

Are you in denial?

Learn to recognize the signs to overcome denial and see the truth.

- Refuse to admit that there is a problem or situation?
- Tend to blame others for your own mistakes?
- Minimize the problem?
- Rationalize or make excuses for bad behavior?
- Avoid the touchy subject entirely?
- Become excessively defensive?
- Argue over trivial details?
- Refuse to listen to the other person's point of view?
- Claim to be misunderstood?
- Become sarcastic and condescending?

Shrink★
Wrap
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