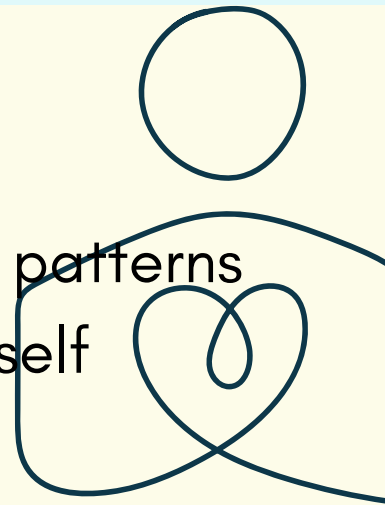


# HOW TO BECOME YOUR AUTHENTIC SELF

The awareness of, and ability to manage one's own emotions, thoughts and behaviours authentically while having compassion for yourself and others.

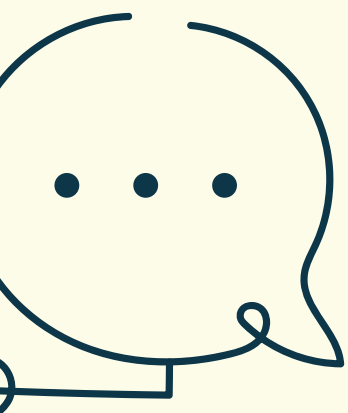
## SELF-REGULATION

- Identify triggers
- Name your emotions and thoughts
- Notice behaviours and maladaptive patterns
- Self regulate back to your Authentic self



## SELF-AWARENESS

- Identify early attachment experiences that may have influenced how you currently manage self regulation
- Practice noticing (without fixing) and mindfulness to connect with your emotions, thoughts and behaviours with compassion
- Ask for feedback - what have other people noticed?



## OPENING UP

- Identify nonverbal cues in others
- Practice active listening skills
- Empathise with others and have compassion for self

