

Authentic Power: Give Yourself Permission to Feel



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by Ashley Bernardi

★★★★★ 5 out of 5

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Authentic power is the ability to be true to yourself and to express your feelings without fear. It is about living in alignment with your values and purpose, and making choices that are in accordance with who you are. Authentic power comes from within, and it is not something that can be given to you by others.

When you are living in your authentic power, you are able to:

- Be honest with yourself and others
- Express your feelings openly and honestly
- Make choices that are in alignment with your values
- Live a life that is true to who you are

Authentic power is not about being perfect or always being strong. It is about being real and accepting yourself for who you are. It is about having the courage to be vulnerable and to show your true self to the world.

When you give yourself permission to feel, you are opening yourself up to a world of possibilities. You are allowing yourself to experience the full range of human emotions, both the good and the bad. You are giving yourself the chance to learn from your experiences and to grow as a person.

It is important to remember that you are not alone. We all have the potential to live in our authentic power. All it takes is the courage to be ourselves.

Benefits of Authentic Power

There are many benefits to living in your authentic power. Some of the benefits include:

- Increased self-confidence
- Improved relationships
- Greater happiness and fulfillment
- Reduced stress and anxiety
- Increased creativity and productivity

When you are living in your authentic power, you are able to live a more fulfilling and meaningful life. You are able to be true to yourself and to make choices that are in alignment with your values. You are able to build strong relationships and to have a positive impact on the world.

How to Give Yourself Permission to Feel

Giving yourself permission to feel can be challenging. It can be difficult to let go of the expectations of others and to allow yourself to be vulnerable. However, it is important to remember that you are worthy of love and acceptance, just as you are.

Here are a few tips for giving yourself permission to feel:

- Start by acknowledging your feelings. Allow yourself to feel whatever you are feeling, without judgment.
- Talk to someone you trust about your feelings. This could be a friend, family member, therapist, or anyone else who you feel comfortable talking to.
- Write in a journal about your feelings. This can be a helpful way to process your emotions and to gain a better understanding of yourself.
- Practice self-care. This means taking care of your physical, emotional, and mental health. When you are well-rested, well-nourished, and well-cared for, you are better able to cope with your emotions.
- Be patient with yourself. It takes time to learn how to give yourself permission to feel. Don't be discouraged if you slip up every now and then. Just keep practicing and you will eventually get there.

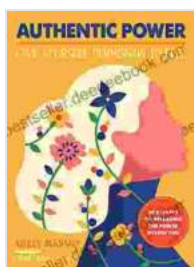
Giving yourself permission to feel is a journey, not a destination. There will be times when it is easy, and there will be times when it is challenging. However, it is a journey that is worth taking. When you give yourself permission to feel, you open yourself up to a world of possibilities.

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