

Finding Balance Between Authenticity and Connection - Sat. 4/18/26 2:30 ET

Myrna Lapres  
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## Self-Care Isn't Selfish:

*Heal Yourself, Your Family & the World*

### Finding Balance Between Authenticity & Connection

Sat., April 18, 2026 10-11:30 am PT/1-2:30 pm ET



- Join **Myrna Lapres**, professional relationship & family coach and educator in exploring the two sometimes opposing forces in our lives: the need to be authentic and the need to stay connected or attached.
- Authenticity calls us to honor our true selves while attachment ties us to relationships, jobs, and responsibilities that provide stability and connection.
- Discover how to strike a more healthy balance in your life.

Coach Myrna, April 13, 2026

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#### [Finding Balance Between Authenticity and Connection](#)

**The Tug-of-War Between Us & We:** We all live in this quiet, constant tension between two of our deepest needs: **attachment or connection** and **authenticity**. On one hand, we are wired for connection. From the moment we're born, we look to others for safety and belonging. On the other

hand, we have an internal compass—that gut feeling that tells us who we really are and what we actually value. While one side pulls us toward others, the other pulls us toward ourselves.

**When Love Gives You Wings:** When you feel truly secure in a relationship, these two forces actually work together. Think of it as having a "**home base.**" When you know that your partner, friend, or parent has your back no matter what, you feel braver. You don't have to "perform" or hide the messy parts of your personality because you aren't afraid they'll leave if you show your true colors. In these healthy spaces, being close to someone actually helps you grow into more of who you are, not less.

**The Cost of Playing a Part:** But when we feel "shaky" or insecure, authenticity is usually the first thing we sacrifice. It's a survival instinct:

- **The People Pleaser:** You might swallow your own opinions or hide your needs just to keep the peace, terrified that being "difficult" will drive people away.
- **The Lone Wolf:** You might pull away or shut down your emotions to protect your independence, thinking that being "real" makes you too vulnerable.

In both cases, we end up wearing a mask to keep the connection alive. But over time, that mask gets heavy. You might still be in the relationship, but you start to feel like a stranger to yourself.

**The Big Picture:** Healthy love shouldn't feel like a cage where you have to shrink yourself to fit. And being your true self shouldn't mean you have to walk alone. The goal isn't to choose one over the other; it's to find that sweet spot where you stay connected not because you're hiding, but because you're **finally being seen.** Which side of this tug-of-war do you find yourself leaning toward more often—sacrificing your "truth" to stay close, or keeping your distance to stay "you"?

Join me on Saturday, April 18, 10 am PT/1 pm ET for ***Self-Care Isn't Selfish*** to discover how to strike a more healthy balance in your life with some practical exercises that will get you started. Register here to get the zoom

link: [tinyurl.com/April-18-Self-Care](https://tinyurl.com/April-18-Self-Care)

Below is an exercise to get you started. And look for next week's blog about applying this topic to parenting. Parenting for both attachment and authenticity isn't about choosing one over the other — it's about creating safety and space at the same time.

Learn to Say “**And**” Instead of “**Or**”.

**Instead of saying:**

- “If I'm honest, they'll leave.”
- “If I stay connected, I can't be fully me.”

**Practice saying:**

- “I can be honest and kind.”
- “I can disagree and stay connected.”
- “I can need space and care about you.”

Try out this cognitive shift this week to reduce the false binary between attachment and authenticity.

To purchase my book on

Amazon: [www.amazon.com/gp/product/B09L7KS5VH](https://www.amazon.com/gp/product/B09L7KS5VH)

If you already purchased my book, I would love for you to leave a review.

[www.amazon.com/review/create-review/?ie=UTF8&channel=glance-detail&asin=B09LGWWXVZ](https://www.amazon.com/review/create-review/?ie=UTF8&channel=glance-detail&asin=B09LGWWXVZ)

*If you would like to know more about what I offer as a coach, please visit my website: [www.coachmyrna.org/](https://www.coachmyrna.org/)*

*Find out more about creating better connections with Safe Conversations*

*[www.coachmyrna.org/create-connection.html](https://www.coachmyrna.org/create-connection.html)*

