

Couple Skills: Authenticity

Genesis 3:1-13

“Just be yourself.”

When sin entered the world, Adam and Eve began “hiding” their imperfections. 7-10

When God confronted their behavior, they began “hurling” blame to deflect their guilt. 11-13

When I am hiding my imperfections it usually involves fear that if someone gets to know who I really am, they won't like me. The reality is that everyone already knows you are not perfect!



When I blame someone else, it is most often an attempt to balance the guilt that I feel. As long as I feel balanced with the guilt and blame, I feel OK. It just isn't healthy for the relationship.

Being authentic with my partner, lets them get to know the real me, with all my faults and failings. That way they have the chance to make an informed decision about having a relationship with me and there are no surprises after the “I do's” are spoken.