

Denial



PLAY PICMONIC

Mechanism

Unconscious

Unconscious Guy

In its full, classical form, denial is an unconscious process. However, there can be a conscious component when the sufferer is simply 'turning a blind eye' to an uncomfortable situation.

Immature Ego Defense

Immature Baby With Ego-Lego

Denial is a type of immature defense mechanism. Other important immature defense mechanisms are projection, splitting, rationalization, acting out, passive-aggressiveness, and displacement. Immature psychological defense mechanisms are psychological processes that play an important role in suppressing emotional awareness and increase the risk of various medical conditions, as these patients are more likely to lead unhealthy lifestyles and use food and drugs to cope with external stressors.

Avoidance Of Pain

No-Pain Sign

In its most basic form denial is the avoidance of the awareness of some painful reality. This can have negative consequences as patients don't acknowledge reality and real issues they might be having.

Example

Drunk-Driving

Drunk-Guy Driving

Denial is common in alcoholics and people addicted to various substances; these patients deny that they have a problem, refusing to acknowledge the reality; this can result in drunk-driving (the patient refuses to acknowledge that he is drunk and wants to drive).