

Daily Journal 12-21-23

Honesty and Authenticity

Another journal on authenticity and this time I want to tie it in with honesty and being honest with myself. The link between these two concepts seems painfully obvious but after rereading my first authenticity list, I didn't see anything about being honest. So that's where I will start.

I have always been a big believer in honesty, it's not worth lying. It takes a big person to own up and be honest, especially when we make a mistake. But honesty starts with the self, we are the easiest person to lie to. **It is very easy to fabricate how you feel, to look back on a situation and convince yourself that you in fact felt differently than you actually did in order to justify your actions.** Its difficult to look back at an action you committed and don't approve of and say, 'yeah I did that, and I don't have a good reason.' Or 'Yeah I did that and it's because I wasn't in a strong solid state of mind.' But that thought right there is the core of what I'm doing here, you need to be able to look back and admit you acted against yourself, acted differently than you would have wanted, so that you can figure out why you did and then eventually change that part of yourself so that in the future you act in accordance with who you are and who you want to be. That is why being honest with yourself is so important and that is why it is the first step towards true authenticity. You must be observant and honest and only then can you slowly change into the person you want and are meant to be.

Authenticity is impossible when you have no grounding for who you are, and grounding yourself is incredibly difficult if you cant be honest with yourself, be honest and objective.

- 1) Be honest in your thinking, don't fabricate how you feel to suit a situation

That's another big thing I touched on, fabricating how you feel to suit a situation. **The best example of this are the times I felt a little sick or 'off' and didn't want to work, I would tell myself I was more sick than I actually was and induce that sickness,** I would actually make myself more sick to justify why I didn't want to work or shouldn't have to.

Authenticity is when you can just naturally be yourself, when you don't have to think about it and it involves being in tune with yourself being and consistently honest with yourself. This can be difficult because wants and desires change, but if you are in tune with your body and self, then you will know what you want and desire at any given time.

It's also easy to be thrown off this track and become placative. If somebody that is a person you want to agree with, someone you look up to, an authority figure, someone you like, **you will trick yourself into agreeing with them, even when at your core, you don't agree with them.** You need to learn to remain steadfast in your beliefs, in the long run, you will garner more respect by doing this.

- 2) Don't alter your beliefs for someone you wish to agree with, for example, someone you like – don't change what you believe to match the beliefs of someone you like
- 3) It is okay to have differing beliefs, you will garner more respect by sticking to what you believe

Disagreeing with people can also cause awkward moments or anger, that is tough. **If someone believes they are in the right and look to you for confirmation, if you deny that confirmation it can create a void between you; especially if it is a friend.** For a situation like this, understand what you believe and if need be, omit your response, if you don't need to agree nor disagree with the person; simply refuse to answer

or admit neutrality. You can remain authentic to yourself and honest with yourself, even if you choose to voice your opinion, but under no circumstance blindly agree with something that you don't truly agree with.

- 4) Take an authentic stand against what someone you respect believes without letting it digress into an argument

This brings me back to my earlier point, if you don't take a hard stance on something, or if you have a very loose stance on a subject, it becomes easy to waiver. So, take a stance, if it is regarding something that doesn't interest or bother you than your stance can be that you don't care; but let that be it. If you are uninformed on a subject than your stance is, you don't know enough to add your opinion. It is okay to not care or not know enough, but don't let these factors sway you to take a stance you don't agree with. Be authentic.

- 5) Believe in yourself, believe in your gut reaction and stand with it
- 6) Remain stoic in your beliefs
- 7) Get in touch with your body, don't let conversation take you out of your body, you will instinctively know what your authentic response should be.
- 8) Take time to find your authentic response, don't reply too quickly