

The Denial Patterns

1. Avoidance: "I'll talk about anything but my real problems!"

2. Absolute Denial: "No, not me! I don't have a problem!"

3. Minimizing: "My problems aren't that bad!"

4. Rationalizing: "If I can find good enough reasons for my problems, I won't have to deal with them!"

5. Blaming: "If I can prove that my problems are not my fault, I won't have to deal with them!"

6. Comparing: "Showing that others are worse than me, proves that I don't have serious problems!"

7. Compliance: "I'll pretend to do what you want, if you'll leave me alone!"

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8. Manipulating: “I’ll only admit that I have problems, if you agree to solve them for me!”

9. Flight into Health: “Feeling better means that I’m cured!”

10. Recovery by Fear: “Being scared of my problems will make them go away!”

11. Strategic Hopelessness: “Since nothing works, I don’t have to try.”

12. The Democratic Disease State: “I have the right to destroy myself and no one has the right to stop me!”

Developed by Terence Gorski N.C.A.C II, C.S.A.C and the CENAPS Corporation with regard to Denial Management Counseling©.

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