

Ways To Know If Someone Has Integrityⁱ

1. **TAKING RESPONSIBILITY FOR YOUR ACTION:** Integrity is all about having a high level of honesty. When someone takes responsibility for their actions, you know they are honest. It's not always easy to take responsibility for things that happen, but it is the right thing to do. **People with integrity choose to do the right thing**, even when it's hard.
2. **PUTTING OTHERS NEEDS ABOVE YOUR OWN:** In a world so focused on individualism, it can be rare to find someone who focuses on what's good for their community. People who put the needs of others above their own needs or desires show true integrity. Of course, they don't do this simply to get praise and recognition. **Someone with true integrity is only interested in doing the right thing.**
3. **OFFERING TO HELP OTHERS IN NEED:** Volunteering to help at home is a great way to show integrity. Also, assisting your teacher in the classroom when necessary. Because people with genuine integrity have no problem offering help when needed. **What is more, they do so happily.**
4. **GIVING OTHERS THE BENEFIT OF THE DOUBT:** Someone with integrity doesn't jump to conclusions. They always allow others to explain themselves and move forward, considering those other points of view. Someone with integrity knows that things aren't always as they seem, and that **each person has a unique point of view** that deserves to be heard. As such, they choose to give the benefit of the doubt instead of doubting.
5. **SHOWING RESPECT TO EVERYONE:** Respect is often considered something that must be earned, but **someone with integrity gives respect to everyone** they meet. Someone with true integrity knows everyone deserves respect and to be treated like a human being. People with true integrity will never be caught being rude to waitstaff or customer service workers.
6. **BEING ABLE TO ADMIT THEY'RE WRONG:** Who likes to admit they have been wrong? It isn't fun, and it can be a humbling experience. But **a person with true integrity has no problem admitting when they're wrong** or made a mistake. You will find they are always the first to stop, admit their mistakes, and apologize if need be.

ⁱ Adapted from, *Ways to Know if Someone Has Integrity* – Sean Kelsey – CEO, Nave Larm Firm

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