



Authentic Living

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What is Authentic Living:

Simply put, authenticity means being true to your own personality, values, and spirit, regardless of the pressure that you're under to act otherwise

Why is Authenticity important?

Enriched relationships

True dedication to your passions

A simplified life

True meaning in your life

Holistic well-being

Higher self-esteem

Blocks to Authentic Living

Self-protection, fear and shame

Family dynamics

Social and Cultural dictates

Internalised self-sabotaging thoughts

Drive for Perfection

Distorted expectations of self

Social media

Family dynamics

Conditional positive regard:

Acceptance and esteem that others express towards you, based on the acceptability of an individual's behaviour in accordance with the others' personal standard

Social and cultural dictates:

- ▶ Highly prescriptive of individual freedom of expression
- ▶ Many behaviours censored by cultural rules that inhibit individual freedom

“True freedom is the right to say something that others don’t want to hear”

- George Orwell

Self-Sabotaging thoughts:



**WE APPROACH THE WORLD
ACCORDING TO OUR BELIEFS**



**NEGATIVE SELF-BELIEFS
BECOME REPETITIVE PATTERNS**

Perfectionism:

Understanding the difference between healthy striving and perfectionism is critical to laying down the shield and picking up your life. Research shows that Perfectionism hampers success. In fact, it's often the path to depression, anxiety, addiction and life paralysis”

- Brené Brown



- What can I do?

- ▶ Find balance
- ▶ Explore your values
- ▶ Acknowledge internal vs external influence
- ▶ Notice and normalize your own emotions
- ▶ Practice presence
- ▶ Build your social support system
- ▶ Face your fears



- ▶ Your task is not to find authenticity, but to find the barriers within yourself that you have built against it

- Rumi