# AUTHENTICITY

Authenticity refers to the quality or state of being genuine, true, or original. It encompasses sincerity, honesty, and the absence of pretense or artificiality.

# DEFINITION

Authenticity involves aligning one's actions, values, and beliefs in a consistent and truthful manner, fostering trust and credibility in relationships and interactions. Authenticity is often valued as a desirable trait, as it promotes authenticity promotes deeper connections, understanding, and personal fulfillment.

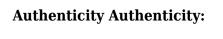
# EXAMPLES

- Consistency: If you're consistent in your behaviors and attitudes, you will more likely be seen as an authentic person.
- Originality: People who express originality - such as in the way they speak or dress - can come across as authentic, given they're not copying others.

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# **Authenticity Authenticity**

**Carolin Kreber** 



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