

Responses to loss of Denial

- Attempt to keep everything the same.
 - Refusing to acknowledge the changes.
 - Feeling anger or grief at loss of denial.
 - Attempt to force others to remain the same.
 - Resistance to reality being faced.
- Increased sense of anger
 - Moves from emotion to state of being
 - Us vs. Them mentality; demonization of perpetrators
 - Feeling that events are “Unfair” and should be different
 - Irritability, agitation, road rage, need to be alone, isolation
- Increased level of fear
 - Hypervigilance; over-planning
 - Rumination; increased anxiety
 - Pervasive sense of dread; increased fantasy of what could happen
 - Attempts to soothe, pacify, perpetrators
 - Self-blame
 - Attempt to figure out why deserved this (as opposed to listening to rationale) and make restitutions without assessing need
 - Anger toward others for not attempting restitution.
- Increase in Physical symptoms of anxiety
 - Persistent worry; rumination
 - Compulsive traits
 - Stockpiling meds, food, water, etc.

Coping styles:

- a. Brittle style
 - a. Won't change
 - b. Use of anger/resentment/judgment
 - c. Fear/anger; isolation; going it alone
- b. Flexible coping style
 - a. Adaptive
 - b. Open to change as needed for time needed
 - c. Ability to have no explanations
 - d. Openness to tolerance; compassion; awareness
 - e. Ability to be with others; ability to support without solving problems of self or others