

GETTING TO KNOW YOUR AUTHENTIC SELF

Below are some areas to explore to help begin your journey of getting to know your authentic self.

Carpenter Couple & Family Counseling, PLLC



VALUES

- What are your top 3 values in life?
- What are the values of your authentic self, and are you living your life currently in a way that fits those values?
- What could be different in your life so that you are living more according to these values?

RELATIONSHIPS

- In which relationships can you be most yourself?
- Are there people you can be more vulnerable with compared to others?
- How would you engage in relationships (with friends, family, partner/spouse, coworkers, etc.) differently if you could be your authentic self more often?



FEARS

- What may be holding you back from being your authentic self?
- What's your greatest fear about showing more of your authentic self?
- What would need to be different so that you could show more of your authentic self?