

How To Believe in Your Authenticity

QUESTION:

How can I believe I am enough just as I am?

ANSWER:

Authenticity is not something you create; it's something you uncover. Yet for many women, the layers of expectation, criticism, and comparison bury the truth of who we are. Believing in our authenticity means peeling back those layers, noticing where we've been performing, and remembering the woman underneath. This is how we start the healing process:

1. Naming the Masks

You've worn many masks – the dutiful daughter, the perfect partner, the reliable colleague, the patient parent, the strong friend. These masks once protected you, but they also blurred your vision of your authentic self.

Begin rediscovering your authenticity by noticing where you're performing, and where you're editing yourself to please. Naming the mask loosens its grip. The truth is you're not the role you perform; you're the soul beneath it.

2. Releasing the Idea of 'Not Enough'

The root of inauthenticity is the belief that who you are is not enough. But this belief was not born in you, it was

planted by someone else. A parent's disapproval, society's standards, or a culture of comparison convinced you that authenticity was a risk. Healing means returning this lie to where it belongs. You don't have to earn the right to be yourself.

3. Redefining Authenticity as Wholeness

Authenticity is not about being flawless or fearless. It's about being whole. It means you can admit when you're tired, laugh when you're joyful, cry when you're hurting. Authenticity allows contradictions because humans are complex. Wholeness and realness may not be polished, but they are authentic. Trust that your truth, even messy, is enough.

4. Practicing Daily Integrity

Every time you speak a truth instead of hiding, you strengthen your authenticity. Start small: say no when you mean no, admit what you feel, share what you want. Each act of integrity reminds your nervous system that it's safe to be you. Over time, these small choices build unshakable belief in your authenticity.

5. Letting Go of External Mirrors

When you measure authenticity by how others respond to you, you remain trapped in performance. Your authenticity cannot be proven by applause; it's only

measured by alignment. Does this choice reflect my truth? Does this action honour my soul? When you shift your focus inwards, external validation loses its grip.

6. Honouring the Original You

Think of yourself as a garden. Over time, weeds of expectation grew around you. But the original seed – the true you – never disappeared. Your work is not to invent a new self but to return to the garden and honour what was always there. Believing in your authenticity is not a future achievement, it's a present-day acknowledgement.

Affirmation:

I am enough as I am. My authenticity is my strength, my beauty, and my truth.

Journal Prompts:

1. Where in my life am I performing instead of being authentic?
2. Who taught me I wasn't enough? What do I want to say to them now?
3. What daily practices help me feel most like myself?
4. When was the last time I felt fully authentic, and what made it possible?
5. How can I honour my truth even when it risks disapproval?

Visualisation:

Imagine taking off heavy coats, one after another. Each coat represents a mask – the pleaser, the perfectionist, the strong one. As each mask falls away, you feel lighter. Finally, you stand in a simple, beautiful garment that feels like you. Breathe deeply and affirm, this is who I am, and this is enough.

Conclusion:

Authenticity is not a goal you strive for; it's a homecoming. Every step you take towards honesty with yourself is a step back into your own skin.

Final Thought:

Believing in your authenticity means trusting that the truth of who you are is enough. You don't need to try to be someone else. Just be you – and be mindful of who you're trying to please when you put on a mask that disguises your authenticity.