

Authenticity Scale

Wood, A. M., Linley, P. A., Maltby, J., Baliousis, M., & Joseph, S. (2008). The authentic personality: A theoretical and empirical conceptualization and the development of the Authenticity Scale. *Journal of Counseling Psychology*, 55(3), 385–399. <https://doi.org/10.1037/0022-0167.55.3.385>

All items are presented on a 1 (*does not describe me at all*) to 7 (*describes me very well*) scale.

1. I think it is better to be yourself, than to be popular
2. I don't know how I really feel inside
3. I am strongly influenced by the opinions of others
4. I usually do what other people tell me to do
5. I always feel I need to do what others expect me to do
6. Other people influence me greatly
7. I feel as if I don't know myself very well
8. I always stand by what I believe in
9. I am true to myself in most situations
10. I feel out of touch with the 'real me'
11. I live in accordance with my values and beliefs
12. I feel alienated from myself

Total items 1, 8, 9, and 11 for Authentic Living.

Total items 3, 4, 5, and 6 for Accepting External Influence (negative).

Total items 2, 7, 10, and 12 for Self-Alienation.