

DENIAL'S VARIOUS FACES

**** Blaming others for any set of consequences usually constitutes Denial.**

**** Denial keeps all addicts in their addictions.**

Defense Mechanisms

- 1. Rationalizing - I don't drink/use every day, I don't have a problem.**
- 2. Minimizing - I don't drink/use half of what Sam drinks.**
- 3. Cockiness - I got it made, these other folks are losers.**
- 4. Justifying - If you had a wife/husband like mine, you would drink/use too.**
- 5. Projecting - You always manipulate to get what you want.**
- 6. Blaming - You drove me to drink/use. It is my job stress.**
- 7. Humor - This isn't serious. Life is a joke.**
- 8. Intellectualizing - Research shows I'm probably not an alcoholic/addict.**
- 9. Lying - I only had a couple of beers, maybe three.**
- 10. Manipulation - If you quit bitching, I'll quit drinking/using.**
- 11. Accusing - Your fooling around keeps me drinking/using.**
- 12. Threatening - Get off my back or you will be sorry!**
- 13. Judging - If you did this or that right, things wouldn't be so bad.**
- 14. Explaining - Oh, I drink/use because I . . .**
- 15. Analyzing - I started drinking more because of _____, it will slow down later.**
- 16. Arguing - I'm not an alcoholic, I've never gotten a DWI or . . .**
- 17. Defiance - I dare you to prove that I'm an alcoholic/addict.**
- 18. Withdrawing - If I don't do or say anything, they will leave me alone.**
- 19. Shouting - Leave me alone, I don't want to talk about it!**
- 20. Silence -**
- 21. Smiling - Just laugh it off. Nervous smile.**
- 22. Compliance - I just do and say what they want**