

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.

Authenticity Authenticity

Carolyn Kreber



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