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Authenticity

FEATURE ARTICLE

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Your dog does it better.

It was Tuesday night and I had just sat down to begin writing this article. I opened my laptop and started drafting my outline. After 5 minutes of writing, a slobber-soaked tennis ball rolled slowly across my keyboard. As I turned my head I was met by a smiling face, eager eyes, and a wagging tail. It was then that I knew. In a world where societal pressures often dictate our actions, displaying authenticity can be complex. Yet, amid this complexity, there exists a steadfast model of authenticity: dogs.

Dogs exemplify authenticity, offering teachings to those of us striving to better exhibit this quality within ourselves. Throughout my interactions with countless canines, I've distilled five fundamental traits that underscore their evolutionary aptitude for authenticity:

1. Consistency

Dogs thrive on routine. They are dependable in their interactions and maintain integrity through their behavior. Without the ability to vocalize emotion, they rely on deviations from their typical patterns to signal distress or discomfort.

2. Vulnerability

Even the most stoic canine isn't afraid to be vulnerable. As dogs acclimate to a new environment, they gradually let their guard down in the pursuit of comfort and affection. While some dogs are quick to roll over for belly rubs, others cautiously assess their surroundings before granting trust.

3. Adaptability

Whether through positive reinforcement or observational learning, dogs continuously refine their behaviors based on experiences and results. This inherent willingness to change highlights their capacity for adaptability and growth. Yes, even an old dog can learn new tricks.

4. Empathy

Dogs rely on nonverbal cues in social interactions. Their ability to discern emotions, from joy to sorrow and everything in between, exemplifies their empathetic nature. It is this intuitive understanding that has earned them the title of “man’s best friend”.

5. Respect

The cornerstone of canine social dynamics. From the fields of the dog park to greeting your extended family over the holidays, dogs approach every encounter with a posture of respectful curiosity – gathering information before forming judgment.

As we all strive to present our true selves to the world, let us gain wisdom from our canine companions and embrace these traits within ourselves. After all, chances are you’re surrounded by dog people, so why not take some pointers from the best in the business?

Let your tail wag.

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