

# How To Live An Authentic Life: 7 Strategies To Resist the Temptation of Faking It

Living in a world dominated by social media, it's no secret that many people feel the pressure to present a curated version of themselves to the world. The desire to fit in, gain acceptance, or even just garner more likes and followers often leads to the temptation of faking it. But deep down, we all crave authenticity and genuine connections. So, how can we resist the allure of pretending to be someone we're not and live a real, fulfilling life? In this article, we will explore seven strategies to overcome this temptation and embrace authenticity.

## 1. Embrace Your Imperfections

The first step towards living authentically is accepting that it's okay to not be perfect. No one is flawless, no matter how their social media feed might make it seem. Embracing our imperfections allows us to let go of the need to fake our lives for validation, and encourages us to be genuine in both our online and offline interactions. Remember, real connections are built on shared vulnerabilities rather than curated facades.

## 2. Define Your Values

Faking it often arises from a lack of clarity about our own values. Take time to reflect on what truly matters to you. Identifying and prioritizing your values will give you a sense of direction and purpose, making it easier to stay true to yourself. When you live in harmony with your core values, it becomes less appealing to fake it for the sake of others or society's expectations.

**Faker: How to live for real when you're tempted to fake it** by Terah Edun (Kindle Edition)

**FAKER**

How to live for real when you're  
tempted to fake it.

Nicholas T. McDonnell



★★★★☆ 4.5 out of 5

Language	: English
File size	: 1121 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 87 pages
Lending	: Enabled
Paperback	: 150 pages
Item Weight	: 7.4 ounces



### 3. Surround Yourself with Authentic People

We are greatly influenced by the company we keep. Surround yourself with genuine, real people who encourage you to be your true self. Authentic individuals will appreciate you for who you are, without demanding or expecting you to conform to any societal norms. These connections will remind you that you don't need to fake it to be accepted and loved.

### 4. Practice Self-Reflection

Take regular moments for self-reflection to gain a deeper understanding of your thoughts, feelings, and desires. Self-reflection allows you to connect with your inner self and identify whether you're being true to your authentic self or succumbing to the temptation of faking it. This practice helps you realign your actions and intentions, fostering a genuine way of living.

### 5. Celebrate Your Achievements, Big or Small

Often, the pressure to fake it arises from a fear of not being enough. By celebrating your achievements, no matter how small or insignificant they may

seem, you build self-confidence and a sense of self-worth. Recognizing and valuing your own efforts and accomplishments will boost your authenticity, making you less inclined to pretend to be someone you're not.

## **6. Disconnect to Reconnect**

In this digital age, it's easy to get caught up in the comparison game. Take intentional breaks from social media and other sources of external validation. Disconnecting allows you to reconnect with yourself and your own passions, dreams, and goals. It helps you focus on the present moment and foster authentic connections with the people and experiences that truly matter.

## **7. Practice Courageous Vulnerability**

Authenticity requires vulnerability. Dare to express your true thoughts, emotions, and opinions, even if they differ from popular beliefs or expectations. Sharing your vulnerabilities and being open about them strengthens your connections with others and invites them to do the same. By embracing your authenticity and being genuinely vulnerable, you create a safe space for real connections to flourish.

Living an authentic life in a world that constantly tempts us to fake it can be challenging, but it is also incredibly rewarding. By embracing our imperfections, defining our values, surrounding ourselves with authentic people, practicing self-reflection, celebrating achievements, disconnecting to reconnect, and embracing courageous vulnerability, we can resist the allure of faking it and live a life that is true to ourselves.

Remember, authenticity is not about being liked by everyone. It's about being loved and respected for who you truly are by the people who genuinely matter.

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Have you ever felt like a faker? Facebook, Twitter and Instagram allow us to paint beautiful pictures of our lives. But many of us feel like fakers. If people really knew who we were, what would they think? Would they still care?

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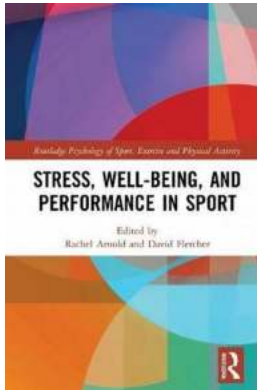
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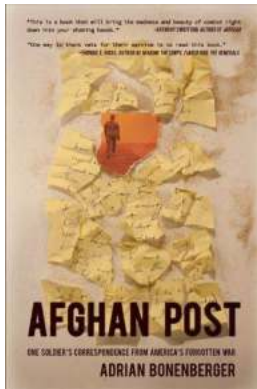
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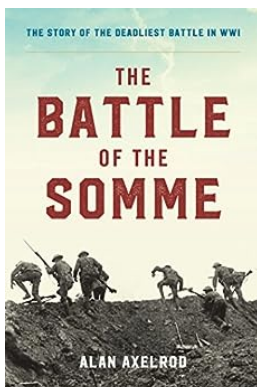
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