

THE CORE BALANCE MODEL© — BLOG SERIES, PART 2

What Is the Core Authentic Self?

Your real self was never damaged. It was never broken. It was never something you needed to rebuild. It was only hidden — and it has been waiting for you all along.

By **Raphael Natale** | Authentic Technologies | Personal Development & Life Coaching | 9 min read

In Part 1 of this series, we explored the Core Automatic Self — the protective defense system built in childhood that runs our reactions, creates our painful patterns, and hijacks our responses long after the original threats have passed. We ended with a promise: that beneath all of that automatic programming, something else exists. Something whole. Something that was never harmed by any of it. **That something is your Core Authentic Self.**

DEFINITION

The Core Authentic Self

The Core Authentic Self is the whole, complete, unique, incomparable, undamaged person you have always been beneath your protective patterns. It is not a goal to achieve or a self to construct. It is not a healed version of a broken you. It is the original you — creative, resourceful, capable of genuine connection — that has been temporarily obscured by the Core Automatic Self's defenses. Accessing it does not require rebuilding. It requires recognition.

The Distinction That Changes Everything

Most personal development approaches — however well-intentioned — begin from the same implicit premise: that you, as a person who has experienced pain, loss, trauma, or difficult early environments, are in some way damaged. That your self-esteem has been injured and must be repaired. That your inner child must be healed. That your wounded self must be restored to wholeness.

The Core Balance Model© challenges this premise at its root. **The self that was wounded by your history is the Core Automatic Self — not your Core Authentic Self.** The Automatic Self absorbed the pain, built the defenses, learned the coping strategies, and developed the patterns. It was the part of you that was exposed to difficulty. And it is the part that needs understanding and ultimately relief from its protective role.

But your Core Authentic Self? It was never in the room when those wounds were inflicted. It is not a version of you that exists *after* healing. It is the version of you that existed *before* the defenses were built — and that has existed continuously ever since, behind them.

"The Core Authentic Self does not need to be repaired, reconstructed, or rebuilt. It needs only to be recognized — and given permission to emerge."

— Raphael Natale, Core Balance Model©

Six Qualities of the Core Authentic Self

One of the most important things to understand about the Core Authentic Self is that it is not an idealized, perfect, or superhuman version of you. It is simply you — functioning without the interference of automatic defensive patterns. Here is what that actually looks and feels like:

1 — Present-Centered The Core Authentic Self lives in the actual present moment — not filtered through past wounds or future fears. It responds to what is actually happening, not to what the Automatic Self has been programmed to anticipate.	2 — Naturally Creative When automatic defensive patterns are not consuming energy, the mind's natural creativity and resourcefulness become available. Solutions that seemed invisible suddenly appear.
3 — Capable of Real Intimacy Genuine closeness with other people — without the armor of the Automatic Self — becomes possible. Not the counterfeit intimacy of performance, but the simple, unguarded presence of one person with another.	4 — Self-Determining The Core Authentic Self makes choices from genuine values, not from fear or compulsion. It can say yes and mean it. It can say no without guilt. It can act from the inside out.
5 — Emotionally Honest Emotions in the Core Authentic Self are responses to actual present circumstances — and they pass naturally. They are not amplified by old wounds or hijacked by the Automatic Self.	6 — At Peace The Core Authentic Self is characterized by a fundamental quiet — a baseline of peace that does not depend on external circumstances. This is what Raphael Natale calls real peace of mind.

How the Two Selves Compare in Daily Life

The difference between the Core Automatic Self and the Core Authentic Self is not visible in the calm moments of life. The difference becomes vivid under pressure — in conflict, in vulnerability, in the moments that matter most.

Situation	Core Automatic Self responds...	Core Authentic Self responds...
Partner expresses frustration	Shuts down, escalates, or deflects. Hears criticism as attack. Defends or withdraws.	Listens to understand. Stays present. Responds to what was actually said, not what was feared.

Situation	Core Automatic Self responds...	Core Authentic Self responds...
Receiving critical feedback at work	Feels shame or becomes defensive. Either collapses inward or argues back. May ruminate for days.	Separates performance from identity. Receives useful information. Can ask clarifying questions without threat.
Facing an important decision	Paralyzed by double-bind thinking. Catastrophizes outcomes. Seeks reassurance rather than clarity.	Evaluates from actual values. Tolerates uncertainty. Makes choices and owns them.
Someone sets a boundary	Interprets it as rejection or abandonment. May react with anger, pleading, or withdrawal.	Understands the boundary as information about the other person, not a verdict on the self.
Being alone with yourself	Uncomfortable. Reaches for distraction — anything to avoid what's underneath.	Comfortable in its own company. Solitude feels restoring rather than threatening.
Something goes genuinely wrong	Catastrophizes. Blames self or others. Feels victimized. Struggles to recover.	Acknowledges difficulty honestly. Looks for real options. Recovers with natural resilience.

Five Myths About the Authentic Self — Corrected

The language of "authentic self" has become so common in wellness culture that it has accumulated a layer of misunderstanding. Here is what the Core Authentic Self is not:

MYTH 1

"Accessing my authentic self means expressing every emotion I feel."

THE REALITY

Unfiltered emotional expression is frequently the Core Automatic Self, not the Core Authentic Self. Rage, reactivity, and defensive withdrawal are automatic responses — not authentic ones. The Core Authentic Self feels emotions and responds to them. It does not discharge them reflexively onto other people.

MYTH 2

"My authentic self is who I am when no one is watching — the unguarded private me."

THE REALITY

The private unguarded self can just as easily be the Core Automatic Self ruminating, self-criticizing, or replaying old wounds. Authenticity is not privacy. It is alignment between your actual values and your actual behavior — regardless of audience.

MYTH 3

"I had a difficult childhood, so my authentic self is damaged. I need to rebuild it."

THE REALITY

This is the central myth the Core Balance Model© was built to address. Childhood difficulty damages and activates the Core Automatic Self — not the Core Authentic Self. The Authentic Self was never in

the path of those early wounds. It is whole. What needs intervention is the protective system that grew up around it.

MYTH 4

"Becoming my authentic self means becoming someone completely different."

THE REALITY

People who access their Core Authentic Self through the Core Balance Profile process typically report not feeling like someone new — but like themselves for the first time in a long time. The Core Authentic Self is not a transformation into a different person. It is a return to the person you have always been.

MYTH 5

"I found my authentic self once in a workshop. I just need to maintain it."

THE REALITY

Brief glimpses of the Core Authentic Self are real and meaningful. But without understanding the specific mechanics of your Core Automatic Self, those states remain fragile. The Core Balance Profile process is designed to create a durable, self-administered understanding that works even under maximum stress — precisely when it is most needed.

You Have Already Felt It

Here is something important: you do not need to take this on faith. You have already experienced your Core Authentic Self. You know what it feels like, even if you have never had language for it.

It was present in those moments when you felt completely, effortlessly yourself — unguarded, clear, and fully alive. Perhaps with a close friend, in nature, absorbed in creative work, in a moment of pure play, or in the quiet after something difficult had resolved itself. **In those moments, the Core Automatic Self had stepped back.** What was left — that ease, that clarity, that sense of rightness — was you. The real you.

A QUESTION WORTH SITTING WITH

Think of a moment — any moment — when you felt most like yourself. Not most impressive, most successful, or most approved of. Most yourself. What was happening? Who were you with? What was not present in that moment that is usually present? That experience is your most accurate map of what your Core Authentic Self actually feels like. It was not an accident. It was not luck. It was the real you, briefly visible.

Why Recognition, Not Reconstruction

Traditional therapeutic approaches often operate from a repair model: identify the damage, understand its origins, work to heal the injured parts. This is valuable work and it has helped many people. Raphael Natale did much of this work himself before arriving at the insight that became the Core Balance Model©.

The shift came when he recognized a pattern: the healing he accomplished through various methods was real — but it operated on the Core Automatic Self. It made the automatic patterns less severe, less frequent, more manageable. What it did not do — could not do, by its nature — was restore direct access to the Core Authentic Self under pressure.

What changed that was not more repair. It was *recognition*. The moment Raphael could see his Core Automatic Self activating — name it, understand its logic, trace it to its origin — something fundamental shifted. The Automatic Self lost its unconscious grip. And in that gap, the Core Authentic Self became consistently available again.

This is the foundation of the Core Balance Profile process. **Not repair. Recognition.** Not rebuilding a damaged self, but developing the specific tools to see the Automatic Self clearly enough that it can no longer run your life without your knowledge or consent.

How Do You Access the Core Authentic Self?

THREE ACCESS POINTS, AVAILABLE RIGHT NOW

1 Notice when the Automatic Self has activated

The first access point is recognition in real time. When you notice a reaction that feels disproportionate, when you feel trapped in a familiar pattern, when your response doesn't match who you know yourself to be — that noticing is the Core Authentic Self observing the Core Automatic Self. The observer is not the Automatic Self. The observer is you. And in that moment of observation, you have already partially reclaimed your ground.

2 Ask: 'What would the real me do here?'

You almost always know the answer. This is not a trick question — it is a genuine inquiry into the part of you that is already operating from clarity, values, and present-moment awareness. The Core Authentic Self is not silent. It is simply overridden. Asking the question sincerely creates a moment of genuine access, however brief. With practice, those moments become longer and more frequent.

3 Understand the original logic of your Automatic Self

The deepest access point is understanding why your Core Automatic Self developed its specific patterns. What was the original situation it was protecting against? When you understand the original, childhood-era logic of your automatic patterns — really understand it, with compassion for the child who built those defenses — those patterns lose their unconscious authority. This is the work of the Core Balance Profile process, and it is where the deepest, most lasting shifts occur.

Frequently Asked Questions

If my Core Authentic Self is already whole, why can't I just decide to access it?

Because the Core Automatic Self does not respond to decisions. It responds to triggers — and those triggers operate below the level of conscious choice. You can no more decide not to be triggered than you can decide not to flinch when someone raises a hand near your face. The work is not about willpower or intention. It is about understanding your specific triggers deeply enough that the Automatic Self's response is no longer automatic.

Is the Core Authentic Self the same as the 'higher self' in spiritual traditions?

There is meaningful overlap. Many spiritual traditions describe a core, undamaged self beneath layers of conditioning — and the Core Authentic Self shares this structure. The Core Balance Model© is not a spiritual framework, but it is philosophically compatible with many of them. Raphael's approach is practical and psychological rather than metaphysical, making it accessible to people across a wide range of backgrounds and beliefs.

What if I've never felt like my 'authentic self' at all? What if I don't know what it feels like?

This is more common than most people realize — and it is not evidence that the Core Authentic Self doesn't exist. It is evidence that the Core Automatic Self has been very thoroughly dominant. Part of the Core Balance Profile process is helping each person identify what their own Core Authentic Self feels like for them specifically — so that recognition becomes possible even when it has been elusive.

How long does it take to gain consistent access to the Core Authentic Self?

The Core Balance Profile Workshop is designed as six sessions, one week apart, for a reason: real integration takes time. Insights gained in session one are tested by life before session two. Many people report significant shifts within the first two or three sessions — but the goal is not a peak experience. It is a lasting change in the relationship between your two selves.

Can children access the Core Balance Model© work?

The Core Balance Profile process as currently structured is designed for adults. However, parents who do this work frequently report profound positive effects on their children — because the Core Automatic Self patterns that most affect children are the ones their parents are running. When a parent gains consistent access to their Core Authentic Self, the family system changes. This is one of the most far-reaching benefits of the work.

Where We Go Next

Understanding both selves is the foundation. But knowledge is not the same as access. The gap between knowing about the Core Automatic Self and being able to turn it off in real time — in the actual moments when your relationship, your work, and your wellbeing are on the line — is exactly what the Core Balance Profile process is designed to close.

In Part 3 of this series, we will explore **the double-bind** in depth: the specific pattern of feeling trapped that is the Core Automatic Self's most recognizable signature — why it develops, how to identify your personal double-bind patterns, and what it actually feels like when those patterns lose their grip.

ABOUT THE AUTHOR

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Raphael Natale has spent decades developing and teaching the Core Balance Model© to thousands of individuals and organizations across the United States. His work has been endorsed by clinical psychologists and described as "an authentic light in the midst of the darkness." He offers one-on-one coaching, the Core Balance Profile Workshop, and corporate training programs through Authentic Technologies.

THE WORK AWAITS

Your Core Authentic Self has been waiting long enough.

Schedule a free one-hour consultation with Raphael. No sales pitch — just a genuine conversation about where you are, what patterns you're ready to move beyond, and whether the Core Balance Profile process is the right next step for you.

☎ 800-657-1120 | info@authentictech.com | authentictech.com/schedule-an-appointment

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- ← Part 1: What Is the Core Automatic Self?
- Part 3: Double Binds — Why You Feel Trapped in the Same Patterns (coming next)
- Part 4: The Core Balance Profile Workshop — What to Expect in Each Session
- authentictech.com — The Core Balance Model© Full Overview

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