

6 phrases only genuine people use, according to psychology.

By Tina Fey: <https://geediting.com/phrases-genuine-people-use-according-to-psychology/>

La Rochefoucauld, 17th century French author, moralist, and philosopher, once spoke of the rarity of genuine people.

He said: “Sincerity is an openness of heart; we find it in very few people; what we usually see is only an artful dissimulation to win the confidence of others.”

Think about all the many people you’ve crossed paths with in your life. How many of them really gave off this vibe that La Rochefoucauld speaks of?

Probably not a whole lot of them. And that’s what I think he’s getting at here. Sincerity is darn hard to come by.

And why is this? Because what often masquerades as sincerity is often actually just a ploy to win people over.

So, where does that leave us now? Well, we need to get savvy at spotting the real from the fake.

It’s about digging deep into our gut feelings, and not just listening to words, but feeling the vibes out, too.

In a world of pretense and insincerity, being genuine and authentic helps guide us back to who we really are, deep down.

Here are six phrases only the most authentic souls will share with you.

1) “How can I help you to feel better?”

A study published in the Journal of Cross-Cultural Psychology, identified the “virtue of humanity—including kindness and love” as being a major hallmark of a genuine person.

As such, “How can I help you to feel better?” is something you might hear a genuine pal say to you.

When someone reaches out with this kind of sweetness and sincerity, it can feel like a beacon of hope when you’re not doing too well.

Can you remember the last time someone offered you this kind of support? Maybe it was a friend, a family member, or even a stranger.

And how did it make you feel? Did it maybe restore a tad bit of your faith in humanity? Well, that's authenticity manifest.

This phrase wriggles its way into a core element of human nature: kindness.

We all crave empathy, understanding, and acknowledgment—especially when we aren't coping with life and all it tosses at us.

2) “I need to be completely honest about this.”

Okay, so hear me out on this second one. I know that “I need to be completely honest about this.” might come as a shock in everyday chat.

For real, it sounds both serious and blunt—but I'm begging you to look deeper.

We live in an age of superficiality and fakeness, right? (I blame it on the internet and the constant scrutiny everyone is under, but there might be other reasons for it—of course!)

Given this, when someone is willing to be totally candid about something, it means they must have something important to say.

Their sincerity cuts through all of that noise and politeness, latching onto your focus.

In that very moment, you are on the receiving end of the raw essence of authenticity.

It's in this way that a genuine person isn't about masking the truth or skirting around the issue. Instead, they lay it all bare, and in turn, lay themselves on the line.

It's true, sometimes there is a price to pay when you are completely open and transparent.

But take it as a precious reminder that this person prizes honesty above all else and is willing to be completely and utterly real with you.

Also, not many people realize this... but being genuine isn't just about being candid with those around you. It's about being candid with yourself.

This means facing up to your flaws, vocalizing your mistakes, and honoring your true self.

3) “I want to make myself clear: I do not support this.”

Authentic individuals don't just talk—they act, too! They are out there, guarding their beliefs, even if it means facing criticism from time to time.

Ronald E. Riggio Ph.D. professor of organizational psychology unpacks how good people, or genuine people, will showcase “courage”, even when the going gets tough.

Take it as a blinking sign of integrity. According to Dr. Riggio, this “involves having the courage to stand up for what you believe in” and knowing when you have “to do the right thing.”

So, what might this look like?

Well, maybe you're out to lunch with a group of coworkers, and one of them begins mouthing off about the manager.

All of a sudden, it's heading towards gossip that's too harsh. Maybe it's a debate that's getting heated.

Either way, the chat has taken a distinct turn for the uncomfortable, and you feel a twang of awkwardness in your gut.

Do you stay silent, going along with the group? Or do you find the courage to pipe up and make your stance known?

Perhaps you go ahead and say: “I want to make myself clear: I do not support this.”

This line is an undeniably powerful display of authenticity because making your voice heard, especially when it means going against the flow, demands a hell of a lot of courage!

It's a surefire declaration of your values—when you say you openly do not condone something, you are clearly showcasing where you stand on the matter at hand.

4) “What might happen if we tried it this way?”

When was the last time you encountered someone genuinely intrigued by the “whys” and “hows” of the world around them?

In a piece about a person's virtues, clinical psychologist Dr. Reham Al Taher pinpointed curiosity as being a tell-tale sign of a genuine person.

“The more curious and creative we allow ourselves to become, the more we gain perspective and wisdom and will, in turn, love what we are learning. This is developing the virtue of wisdom and knowledge,” said Dr. Al Taher.

The line “What might happen if we tried it this way?” shows that a person is not about having all the answers.

Instead, they are all about being 100% open to discovery.

Think on it. Inside this simple sentence is a treasure trove of authenticity.

Plus it's not just a simple question—actually, it's an open invitation to expand horizons.

Their curiosity here is palpable, drawing you into a realm of possibilities and an openness to embrace new (and potentially exciting!) perspectives and ideas.

The most genuine people out there aren't afraid to go against conventions and even usher in a level of ambiguity.

They know very well that curiosity is like a GPS, lighting up new pathways and guiding us all on the roads to deeper insights and more authentic relationships.

5) "I want to make sure we cover all our bases here."

Authenticity and sincerity play crucial roles in wisdom.

When a person stays true to themselves and remains receptive to learning from others, they are more likely to make decisions aligned with their values.

Dr. Riggio breaks down this other trait of people who are considered to be genuine. And that trait is wisdom.

"Another term for prudence is "wisdom," but it involves being objective and reflective when deciding on courses of action. Prudent individuals learn to avoid making bad decisions. They value and learn from others," argues Dr. Riggio.

Wise people aren't just guessers—they are some of the most strategic thinkers you know.

They see that rushing into decisions without weighing up all of the options can lead to tricky outcomes. Their genuine spirit here is coming through in the way they care.

They invest their time and energy in gathering information, listening to different viewpoints, and critically evaluating potential consequences.

This level of wisdom might show its head with a line like: "I want to make sure we cover all our bases here."

By covering all your bases, a person is all prepped for whatever nature throws your way.

6) "I would love to find out more!"

This ties in with our next point beautifully—some of the most genuine people out there are authentically interested in others, and super keen to learn more.

A 2021 study into character strength found that "a love of learning" happened to be "the character strengths most strongly associated with positive affect."

"I would love to find out more!" is a phrase that embodies a love for learning. It's in this way that genuine individuals aren't satisfied with sticking to what they already know and have known for years.

It's the opposite: they are eternally hungry for new experiences, fresh perspectives, and the thrill of making a discovery!

But perhaps the most compelling aspect of this sentence lies in its implicit invitation.

It's an invitation to liven up each other's lives through the swapping of ideas and experiences.

When someone gives out a desire to dig a bit deeper, as with this line, interpret it as a genuine sign of their interest in connecting with you on an authentic level.