Happiness Lessons for When You are in Denial

How To Be Happy When You are Not Happy lesson from the Happiness Alliance happycounts.org
Denial can be an important coping mechanism.

Denial can give you time to adjust to a shock.
Denial can allow you time to process when you are not ready to face the reality of a situation.
It is important not to use denial for too long.

Staying in denial too long can lead to getting stuck.
Denial used for too long can lead to living in the past or doing the same thing over and over but expect different results.
Do you keep finding yourself in the same sad, difficult or destructive situation?

You may be stuck in denial.
Denial used for too long can lead to recurring negative patterns in life:

- Irrational beliefs that do not make sense to others.
- Recurring negative relationships.
- Repeated destructive behaviors or self-sabotage
Denial used for too long can lead to feeling numb and not being able to fully feel your feelings, a low level sense of depression or a sense of not knowing your true self.
Some forms denial takes:

Avoiding.

Procrastination.

Being too busy to think about things.

Refusal to believe or admit important things.

Ignoring important things.

Forgetting, blanks in memory.

Minimizing, rationalizing or insisting everything will be okay.

Blaming, arguing, manipulating.

Distracting, becoming helpless or hopeless.

Self destructive behaviors, feelings of guilt.
How can you tell if you are in denial?

A few ways:

Using the words “never,” “always,” “everybody,” “nobody” a lot.

Getting stuck in inebriation, workaholism or excessive binge watching or social media.
More ways you can tell if you are in denial:

Using sarcasm, contempt, anger or intimidation..

Blaming groups, people or situations.
Perfectionism can be a form of denial.
Overcoming perfectionism can help you step out of denial.

It’s a process. You can start by respecting and loving yourself & focusing on the big picture.
To step out of denial:

Think about the potential negative consequences of staying in denial.

Ask someone you trust for help in talking about and considering the consequences of staying in denial.
The way to come out of denial is talking about your feelings.

Talking about your feelings helps process & uncover the reasons you are in denial and helps process the event that caused denial.
Recap:
Denial can be helpful for keeping you from getting overwhelmed from a shock. Getting stuck in denial leads to making the same mistakes over and over and not fully living your life. Talking about your feelings is the path out of denial.