

Denial of Feelings

August 21

If someone were to ask you if you are in denial, what would you say? How would you know? Can you even recognize denial?

Denial has a chorus of voices, each offering a criticism of its own. One voice says, “My life would be so much better if only you would....” Another says, “I don’t know.”

For me, denial was profound, the voices loud and clear. “Don’t Trust!” “Don’t Feel!” “Don’t Tell!” For what felt like a lifetime, I denied responsibility in my relationship as a mother and a wife. In my addictions, I was a perpetual liar and became known as someone who couldn’t be trusted or depended upon.

Recovery, and the influence of The Steps, encourage us to face and to be responsible for the hurts we’ve inflicted both on ourselves and others through our denials. We listen to our one honest voice and awaken a truth that is stronger now than any act of denial. In recovery, we are too aware to not listen and respond.

Writing gratitude allows feelings to be what they are without judgment, raising the possibility that denial is a manifestation of extreme fear. This awareness opens the door to acceptance followed by action.

We know that if we spot it, we got it, so deep down within we already have what we need to change. Once we exchange denial of feelings for acceptance, we become a powerful, awakened instrument of change, as our goodness expands.

TODAY’S MEDITATION

I have little denial in my life today. I am free to share with others the real me, as I have been set free.

“You can’t wake a person who is pretending to be asleep.”—Laurie Limbe

