



## Authentic Connections

An integral part of the human experience is connecting with one another; however, it can be a challenge. Research has found that much of human connection is based on authenticity and vulnerability.

People who reject or do not process their emotions will often shut down or become depressed. To be authentic, you must accept that your emotions are real and that they matter.

To apply elements of authenticity and vulnerability is learning how to express your true feelings. Yana Bachynsky, LMFT, from Family Guidance and Therapy Center, recommends this method: **start with an “I feel” statement, and then corroborate this with an “I need” statement.** To learn more, [click here.](#)

In addition, professor, researcher, and social worker **Brené Brown** took a deep dive into connection and uncovers what is underneath it. At the end of it all, she now promotes the mantra: "Be seen, love with your whole heart, practice gratitude and joy, and believe you are enough". To watch and hear the details of her Tedx talk "**The Power of Vulnerability**", [click here.](#)