



Counseling

Denial

Denial has many faces and can easily be masked. Denial keeps us from taking an honest look at our hearts.

Some recognizable forms of denial are:

Simple Denial: To pretend that something does not exist when it really does (e.g., discounting physical symptoms that may suggest the presence of a problem).

Minimizing: To acknowledge a problem, but refuse to see its severity (e.g., admitting to an overusage of prescription drugs when in fact there is overt addiction).

Blaming: To recognize the problem, then blame someone else for its cause (e.g., blaming others for your tendency to isolate).

Excusing: To offer excuses, alibis, justifications, and other explanations for our own or others' behavior (e.g., calling in sick for a partner when the actual cause of the absence is something other than illness).

Generalizing: To deal with problems on a general level, which typically avoids personal and emotional awareness of the situation or conditions (e.g., sympathizing with a friend's unemployment when you know the real cause is irresponsibility).

Dodging: To change the subject to avoid threatening topics (e.g., talking about the weather when your spouse is discussing the overdrawn checkbook).

Attacking: To become angry when reference is made to the existing conditions, thus avoiding the issue (e.g., arguing about work conditions when the boss addresses tardiness).