

# Authenticity Dialogue Scale by Michael L. Silverman, Ed.D.

The following questionnaire is an awareness instrument for your own information about how candid and open you are willing to be in a given relationship or communication situation. There is no status to be achieved by receiving a high score, since comparing your score with others is not the point of this instrument.

When you are thinking within your own mind you can be totally honest. You do not have to present an ideal image...you are yourself with all of your most wonderful qualities and all of your most terrible qualities. We all want to present our best selves to the world, even to our most intimate friends, family, and all who experience us.

Since this information about ME is just for ME, there is no point in faking it or giving answers that are the “right” answers to be the “right” sort of person.

Simply complete this instrument and score it. Take a look at yourself in light of how you will probably communicate in the situation you are considering. Every encounter with other people is different, so your score in each relating situation will certainly be different.

When you consider your score this time, recognize that your willingness to be Authentic in this situation is going to affect the communication and the results of whatever work is to be accomplished by this encounter with this one person or with this group of one hundred.

After the encounter, you will be able to consider your own personal responsibility for the results. You will almost certainly notice that by completing this instrument before the communication, you will have sensitized yourself to your attitude toward the encounter. That awareness will either increase your willingness to be candid and Authentic, or decrease that willingness for your own personal reason(s). Either way you will be present in the encounter, and aware of your internal communication strategy.

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13. I must be in control before I am open and authentic with another person.
- |                          |                   |   |   |   |                  |  |
|--------------------------|-------------------|---|---|---|------------------|--|
| <input type="checkbox"/> | 1                 | 2 | 3 | 4 | 5                |  |
|                          | <b>Least True</b> |   |   |   | <b>Most True</b> |  |
14. My commitment to my closest relationships limits my ability to be close and authentic with other people.
- |                          |                   |   |   |   |                  |  |
|--------------------------|-------------------|---|---|---|------------------|--|
| <input type="checkbox"/> | 1                 | 2 | 3 | 4 | 5                |  |
|                          | <b>Least True</b> |   |   |   | <b>Most True</b> |  |
15. People who want to be close have hidden reasons for wanting to be so.
- |                          |                   |   |   |   |                  |  |
|--------------------------|-------------------|---|---|---|------------------|--|
| <input type="checkbox"/> | 1                 | 2 | 3 | 4 | 5                |  |
|                          | <b>Least True</b> |   |   |   | <b>Most True</b> |  |
16. Authenticity and closeness lead to positive thoughts and feelings.
- |  |                   |   |   |   |                  |                          |
|--|-------------------|---|---|---|------------------|--------------------------|
|  | 1                 | 2 | 3 | 4 | 5                | <input type="checkbox"/> |
|  | <b>Least True</b> |   |   |   | <b>Most True</b> |                          |
17. I am conscious of my self image when I communicate with others.
- |                          |                   |   |   |   |                  |  |
|--------------------------|-------------------|---|---|---|------------------|--|
| <input type="checkbox"/> | 1                 | 2 | 3 | 4 | 5                |  |
|                          | <b>Least True</b> |   |   |   | <b>Most True</b> |  |
18. I am directive and controlling with others.
- |                          |                   |   |   |   |                  |  |
|--------------------------|-------------------|---|---|---|------------------|--|
| <input type="checkbox"/> | 1                 | 2 | 3 | 4 | 5                |  |
|                          | <b>Least True</b> |   |   |   | <b>Most True</b> |  |
19. I listen and accept the ideas of others.
- |  |                   |   |   |   |                  |                          |
|--|-------------------|---|---|---|------------------|--------------------------|
|  | 1                 | 2 | 3 | 4 | 5                | <input type="checkbox"/> |
|  | <b>Least True</b> |   |   |   | <b>Most True</b> |                          |
20. I feel equal with others when I communicate.
- |  |                   |   |   |   |                  |                          |
|--|-------------------|---|---|---|------------------|--------------------------|
|  | 1                 | 2 | 3 | 4 | 5                | <input type="checkbox"/> |
|  | <b>Least True</b> |   |   |   | <b>Most True</b> |                          |
21. I want control in a personal or business relationship.
- |                          |                   |   |   |   |                  |  |
|--------------------------|-------------------|---|---|---|------------------|--|
| <input type="checkbox"/> | 1                 | 2 | 3 | 4 | 5                |  |
|                          | <b>Least True</b> |   |   |   | <b>Most True</b> |  |
22. When someone listens to me, I don't need to dominate the conversation.
- |  |                   |   |   |   |                  |                          |
|--|-------------------|---|---|---|------------------|--------------------------|
|  | 1                 | 2 | 3 | 4 | 5                | <input type="checkbox"/> |
|  | <b>Least True</b> |   |   |   | <b>Most True</b> |                          |
23. I am comfortable in personal relationships.
- |  |                   |   |   |   |                  |                          |
|--|-------------------|---|---|---|------------------|--------------------------|
|  | 1                 | 2 | 3 | 4 | 5                | <input type="checkbox"/> |
|  | <b>Least True</b> |   |   |   | <b>Most True</b> |                          |
24. I seek out equal relationships.
- |  |                   |   |   |   |                  |                          |
|--|-------------------|---|---|---|------------------|--------------------------|
|  | 1                 | 2 | 3 | 4 | 5                | <input type="checkbox"/> |
|  | <b>Least True</b> |   |   |   | <b>Most True</b> |                          |
25. I am accepting of myself and feel comfortable with myself.
- |  |                   |   |   |   |                  |                          |
|--|-------------------|---|---|---|------------------|--------------------------|
|  | 1                 | 2 | 3 | 4 | 5                | <input type="checkbox"/> |
|  | <b>Least True</b> |   |   |   | <b>Most True</b> |                          |

**TOTAL**

**TOTAL**





**TOTALS**

p1

p2

p3

p4

**GRAND TOTAL A**

**TOTALS**

p1

p2

p3

p4

**GRAND TOTAL B**

**AUTHENTICITY ATTITUDE = -A +B =**

**100 Most Authentic**

75

50

25

**0**

-25

-50

-75

**-100 Most Inauthentic**