



## Denial Therapy Worksheet

Denial is a defense mechanism, which is mostly the first reaction of blocking hurtful and painful memories and events of a human being.

### Common signs of denial are

- You don't talk about solving the problem.
- You blame others for your problems and troubles.
- Keep comparing your situation with other people around you
- Become hopeless about the future.
- Avoid even thinking about solving the problem.

### Overcoming denial

- **Acceptance is the first step:**  
Understand and acknowledge that you are in denial, if you do any of the above-mentioned things then you are in denial.
- **Acknowledge your fear:**  
Accept that you are in denial and try to unwind your mind by finding out the reason behind your denial. Try to find out the cause behind your defense mechanism.
- **Express your Fears:**  
What will happen if your fears come true, what is the worst possible outcome, and what could happen if this comes true?
- **Identify the cognitive errors:**

The negative thinking pattern so that you can deal with and challenge your negative thinking patterns.

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## References

[Cramer, P. \(2015\). Understanding defense mechanisms. \*Psychodynamic psychiatry\*, 43\(4\), 523-552.](#)

[Wheeler, S., & Lord, L. \(1999\). Denial: A conceptual analysis. \*Archives of Psychiatric Nursing\*, 13\(6\), 311-320.](#)

You can download more Mental Health worksheets [here](#).

**Please note:** There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.