

The Art of Authenticity Workbook Questions
By Sarah Jeanne Browne

<https://www.sarahjeannebrowne.com/>

1. If someone else were in your shoes, what kind words of compassion would you say to them? How about say this to yourself?
2. When you were a child, did you know what you wanted to be when you grew up? How are your values aligned or not aligned with who you were when you were a child?
3. What is your inner critic saying to you? Is there evidence that these things are true?
4. Thank your inner critic for trying to have your back. Then, reframe its criticisms into such statements: "Thank you inner critic for making me work hard, but it's okay that I take a break right now and listen to the voice that says I need to rest."
5. Who shows you compassion? List your support system.
6. What do you most need from a support system? How can others assist you in your self-compassion journey?
7. What is the last good thing you said about yourself? How did it make you feel?
8. What things about yourself can you accept that you don't like?
9. What would you like to change?
10. Think back to a time you needed self-compassion. What would you say to that person now?
11. If you don't complete all your goals, are you still a good person? Are you still enough? The answer should be yes, but evaluate your inner critic's true stance on this.
12. What will you do if you fail? How will you treat yourself?
13. List attributes you love about yourself.
14. What are the top three things you love about yourself?
15. Now choose the number one thing you love about yourself. How are you expressing that unique gift? How can you do more to showcase this attribute to the world as your authentic self?
16. Define your authentic self. What does that look like for you? What do you do or say to others? How to go about your day? What do you value most?
17. What has stopped you from being yourself before? Is it still stopping you?
18. How can you judge yourself less? What steps will you take to be kinder to yourself?
19. Visualize your authentic self. How far off is the person you are portraying from that authentic self? How can you bridge the gap?
20. Look in the mirror and tell yourself, "I love you." Then write it on this page over and over again "I love myself" until you feel it.
21. Write a letter to yourself. "Dear Self..." What will you say?
22. Using this [feelings wheel](#), how are you feeling? Check in with yourself. Name to tame it! Naming your feelings calms them.
23. Think of your present emotion as a character. What do they look like? Feel like? Act like? What are they saying to you? What attention do they need? How can you be kind to it and thank it for showing up?

24. Box breathing exercise: As a difficult emotion comes up, try box breathing. Inhale for four seconds, hold for four seconds, exhale for four seconds, hold for four seconds then repeat as often as you like.
25. Body scan: Where do you feel this in your body?
26. Self-soothing: It's time to activate your vagus nerve or counteract your flight, fight and freeze system. Relax and take a deep breath. Look to the right with just your eyes, don't turn your head. Tilt your head towards your shoulder to the right. Stay here for 30 seconds or until you swallow or yawn naturally. Repeat on the other side. This activates the vagus nerve helping you center yourself.
27. Feelings are messengers. Write a list of things you think your feelings are trying to tell you.
28. Containment exercise: Think of a container, imagine your unwanted thoughts and feelings going into it. Then make it disappear! The method is up to you. Do this when you want to take a break.
29. Ground yourself with your senses. Smell, touch, taste, sight, and sound! What do you sense around you? This will make you mindful and more in the present moment when you are struggling with your emotions.
30. Happy place exercise: Think of a happy place you can go to when your feelings are overwhelming you. Come up with as many details as possible and give it a name.
31. Hold space with yourself through a difficult emotion. Be there for yourself as you would a best friend. What compassionate things can you say to yourself right now?
32. Think of a time you were authentic. This will make you instantly happier. What were you doing? How did you show up for yourself? Can you do so now?
33. Visualize the feeling you want to feel such as happiness, satisfaction, or calm. What do you look like with this feeling? What's it like for you? Seeing yourself this way can help you achieve it faster.
34. Sit with your feelings. Simply let your feelings have their say. Do not try to repress or run from them. Just observe them rather than judge. Don't force a smile or adopt "toxic positivity." Feel to heal.
35. Meditate even if it's for a minute. Just let go. Surrender.
36. Write a timeline of your life. Note the most emotional moments. What were you feeling? Why did you feel this way? What triggered it? How did you get through it? What was your happiest memory? If you create a timeline based on your emotional history rather than simply milestones, you will see how everything connects and what patterns there are. **You will also see your resilience.**
37. What is a hardship that you thought would be the end of you? How did you survive?
38. How can you use your situation to give back?
39. How can you authentically be yourself no matter what others tell you?
40. In what ways can you stick to your principles and values in life?
41. How can you start over if you had to? What are your resources, support systems, and backup plans?
42. What is your greatest wish for yourself? How can you become your own hero?

43. What is the best thing you can do for yourself this very moment? It's time to check in with yourself. How do you feel? What do you need? What is your inner voice saying to you?
44. How would you feel if you didn't achieve all your goals? Would you still be enough or worth it? (Hint: The answer is yes)
45. What if everything worked out? How would that feel? What would that look like?
46. Are you ready to be vulnerable and share your story with the world?
47. What parts of your story show your strength, and not just your struggles? List attributes that you've developed from your trials.
48. What's something that made you smile recently or just made you happy? Even if it's small. It's nice to remember those things from time to time.
49. What would you tell someone in your exact circumstance?
50. What do you think defines "success" to you? How has that changed over the years?
51. What makes you "YOU?" What is it that no one can take from you? What can't circumstances change about you?
52. How do you think your story could positively affect others? What takeaways do you want others to get from it?
53. Where do you see yourself in five years? Authentic? Hiding? You decide your road.
54. Ask yourself, "What parts of myself am I hiding from others?"
55. How can you take control of the narrative of your life while still being real in telling your story?
56. What holds you back from being honest about your flaws?
57. What mistakes have you made that you are ashamed to bring to life?
58. Release regret. Forgive yourself for not showing up as your authentic self.
59. Make a declaration: "I am going to be my authentic self and be open to others seeing who I really am in all my relationships."
60. When was the last time you opened up to someone other than a professional? If it's been a while, it's time to revisit your support system. Who is your closest connection? How can you utilize that connection?
61. When something weighs on you, how do you express your feelings? How can you better communicate your problems?
62. Ask someone to give you feedback on how much or how little you share about yourself.
63. Codependency is when we put others' needs ahead of ours for validation or to feel better in general. Boundaries are a great way to resolve this issue. When you stop trying to save everyone, you can save yourself. Don't pour from an empty cup. If you can relate to giving a little too much while receiving nothing in return, it's time to step back and let go of that person.
64. How do you see yourself? What are your weaknesses and strengths in relationships?
65. Have you ever been rejected for being real? How did that make you feel? How did you overcome it?
66. When you ask for help, do you often still feel unheard? In what ways can you self-advocate without overwhelming the listener? Remember, no one is responsible for your well-being.

67. The best way to have a good relationship is to love yourself first. Spend some time alone doing things you like. What are some activities you can do without anyone else? How can you invest more in yourself?
68. Write an unsent letter to anyone who has hurt you. Let catharsis lead you to true healing.
69. Tell one person this week how you are REALLY doing. See how that makes you feel!
70. Hug yourself in this moment. You made it this far. You can do it!