


ON YOUR OWN

MENTAL & EMOTIONAL HEALTH EXERCISES

1) Identify your primary and secondary forms of denial (consider sharing this with someone close to you for feedback)

- a) **Simple Denial:** pretending my problems or painful memories don't exist.
 - b) **Minimizing:** acknowledging a problem, behavior or hurt, but refusing to see how deeply it impacts me and those I love.
 - c) **Rationalization:** making excuses to justify my unhealthy attitude or behavior.
 - d) **Blaming:** recognizing a problem or hurtful memory but maintaining that the responsibility for my current pain/behavior lies somewhere else, and not with me.
 - e) **Spiritualizing:** using Scripture as an excuse to bury my past hurts rather than face and deal with them.
 - f) **Diversion:** diverting the focus off my problems, issues or behavior and onto someone or something else.
 - g) **Victimization:** (also referred to as passivity): feeling justified in my attitudes or behavior because my life has been difficult.
 - h) **Hostility:** using anger, violence or threats to punish, manipulate or intimidate anyone who confronts my behavior, woundedness or dysfunction.
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2) After considering the results from question 1, consider: how have your forms of denial negatively affected your mental, emotional and relational health.

a) My primary form of denial is _____ and it has negatively affected my life by...

b) My secondary form of denial is _____ and it has negatively affected my life by...

c) My forms of denial have negatively affected those around me by...

3) This week, during a moment of tension, conflict or painful emotion, try this Freedom Session Anger Busting Exercise.

I am angry at: _____

I am afraid that: _____

I feel rejected by: _____

Then try leaning into the tension or conflict.

Note: There are no guarantees completing this exercise will resolve the conflict. The goal is for you to take a step towards authenticity and mental / emotional health.