

Leadership and Self-Deception

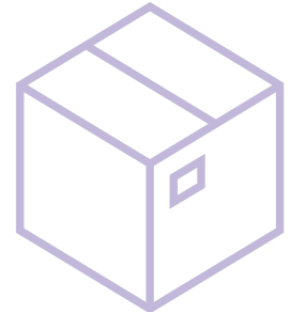
Based on [Leadership and Self-Deception](#) by The Arbinger Institute

What is the Box?

“The box” is the term used to describe the state we put ourselves in when we betray ourselves and distort our view of others.

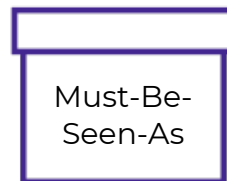
You may be “in the box” if:

- You see yourself and others in a systematically distorted way
- You view others’ wants and needs as somehow less important than your own
- You neglect to see that you are the one with the problem.



What does the Box look like?

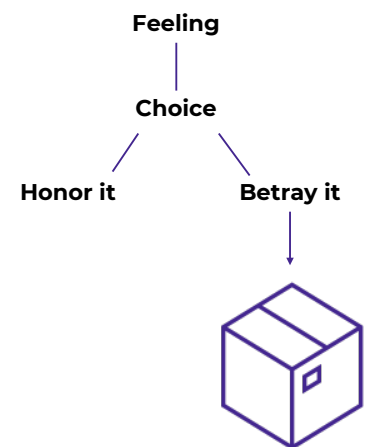
The box looks different for everybody. Here are four general boxes that you may find yourself in.



How do we get into the Box?

Self-Betrayal is an act contrary to what you feel you should do for another.

Committing an act of self-betrayal causes you to see the world in a way that justifies that betrayal, distorting your view of reality — or putting you in “the box.”



How do we get out of the Box?

In order to get back out of the box, you have to correct your course.

1. Identify where you have betrayed yourself and take actions to correct it.
2. Conduct an integrity inventory.
3. Review where you may need to set boundaries in order to best stay out of the box.

