

# Seven Denial Patterns

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

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

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

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

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

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

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

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# Secretariat

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

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9. Flight into Health: "Feeling better means that I'm cured!"

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

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11. Strategic Hopelessness: "Since nothing works, I don't have to try."

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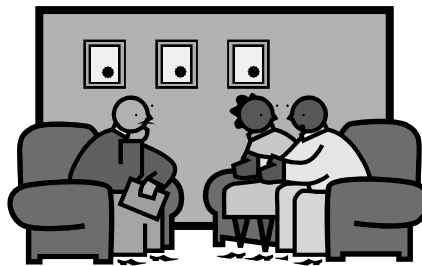
12. The Democratic Disease State: "I have the right to destroy myself and no one has the right to stop me!"

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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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