

# Are You Authentic?



The Renfrew Center Foundation was established in 1990 due to the strong need for public and professional awareness regarding anorexia, bulimia and binge eating disorder. Today, the Foundation is dedicated to advancing eating disorders education, prevention, research, advocacy, and treatment.

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

## **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.*

For more information, please contact The Renfrew Center Foundation  
at 1-877-367-3383 or visit [www.renfrewcenter.com](http://www.renfrewcenter.com)