

You were never meant to live a life that requires you to betray yourself.

A HOUSE DIVIDED

Authentic Self vs. Presented Self

You are enough—just as you are.

Many of us live in a “house divided”—trying to keep up an image on the outside while our true self is hidden or neglected on the inside. This disconnection can lead to stress, shame, and loneliness. The goal is to bring the house back together.

THE AUTHENTIC SELF

Who I really am on the inside

	My Core Values • What matters most to me: _____
	My True Feelings • What I often feel but don't always show: _____
	My Needs • What I need to feel fulfilled and at peace: _____
	My Strengths & Qualities • My genuine strengths and beautiful qualities: _____
	My Dreams & Desires • What I truly want for my life: _____
	My Fears & Struggles • What I'm afraid of or struggle with: _____
	What Brings Me Joy • The things that light me up: _____

THE PRESENTED SELF

Who I show to the world

	My Role / Image • The role or image I try to maintain: _____
	What I Hide • Feelings, parts of me, or truths I hide: _____
	Why I Do It • Why I feel I need to present this way: _____
	What I Seek From Others • Approval, acceptance, love, security, etc.: _____
	My Masks • The “masks” I wear in different areas of my life (e.g., work, family, friends): _____
	The Cost • What does pretending or hiding cost me? _____
	How It Makes Me Feel • How does living this way feel over time? _____

THE DIVIDE
 What is the gap between your Authentic Self and Presented Self? How does this “divide” show up in your life?

Awareness is the first step. Integration is the goal.

WHAT WOULD IT LOOK LIKE TO INTEGRATE?
 If your house was whole—where your authentic self and presented self were in alignment—what would be different?

STEPS TOWARD COMING HOME TO MY AUTHENTIC SELF

What are small, meaningful steps I can take?

1. _____
2. _____
3. _____
4. _____
5. _____

MY COMMITMENT

I choose to build a life that honors my truth.

One action I will take this week:

This action will support me because:

Signature: _____ Date: _____

You don't have to tear down the presented self overnight. You can gently rebuild a home where your authentic self is welcome, safe, and free.