

TAKING A CLOSER LOOK:

DENIAL AND HOW IT BITES

1. _____ feels like the safest way to navigate back into life. Pretend all that just happened didn't really happen. Denial is not necessarily purposeful but initially helps us cope with the trauma
2. Denial is also the first stage of _____. To bury it purposely or subconsciously. Moms, dads, and grandparents can get stuck in this stage for years or decades. The secret is very isolating.

- Ongoing: multiple factors

3. What are they in denial about?
 - a. They participated in *taking* the _____ of their own child.
 - b. Their own _____ feelings.

- c. That any other *Christian* would have an abortion because no one talks about it at church.
- d. They are in denial of their _____.
- e. Their worthiness of *love*. No one will love or respect me anymore if they find out what I've done.
- f. Their life has been turned upside down and they need _____.

- g. Someone may be in denial over parts of their abortion experience but not _____. Confession would blow up denial, so they must remain silent.

4. While denial might help us get through the initial crisis, continued denial becomes _____ and thwarts our healing.

5. You can't be in right _____ with God or others while harboring unconfessed sin. You must pretend to have it all together around others, especially other Christians.

- Stump in driveway story

6. Denial doesn't mean we avoid experiencing the _____ of trauma, loss, and shame.

7. We may choose things that sound _____ to numb our wounds.

8. We may choose things that are _____ to justify our pain.

9. Whichever route we go, underneath remains a growing _____ and all sorts of out-of-control emotions and consequences - rage even, mostly directed at self, but also taken out on others

10. Ongoing denial of *trauma* and _____ never makes anything better.

The stump is still there and I'm worse off than ever.

11. Shame keeps us in hiding and can cause us to do more _____ things, because, well, we're already so shameful. It increases and continues denial. It is a mask of pride.

12. This is why we need to talk about abortion trauma, about the loss, about the shame. Jesus does not want even _____ of His children to live in this bondage.

13. Denial works great until we are triggered out of it in ways we may not realize. A picture of an unborn baby. A picture of an aborted baby. A bumper sticker. A memory of a horrifying part of their experience. Even this class. When something _____ a person out of denial it can be devastating without someone there to share the burden.