

Name \_\_\_\_\_

## Integrity: The Secret to Being True to Yourself and Others

### Multiple Choice Questions

1. What is integrity primarily about?
  - a) Lying and deceiving others
  - b) Being truthful and having strong moral principles
  - c) Following popular trends
  - d) Blaming others for your actions
  
2. Why is being truthful an important aspect of integrity?
  - a) It allows you to exaggerate stories
  - b) It builds trust and reliability
  - c) It helps you avoid taking responsibility
  - d) It encourages misleading others
  
3. What does it mean to do the right thing in the context of integrity?
  - a) Making choices that align with your values, even when it's challenging
  - b) Always choosing the easiest option
  - c) Following the crowd without question
  - d) Being inconsistent in your behavior
  
4. How does integrity relate to accountability?
  - a) It encourages blaming others for mistakes
  - b) It involves taking responsibility for your actions and admitting mistakes
  - c) It promotes making excuses for your behavior
  - d) It discourages self-reflection
  
5. What is the influence of integrity on relationships?
  - a) It leads to distrust and conflict
  - b) It is irrelevant in building trust with others
  - c) It forms the foundation of trust in relationships
  - d) It encourages manipulation of others

