

Relationship Audit

There are times when we fail to notice our degree of authenticity with others.

Use the questions below to review a particular relationship to understand authenticity.

Ask your client to reflect on the following questions and complete the boxes provided:

How comfortable are you in this person's company? Score it 1-10 (where one is not at all and ten is completely) and provide your reasons and thoughts.

Not at all									Completely
1	2	3	4	5	6	7	8	9	10

How freely can you express yourself with this person? Score it 1-10 (where one is not at all and ten is completely) and provide your reasons and thoughts.

Not at all									Completely
1	2	3	4	5	6	7	8	9	10

Are you able to talk about anything (or do you avoid certain subjects)? Score it 1-10 (where one is not at all and ten is completely) and provide your reasons and thoughts.

Not at all									Completely
1	2	3	4	5	6	7	8	9	10

Have you ever said something about this person that you would not want them to hear? Score it 1-10 (where one is not at all and ten is completely) and provide your reasons and thoughts.

Not at all									Completely
1	2	3	4	5	6	7	8	9	10

Reflect on the answers. They provide a strong indication of how authentic you are with that person.

References

- Joseph, S. (2019). *Authentic: How to Be Yourself and Why It Matters*. Little, Brown Book Group Limited.

Dr. Jeremy Sutton