



Be In Touch With Yourself

Using, once again, a scale from 1 to 10, with 10 representing the highest level of authenticity and 1 representing the lowest level conceivable, rate yourself on each of these items:

- _____ I generally am honest with myself about what I am feeling, accepting my emotions, experiencing them, without necessarily being compelled to act on them.
- _____ I generally am honest with others about my feelings, in context in which talking about feelings is appropriate.
- _____ I consciously strive to be truthful and accurate in my communications.
- _____ I talk comfortably, openly and straightforwardly about the things I love, admire and enjoy.
- _____ If I am hurt or upset, I talk about this with honesty and dignity.
- _____ I stick up for myself and honor my own needs and interests.
- _____ I allow other people to see my excitement.
- _____ If I know I'm wrong, I acknowledge this simply and candidly.
- _____ I feel that the self I experience internally is the self I present to the world.