

General Recovery - Denial

As long as we avoid looking at the truth about our past and present, we are not able to love others fully or receive their love. We simply believe we are not worthy of that kind of closeness because of our shame over our unfinished business- our own badness or the wounds we have sustained from others. This will be reflected in our relationships as we are afraid to be wrong during conflict, afraid to tell others how they have hurt us, and are afraid to express our needs. The shame associated with denial can also keep us in fear of physical/sexual closeness. Folks who are bound by denial and its associated shame are not transparent with their spouses, have trouble becoming close to their own children, and they rarely have even one friend that knows all the good and bad in their life story (much less their current struggles). I believe our purpose in this life is to experience intimacy with God and others above all else. I always say to my clients, "The only thing that ever makes people happy is a close relationship with God and others...relationships are all that matter." Perhaps that's why all the great teachers down through time have focused on speaking the truth and confession of wrongs committed by us and against us. Confession opens the door to restoration in relationship with God and others. When confession is followed by lasting behavior change, there is no relational rift that cannot be healed- no breach of trust that cannot be overcome.