Uncovering Your Authentic Voice

A SELF-DIFFERENTIATION STARTER KIT

Be You. Stay Connected. Live with Purpose.

WHAT IS SELF-DIFFERENTIATION?

Self-differentiation is the ability to stay true to who you are while maintaining healthy connections with others.

It's not about being independent from others—it's about being emotionally connected without losing yourself.

WHY IT MATTERS

- You make choices based on your values, not pressure.
- You build deeper, healthier relationships.
- You experience more peace, confidence, and clarity.
- You create a life that feels aligned and meaningful.

SELF-DIFFERENTIATION STARTER KIT

Use this checklist to begin strengthening your authentic voice.

- [ ] **Know Your Values** | What matters most to me, even when it's not easy?
- [ ] **Notice Your Voice** | Am I expressing my thoughts and feelings honestly?
- [ ] **Manage Reactivity** | Can I pause and respond instead of react?
- [ ] **Set Boundaries** | Am I clear about what I need and what is not okay?
- [ ] **Stay Grounded** | Do I take time to care for my body, mind, and spirit?
- [ ] **Keep Growing** | Am I open to learning and becoming more me?

FUN FACTS

Research shows that higher self-differentiation is linked to lower anxiety, better relationships, and greater well-being.

People who are differentiated can disagree without disconnecting.

Self-differentiation is a skill that can grow stronger over time!



ENCOURAGEMENT

Your voice matters.
You don't have to be perfect.
You just have to be willing.

KEEP SHOWING UP FOR YOU.

LEARN MORE

Dr. Murray Bowen, the pioneer of self-differentiation, explains it best.

Read more here:

https://familytherapy.wordpress.com/2007/06/06/differentiation-of-self/

YOU ARE WORTH KNOWING. • YOU ARE WORTH CHOOSING. • YOU ARE WORTH BECOMING.