

# Happiness Lessons for When You are in Denial




How To Be Happy When You are Not Happy lesson from the Happiness Alliance [happycounts.org](http://happycounts.org)

**Denial can be an important coping mechanism.**



**Denial can give you time to adjust to a shock.**



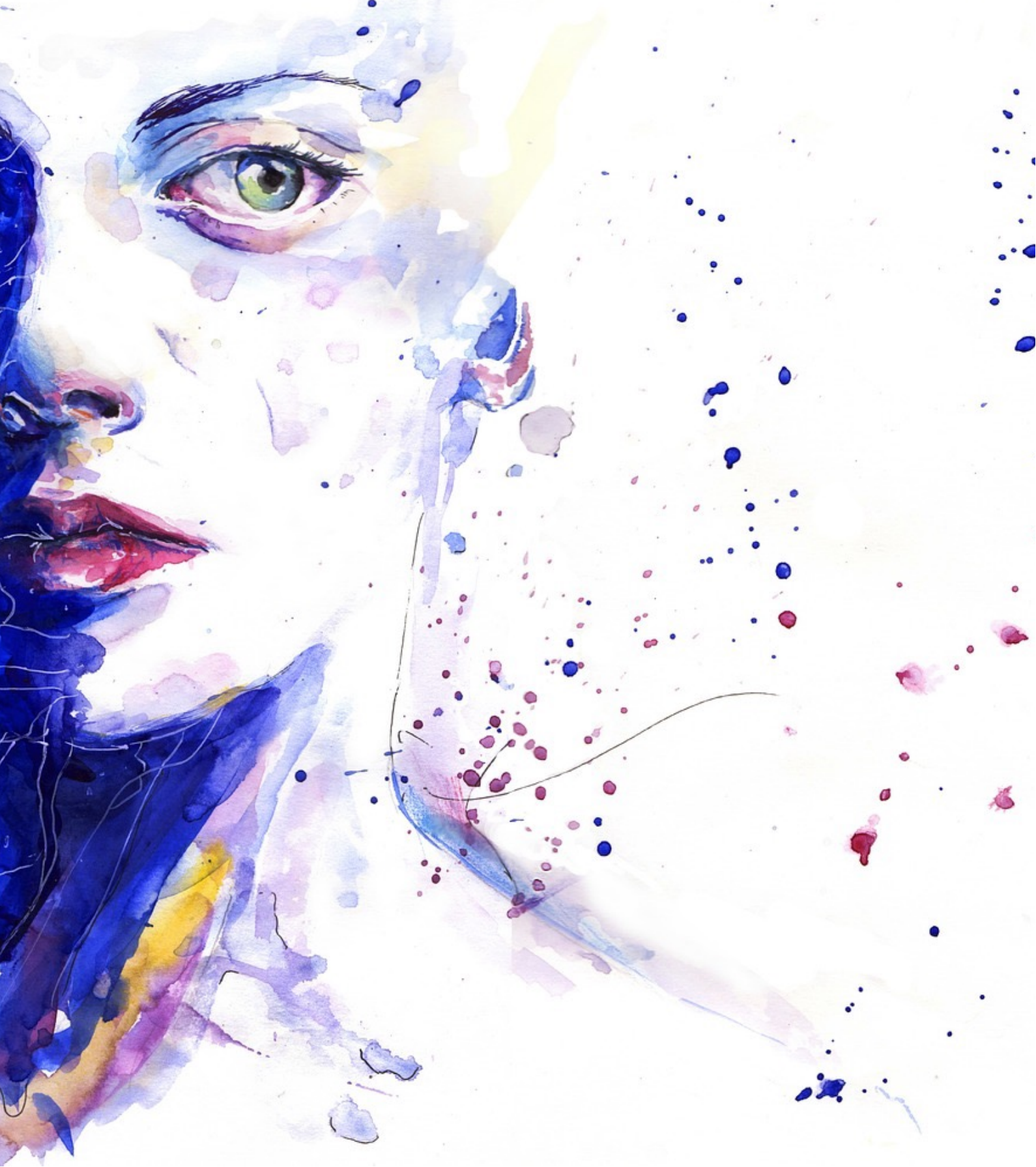
**Denial can allow  
you time to  
process when  
you are not ready  
to face the reality  
of a situation.**




**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.**



The background is a watercolor wash in shades of orange, peach, and light pink. The colors are blended together, with some darker orange areas at the top and lighter pink areas at the bottom. The edges are soft and feathered, giving it a textured, artistic feel.

**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.**



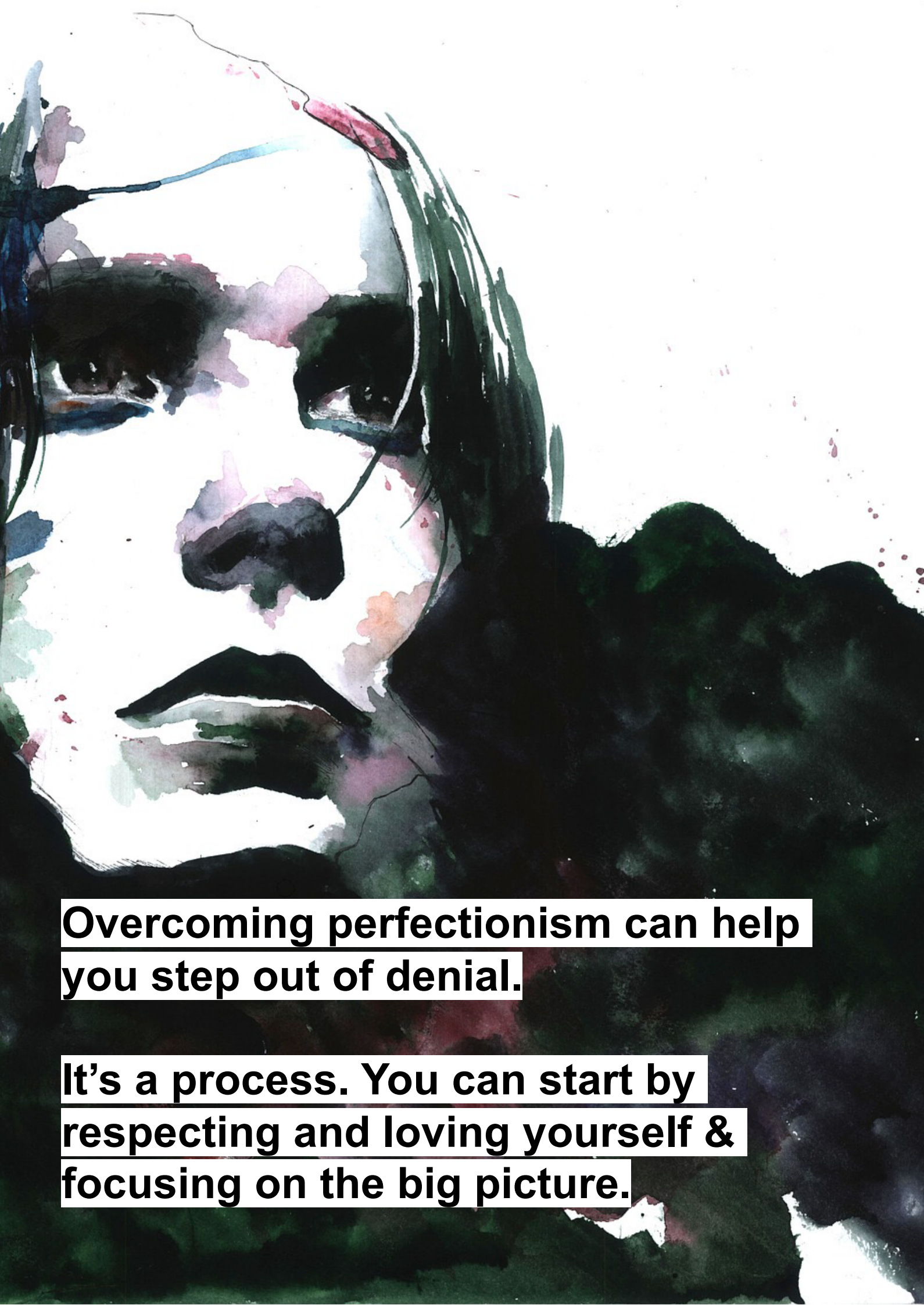
**More ways you can tell if you are in denial:**

**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.**

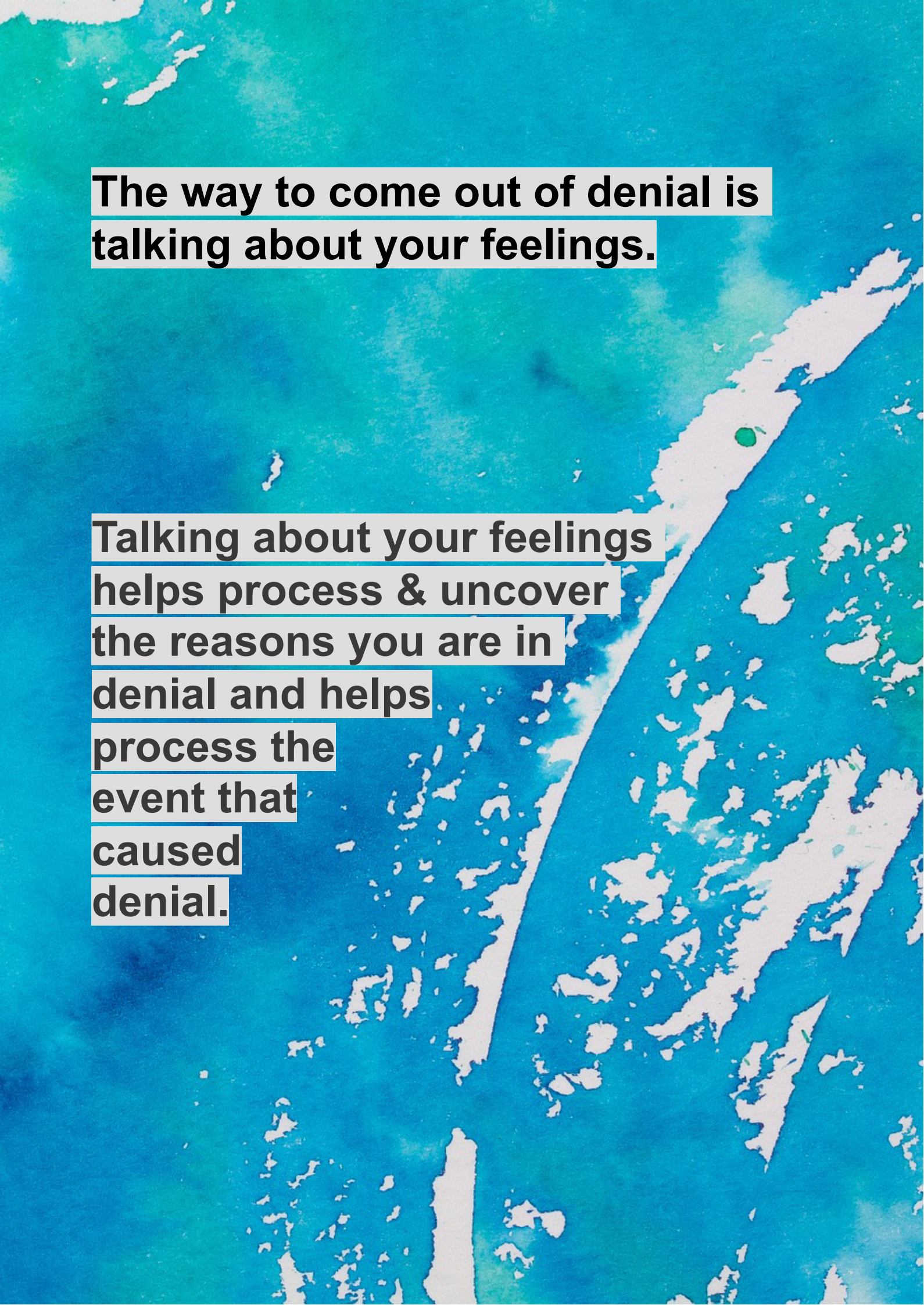
**It's a process. You can start by respecting and loving yourself & focusing on the big picture.**



**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.**

An aerial photograph of a tropical coastline. The water is a vibrant turquoise color, transitioning to a lighter, almost white hue near the shore. The land is a mix of green vegetation and white sand beaches. A small green circular marker is visible on the beach. The text is overlaid on the image in white boxes with black text.

**The way to come out of denial is talking about your feelings.**

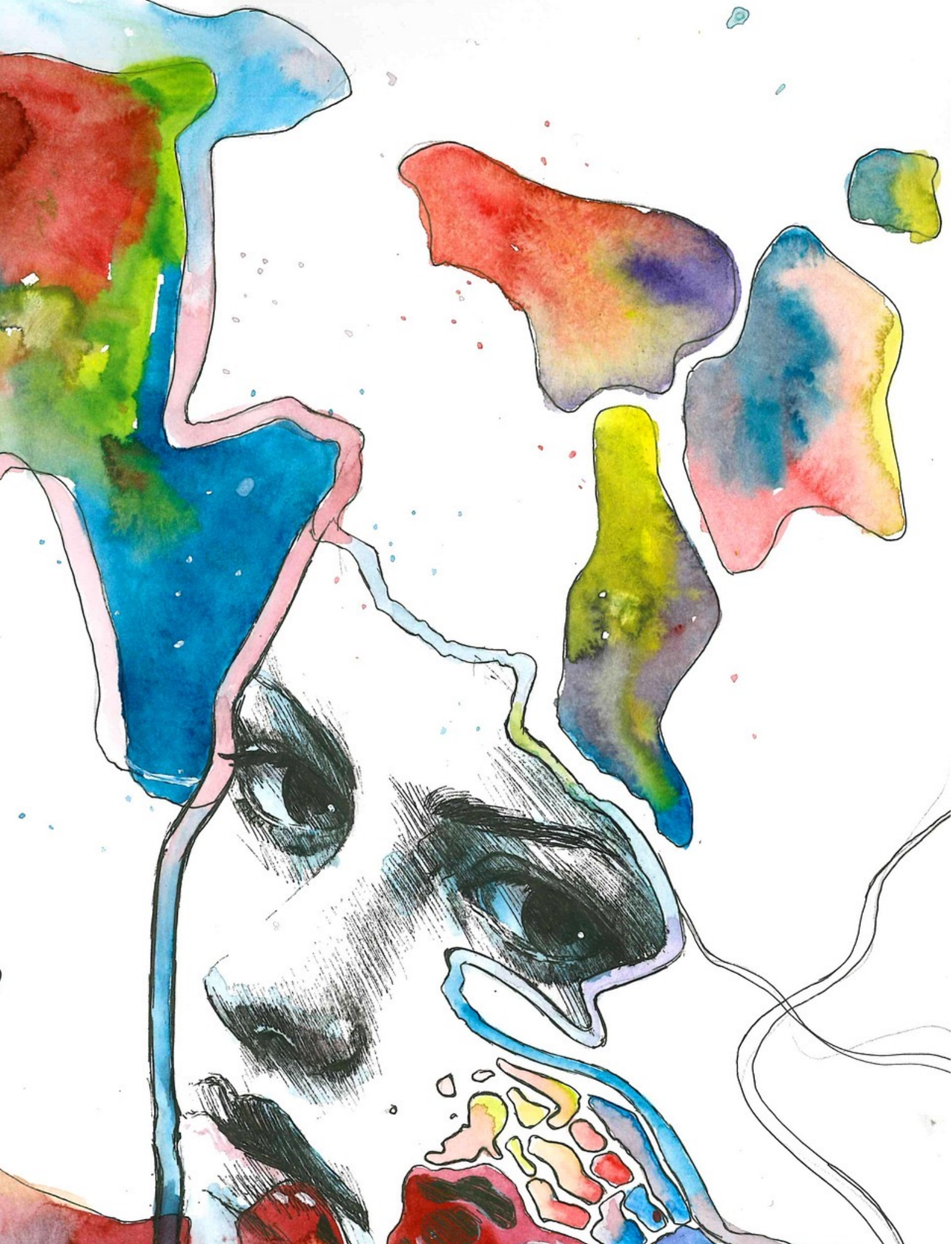
**Talking about your feelings helps process & uncover the reasons you are in denial and helps process the event that caused denial.**



**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.**





Happiness Lessons for When You are in Denial from the Doctor Bliss Doctrine

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