

Authenticity Test

Personal Information

Name:

Date:

This test is designed to assess your level of authenticity - the extent to which your actions, choices, and lifestyle align with your true self and values. Authenticity is crucial for personal well-being, fulfilling relationships, and overall life satisfaction. Remember, this tool is for self-reflection and personal growth, not a diagnostic assessment.

Instructions: Please respond to each statement based on your feelings and behaviors in recent months. Choose the option that best represents your experience.

Scoring Key

0 = Strongly Disagree

1 = Disagree

2 = Somewhat Disagree

3 = Neutral

4 = Somewhat Agree

5 = Agree

6 = Strongly Agree

Statements

1. I feel comfortable being myself in most situations.

0

1

2

3

4

5

6

2. I often change my opinions or behavior to fit in with those around me.

0

1

2

3

4

5

6

3. My actions reflect my personal values and beliefs.

0

1

2

3

4

5

6

4. I feel the need to hide my true thoughts and feelings from others.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
0	1	2	3	4	5	6

5. I make decisions based on what I truly want, not what others expect of me.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
0	1	2	3	4	5	6

6. I spend time reflecting on my true desires and values.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
0	1	2	3	4	5	6

7. I feel pressured to present myself in a certain way on social media.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
0	1	2	3	4	5	6

8. I am open about my weaknesses and vulnerabilities with people I trust.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
0	1	2	3	4	5	6

9. I often feel like I'm playing a role rather than being my true self.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
0	1	2	3	4	5	6

10. I prioritize my own well-being and personal growth.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
0	1	2	3	4	5	6

Scoring

Total your score by adding the numbers you selected for each question. The maximum possible score is 60.

Total Score:

Interpretation

- **0-20:** Low authenticity. You may often feel disconnected from your true self and values, possibly leading to dissatisfaction and stress. Consider exploring areas of your life where you can be more authentic.
- **21-40:** Moderate authenticity. While you may align with your true self in some areas, there may be others where you feel pressured to conform or hide your true feelings. Reflect on these areas for potential growth.
- **41-60:** High authenticity. You generally live in alignment with your true self and values, leading to a fulfilling and genuine life experience. Continue nurturing your authentic self and exploring deeper levels of self-awareness.

Next Steps

Based on your score, consider the following actions:

- Reflect on specific questions that scored low and explore the reasons behind your responses.
- Engage in activities that promote self-discovery, such as journaling, meditation, or therapy.
- Practice expressing your true thoughts and feelings in safe environments to build confidence in being authentic.

Signature:

Date:
