



HELP!

Week #1

Admitting You Need Help

God tells us, “You can’t heal a wound by saying it’s not there!” (Jeremiah 6:14 TLB). The acrostic **DENIAL** spells out what can happen if we do not face our denial.

Disable our feelings.
Energy lost.
Negates growth.
Isolates us from God.
Alienates us from our relationships.
Lengthens the pain.

Reflect on these questions. It’s helpful in the healing process to **write out** your answers and **share** with a trusted person in your life.

Where could you use help in your life right now? What areas/issues are unmanageable?

Are there any areas/issues in your life where you are in denial? What areas/issues do you think you have control over, but you don’t?

How do you handle pain and disappointment?

As a child, what coping skills did you use to get attention or to protect yourself?

In your family of origin, what was the “family secret” that everyone was trying to protect?