

Are You In Denial?

Do you relate to any of the following?

- You constantly find yourself falling behind with your work or studies and you can't seem to figure out why.
- You are losing your friends and having so much trouble making new ones.
- You feel something is missing from your life but you just can't put a finger on what it is.
- You find yourself wondering why the things you want always seem to be out of reach.
- You often feel angry, depressed, or anxious for no reason.
- You have your friends and family show concern about you.
- You have noticed a decline in your health.

If so, then you could have a problem that's affecting you and even those around you, but denial is preventing you from becoming aware of it.

Notes

We are all in denial about something.

It could be a seemingly small or innocent issue or behavior, such as accepting that you're drinking too much coffee, or spending too much time on your phone.

Or it can be a much larger and potentially lethal issue, such as full-blown addiction.

No matter how large the issue, denial is something that holds you back from living a fulfilling life.

The following journaling prompts will help you reflect on unhealthy behaviors you're engaging in and make a change:

Look at every single one of your actions everyday throughout a week:

What behaviors are you engaging in that are unhealthy?

How long have you been leaning on these behaviors?

What areas of your life may be suffering because of these behaviors?

What void are you trying to fill in? What's triggering your unhealthy behaviors?
