

HOW AUTHENTIC & TRUE ARE YOU?

My friends would say I'm transparent, straightforward, and direct.

Never Rarely Sometimes Often Very Often

I speak out if someone is not being treated fairly—even if it means risking rejection

Never Rarely Sometimes Often Very Often

I'm bold when it comes to saying what needs to be said or doing what needs to be done.

Never Rarely Sometimes Often Very Often

I feel urgent about making things right when something is wrong in one of my relationships—I take immediate action to make it better.

Never Rarely Sometimes Often Very Often

I feel congruent between my real self and the self I present to others.

Never Rarely Sometimes Often Very Often

I'd rather be genuine than win approval.

Never Rarely Sometimes Often Very Often

I'm not afraid of rejection by others.

Never Rarely Sometimes Often Very Often