

Authenticity and Self-Expression: Evaluate How Authentically You Express Yourself

Rate yourself for each statement by selecting ☒ or circling a number from 1 to 5, where:

- 1 = Strongly Disagree
- 2 = Disagree
- 3 = Neutral
- 4 = Agree
- 5 = Strongly Agree

1. I feel comfortable expressing my true thoughts and emotions with others.

 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 

2. I share my opinions even when they differ from those around me.

 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 

3. I make decisions based on what aligns with my values and not just to please others.

 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 

4. I accept and embrace my unique traits and characteristics without judgment.

 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 

5. I can openly express my creative ideas without fear of rejection or criticism.

 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 

Answer Key and Score Interpretation:

Add up your total score from the five statements (maximum score = 25).

- **21-25:** You have a strong sense of authenticity and freely express yourself in various situations.
 - **15-20:** You're fairly authentic, though you occasionally hold back in specific scenarios.
 - **10-14:** You sometimes struggle to express yourself authentically due to external pressures.
 - **5-9:** You may feel disconnected from your authentic self and often suppress your true thoughts and feelings.
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Next Step Suggestions:

- Practice mindfulness to better understand your genuine feelings and values.
- Engage in activities that allow for self-expression, such as journaling or art.
- Seek supportive relationships that encourage authenticity and openness.