

**Integrity, the Courage to Meet the Demands of Reality
By Dr. Henry Cloud**

- 1. According to Dr. Cloud, what are the three qualities that you must have to be a successful leader?**

- 2. Explain Dr. Cloud's introductory thoughts on the definition of "Character"?**

- 3. In Dr. Cloud's description of "Character", list some key areas of performance that some people fall short of to completely become successful even after they might be classified as people of good character:**

- 4. What are the 3 pitfalls that Dr. Cloud identifies are affected by character?**

- 5. What are the 2 sides of "The Wake"?**

- 6. Explain "The Wake" concept that Dr. Cloud discusses regarding a person's character.**

- 7. What is Dr. Cloud's definition of character?**

8. Is character fixed? Can it be changed?

9. What are the 6 dimensions of character?

10. What is the “Gap”?

11. What is dysfunction?

12. What is Empathy?

13. When does true listening occur?

14. What is the connection and trust killer?

15. What is the cost of not having a connecting character?

16. What is trustworthy character at the “Next Level”?

17. How does Dr. Cloud describe the dynamic of power and trust?

18. What is internalization?

19. How does vulnerability play into character?

20. What is the most difficult lesson learned for those who fudge the truth to make others happy and avoid the negative consequences?

21. What is always your friend?

22. Identify the character issues that may get in the way and create fear of truth about ourselves and cause us to hide:

23. Dr. Cloud describes every human as having faults, weaknesses, delusions, distortions and emotions that are not totally mature. What questions does he recommend asking oneself to ensure we are observing and keeping ourselves on the right track?

24. If Dr. Cloud could teach one thing to kids about success, what would it be? And why do people need to know how to lose?

25. Describe what Dr. Cloud means when he says, “Blame is the parking brake for improvement”.

26. What does Dr. Cloud mean by “You and I versus the problem”?

27. Explain the concept of “The best way to solve a problem is not to have it to begin with”.

28. When Dr. Cloud talks about the “Cringe Factor”, list the thoughts from that little voice in your head that you need to pay attention to:

29. What is integration of character?

30. Describe the difference between a “Good Maintainer” and a “Grower”.

31. What is the first principle of growth?

32. What are the necessary ingredients to create growth?

33. List a few things that a person who is oriented toward growth might have in their calendar:

34. How does a person of growth subject themselves to their inability?

35. What is transcendence?

36. List the 3 things recommended by Dr. Cloud the help you understand your “Character Chinks”:

37. Do genetics play a role in your character?
