DENIAL MANAGEMENT

Recognize the pattern. Interrupt the reaction. Make a conscious decision.

M2M RECOVERY PROJECT
PEOPLE | PURPOSE | A STRONGER TOMORROW

THE DENIAL PATTERN DEFINED

Denial is the unconscious and automatic tendency to avoid thinking, talking, or feeling things that might cause pain, guilt, or shame.

WHAT DRIVES DENIAL - AND WHAT INTERRUPTS IT

PRIMARY FEELINGS

- Pain
- Guilt
- Fear
- Anger
- Shame

AVOIDING PAIN

- Deny the problem
- Minimize its seriousness
- Deny responsibility

2 ANTIDOTES

1. Accept the truth
2. Develop effective problem-solving strategies

5 THINGS OCCUR WHEN DENIAL IS TRIGGERED

1. STRESS RISES
2. IRRITABILITY / ANGER
3. FEAR
4. INTERNAL ARGUMENT
5. INTERNAL CONFLICT

12 PATTERNS OF DENIAL

- Avoidance
- Blame
- Comparing
- Justifying
- Minimizing
- Rationalizing
- Absolute Denial
- Manipulating
- False Compliance
- Flight into Hostility
- Hopelessness
- Aggressive Defiance

DENIAL PATTERNS are deeply entrenched HABITS in thinking, feelings, and the ways we relate to others. These habits make it very difficult for us to identify and solve our problems.

THE AUTOMATIC CHAIN - AND THE DECISION POINT

THOUGHTS create → FEELINGS create → URGES create → DECISIONS create → ACTIONS create → REACTIONS (Circumstances and People)

DECISION POINT: a conscious pause between feelings and urges, urges and decisions, decisions and actions; a critical point at which you become aware of consequences.

4-STEP IMPULSE CONTROL METHOD

1. PAUSE
Recognize the urge without responding.

2. RELAX
Take a deep breath to relieve stress.

3. REFLECT
Ask what the urge is for and what happened last time.

4. DECIDE
Make a conscious decision instead of an unconscious one.

Understand the difference: Thoughts | Feelings | Urges | Actions | Social Reactions