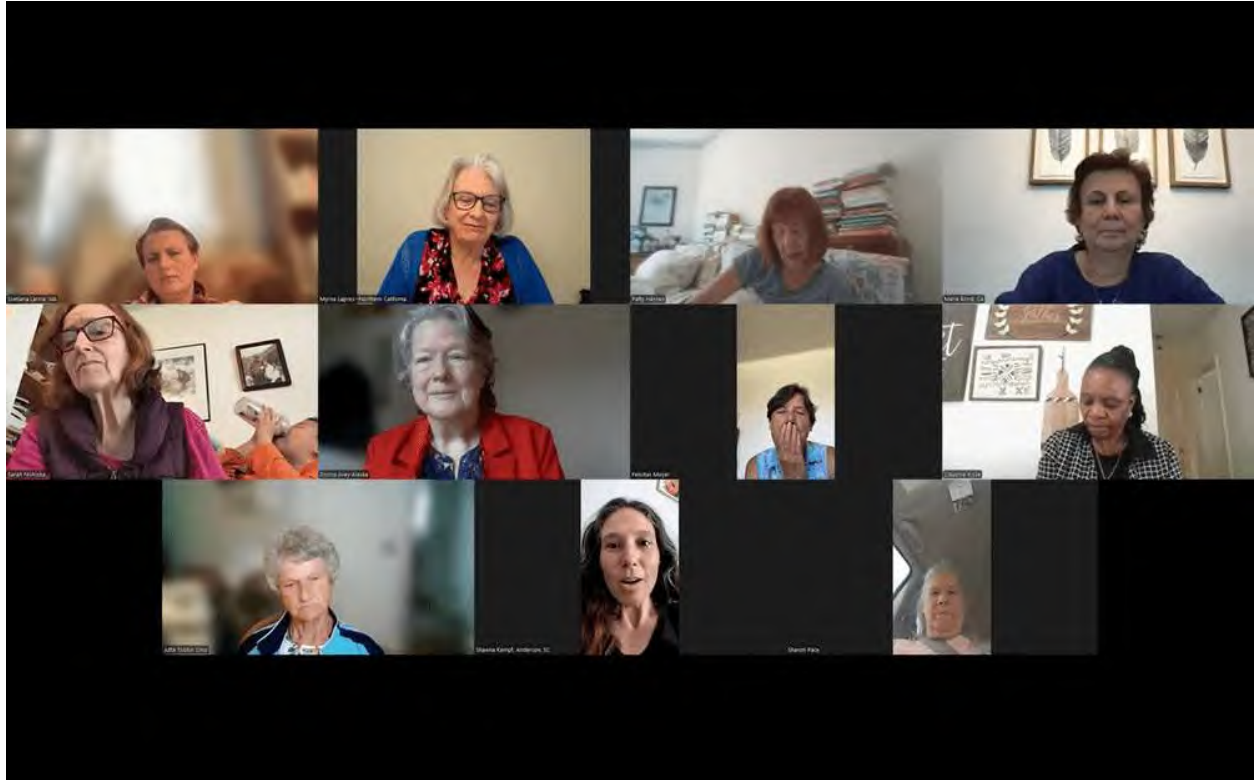


WFWP USA: Self-Care Isn't Selfish - Balance Authenticity and Connection

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In April's Self-Care Isn't Selfish session, Myrna Lapres presented on "Finding the Balance Between Authenticity and Connection." Drawing from her personal experiences and insights from *The Myth of Normal* by Gabor Maté, she explored two fundamental human needs: the desire to be authentically ourselves and the equally strong need for connection, attachment, and belonging.

Myrna highlighted how these needs are often perceived as being in tension. She invited participants to reconsider this dynamic, suggesting that instead of viewing it as "attachment vs. authenticity," we might see it as an infinity loop - interconnected and mutually reinforcing. When attachment is secure, it actually supports authenticity. Feeling safe, valued, and connected gives individuals the confidence to express their true thoughts and emotions without fear of rejection. In this way, secure attachment becomes a psychological "home base" from which we can explore and embrace who we are.

Through short videos, personal stories, and guided exercises, Myrna engaged participants in reflecting on their own lives. Breakout discussions encouraged deeper awareness of how these dynamics show up personally, as well as practical steps toward growth and change.

She concluded with a powerful reminder: "In order to experience growth, we need to get curious, be brave - it takes courage - and know that it is never too late."