

Definition of Denial

Terence Gorski, N.C.A.C II, C.S.A.C, a well-known professional in the field of addiction, defines *denial* as:

“...a normal response/defense for coping with painful and overwhelming problems. [Denial] has both benefits and disadvantages. The benefit is that it temporarily removes the pain caused by consciously confronting a serious problem while creating the illusion that the problem is being solved. The biggest disadvantage of denial is that it blocks recognition and problem solving.”

Resource: Gorski, T.T. "Denial Management Counseling," *Paradigm magazine*, Vol. 6(3) and Vol. 5(2): pgs. 20-21 (Summer 2001). Retrieved November 14, 2005 from the World Wide Web at http://www.onlineparadigm.com/archives/164-S01_PT.G1.pdf Used with permission of *Paradigm magazine*, P.O. Box 793768, Dallas, TX 75379 (972) 250-1110