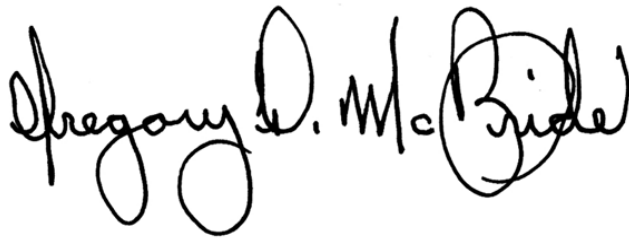
Oh, one last thing...

## This will be hard.

It will be the hardest work you ever do, but it gets easier with time and practice.

It will become who you **are**.

I'd wish you luck, but I know better. Instead, I'll wish you all the joy and freedom a life of integrity is intended to give. You will have profoundly earned it.

A handwritten signature in black ink that reads "Gregory D. McBride". The signature is written in a cursive style with large, rounded letters and a prominent loop at the end of the name.

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