

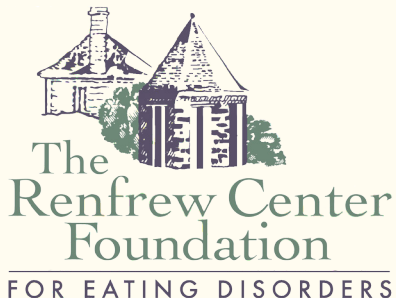
ARE YOU AUTHENTIC?

	Yes	No
1. Do you feel you are genuine around others?	<input type="checkbox"/>	<input type="checkbox"/>
2. Are you truthful and honest with yourself?	<input type="checkbox"/>	<input type="checkbox"/>
3. Are you able to stay true to yourself despite how others want you to be?	<input type="checkbox"/>	<input type="checkbox"/>
4. Are you able to be spontaneous?	<input type="checkbox"/>	<input type="checkbox"/>
5. Are you able to identify your true emotions?	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you use your voice to speak up when faced with a challenge?	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you prefer communicating in-person rather than through social media?	<input type="checkbox"/>	<input type="checkbox"/>

Scoring*

- If you answered 'yes' to 4 or more questions, this suggests you are connected to your true and authentic self. Congratulations.
- If you answered 'no' to 4 or more questions, you may be struggling with knowing and appreciating yourself. Exploring this further may be helpful.

**Note: This quiz can only give results based on the limited number of questions asked. It cannot account for the truthfulness of the answers, only for self-reporting of each participant. The interpretations given are for informational and educational purposes only, and do not constitute or substitute for any psychological and medical evaluations performed by a qualified professional, nor for any psychological or medical treatment. If psychological or medical evaluation and treatment are indicated, immediately consult a qualified professional.*



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