

Relationship Authenticity Checklist

Sometimes it is helpful to perform an audit on whether you treat yourself and others authentically. If you don't, it is time to consider how you could change things in the future.

Ask your client to reflect upon and answer the following questions.

Authenticity with yourself:

Are you authentic with yourself? Do you...	Y/N	If N, what are you going to change going forward?
Know your boundaries and are you clear with others about what is acceptable?		
Use challenges as opportunities to learn about yourself?		
Listen to your inner wisdom?		
Accept yourself for who you are?		

Authenticity with others:

Are you authentic with yourself? Do you...	Y/N	If N, what are you going to change going forward?
Focus on what others lack (rather than nurture their talents and strengths)?		
Keep others down rather than point out their potential?		
Try and make others more like you (rather than become more of who they are)?		
Try to control others (or accept that others are entitled to their own outlook on life)?		

Being authentic requires courage—to be yourself and let others be who they are (Joseph, 2019).

References

- Joseph, S. (2019). *Authentic: How to Be Yourself and Why It Matters*. Little, Brown Book Group Limited.