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Come Out Of Denial Clinical Practice Workbook

A clinically branded, function-preserving edition retaining the original exercises, psychoeducation, checklists, logs, planning tools, and response space.

DSM-5-TR · ICD-11 CLINICAL ALIGNMENT

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2 · Are You In Denial?

3 · Practice Mindfulness

4 · Analyze Your Week

5 · Assessing The Damage

6 · Identify Your Void

7 · Take The Right Action

8 · Feeling Word List

How to use this workbook

- Use this workbook selectively and collaboratively; it is educational and does not replace individualized assessment, diagnosis, treatment, medical care, or crisis services.
- Skip, pause, or modify any activity that increases distress, danger, shame, or loss of functioning. Adapt language for culture, disability, neurodivergence, health, resources, and lived context.
- Ratings in this workbook are reflection tools unless a named, validated measure and interpretation are explicitly provided.

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Introduction

We are all in denial about something.

It could be a seemingly small or innocent issue or behavior, such as accepting that you're drinking too much coffee, or spending too much time on your phone.

Or it can be a much larger and potentially lethal issue, such as full-blown addiction.

No matter how large the issue, denial is something that holds you back from living a fulfilling life.

The main things people are in denial about fall into the following five categories:

- Mental health issues
- Physical health issues
- Abuse
- Addictions
- Truth about yourself (including your own role in what happens to you) and others,

Denial could be mild, moderate, or severe.

The following prompts will help you step out of denial and stop self-sabotaging your life.

Are You In Denial?

Do you relate to any of the following?

- ☐ You constantly find yourself falling behind with your work or studies and you can't seem to figure out why.
- ☐ You are losing your friends and having so much trouble making new ones.
- ☐ You feel something is missing from your life but you just can't put a finger on what it is.
- ☐ You find yourself wondering why the things you want always seem to be out of reach.
- ☐ You often feel angry, depressed, or anxious for no reason.
- ☐ You have your friends and family show concern about you.
- ☐ You have noticed a decline in your health.

If you checked any of the signs above, then you could have a problem that's affecting you and even those around you, but denial is preventing you from becoming aware of it.

Notes:

Practice Mindfulness

To be able to identify when you're engaging in unhealthy behaviors, you need to become more mindful of how you feel before, during, and after you engage in those behaviors.

When you're engaging in unhealthy behavior, it's helpful to check in with yourself and ask:

1. What am I feeling in my body? (e.g. Itches, nausea, burning sensation, butterflies in your stomach, tightness in your chest)

2. What emotion am I feeling right now? (e.g. boredom, anxiety, fear, sadness, anger)

Note: use the list of emotions at the end of these worksheets to be able to better name your feelings.

3. What thoughts am I thinking right now?

4. On a scale from 1 to 10 how stressed do I feel right now?

5. How do I feel about my action? (e.g. indifferent, shameful, proud)

Not sure if a certain behavior is unhealthy? Consider the following signs:

- It takes up so much of your time
- It is not a normal behavior
- It is triggered by stress
- It triggers negative thoughts and emotions
- It leaves you feeling down

Analyze Your Week

Reflect on your week and answer the following questions:

1. Did you do something this week that you never noticed before and that is concerning?

2. Did you feel nervous, embarrassed, or ashamed when engaging in certain activities?

3. Are there certain behaviors that you would feel embarrassed if someone else knew about?

4. Do you tend to engage in certain activities when you're stressed?

5. Are there activities besides working and sleeping on which you spent more than two hours a day?

6. Are you amazed at how much time you spent on certain behaviors?

You may use these national daily averages compiled by the U.S. Department of Labor's Bureau of Labor Statistics to evaluate how reasonable the time you're spending each day on certain activities.

	Average hours per day 2019	Average hours per day 2020
Personal care activities	9,6	9,67
Eating and drinking	1,06	1,07
Household activities	1,78	2,01
Purchasing goods and services	0,46	0,38
Caring for and helping household members	0,41	0,43
Caring for and helping nonhousehold members	0,13	0,14
Working and work-related activities	3,32	3,02
Educational activities	0,38	0,38
Organizational, civic, and religious activities	0,26	0,18
Leisure and sports	4,99	5,53
Telephone calls, mail, and e- mail	0,15	0,22
Travel	1,22	0,79
Other activities, not elsewhere classified	0,22	0,19
Total all activities	24	24

Source: [U.S. Department of Labor, Bureau of Labor Statistics.](#)

Assessing The Damage

For each unhealthy behavior, consider the following questions:

1. What important event or moments did you miss because of this behavior?

2. Who did you hurt among people close to you?

3. Are there people who left you and no longer speak to you because of this behavior?

4. What opportunities did you lose that could have made your life better?

Identify Your Void

Denial is what keeps you from facing your void.

Your unhealthy behavior is an unconscious attempt to fill in whatever is missing in your life.

Answering the following questions can help you identify what's missing:

1. Did something happen in the past that you can't tell anyone about?

2. Is there someone in your past that you can't forgive?

3. What feedback are your emotions giving you about your current needs? If you feel anxious, what do you feel anxious about? If you feel emptiness, what would make you feel less empty?

4. Are you pursuing any of your dreams and goals? Are you setting plans to improve your life?

5. Are there questions you've never had answers to? (e.g. why someone ghosted you, or why a parent couldn't love you, etc.)

6. Do you find it difficult to accept and love yourself?

Take The Right Action

Once you identified the void you're trying to fill in using your unhealthy behaviors, start making a conscious choice to meet those needs.

For example:

Self-destructive behavior: comfort eating

Void: lack of self-love and self-connection

Right Action: connect with my own emotions by naming them and expressing them rather than numbing them

Depending on your needs, try to come up with ideas and actions to take that will help you meet those needs.

Self-destructive behavior: _____

Void: _____

Right Action:

Self-destructive behavior: _____

Void: _____

Right Action:

Self-destructive behavior: _____

Void: _____

Right Action:

Feeling Word List

SAD	Anguish – Blue – Bummed – Burdened – Desperate – Despondent – Disappointed – Discouraged – Dismayed – Gloomy – Grave – Grey – Grieved – Grim – Heavy-hearted – Let down – Longing – Lost – Low – Miserable – Moody – Mournful – Pained – Pessimistic – Scorned – Sorrowful – Tearful – Unhappy
HURT	Abased – Abused – Aching – Afflicted – Agonized – Annihilated – Assaulted – Betrayed – Blamed – Bleeding – Brutalized – Burned – Bushwhacked – Chastised – Cheated – Crushed – Damaged – Defeated – Deflated – Dejected – Deprived – Devalued – Diminished – Disrespected – Forgotten – Heart-broken – Humiliated – Ignored – Injured – Insulted – Intimidated – Invalidated – Invisible – Jilted – Laughed at – Neglected – Offended – Oppressed – Pained – Persecuted – Punched – Put down – Rebuffed – Rejected – Ridiculed – Screwed – Slighted – Snubbed – Squashed – Tormented – Tortured – Victimized – Wronged
VICTIMIZED	Abused – Bamboozled – Bullied – Cheated – Cheated on – Controlled – Crushed – Damned – Debased – Deceived – Degraded – Denigrated – Denounced – Deprived – Devoured – Dumped-on – Duped – Emasculated – Erased – Eviscerated – Hoodwinked – Intruded upon – Jinxed – Mistreated – Objectified – Quashed – Railroaded – Reamed – Scapegoated – Set up – Suffocated
DEPRESSED	Abominable – Abysmal – Accursed – Ashamed – Bad – Besieged – Black – Dark – Despairing – Despicable – Diminished – Dissatisfied – Dour – Dreary – Dysphoric – Guilty – Loathsome – Lousy – Morbid – Morose – Repugnant – Self-abasing – Self-destructive – Sense of loss – Suicidal – Sulky – Terrible – Worn out

ANGRY	Abrasive – Abusive – Aggravated – Aggressive – Annoyed – Appalled – Bitter – Bloodthirsty – Boiling – Bristling – Bugged – Confrontive – Contemptuous – Contentious – Cranky – Cross – Dangerous – Disgruntled – Disgusted – Dismayed – Enraged – Exasperated – Fiery – Frustrated – Fuming – Furious – Galled – Hateful – Horrified – Hostile – Incensed – Inflamed – Infuriated – Insulting – Irritated – Livid – Miffed – Misanthropic – Nauseated – Offensive – Outraged – Perturbed – Pissed off – Provoked – Repulsed – Resentful – Revolted – Riled – Seething – Sore – Spiteful – Steamed – Stewing – Surly – Ticked off – Troubled – Unpleasant – Upset – Vicious – Wary – Worked up
HURTFUL	Controlling – Cruel – Dangerous – Enraged – Harmful – Malevolent – Malicious – Malignant – Manipulative – Mean – Menacing – Mouthy – Nasty – Offensive – Retaliatory – Rude – Ruthless – Sadistic – Vengeful
UNCOMFORTABLE	Antsy – Awkward – Conspicuous – Discomfit – Discontented – Disturbed – Fidgety – Icky – Ill-tempered – Inappropriate – Odd – Off-balance – Off-center – Out of it – Peculiar – Rotten – Sickened – Sour
EMBARRASSED	Absurd – Ashamed – Awkward – Clumsy – Conspicuous – Disgraced – Foolish – Humiliated – Mortified – Silly – Uncomfortable
VULNERABLE	Bare – Bested – Blind – Broken – Bullied – Captive – Conned – Conspicuous – Constrained – Controlled – Corralled – Delicate – Eclipsed – Expendable – Exposed – Little – Lost – Obscured – One-down – One-upped – Open – Raw – Sensitive – Small – Susceptible – Weak
CONFUSED	Addled – Ambivalent – Anxious – At a loss – Baffled – Befuddled – Bewildered – Conflicted – Confused – Disconcerted – Distracted – Doubtful – Flustered – Hesitant – Indecisive – Lost – Misgiving – Muddled – Mystified – Perplexed – Puzzled – Tense – Uncertain – Uneasy – Unsure

SHOCKED	Agape – Aghast – Agog – Astonished – Astounded – Awestruck – Dazed – Dumbfounded – Dumbstruck – Dumfounded – Flabbergasted – Jarred – Jolted – Rattled – Startled – Stricken – Stunned – Stupefied
LOST	Planless – Rudderless – Scattered – Seeking – Stranded – Stumped
HELPLESS	Alone – Controlled – Despairing – Distressed – Dominated – Empty – Fatigued – Forced – Frustrated – Futile – Hesitant – Hindered – Immobile – Impotent – Incapable – Ineffective – Inferior – Lane – Micro-managed – Overwhelmed – Paralyzed – Pathetic – Stifled – Stonewalled – Straight-jacketed – Stuck – Tragic – Useless – Vulnerable – Woeful
INADEQUATE	Deficient – Enfeebled – Helpless – Incapable – Incompetent – Inept – Inferior – Insecure – Insufficient – Mediocre – Meek – One-down – Pathetic – Powerless – Second rate – Spineless – Unworthy – Useless – Weak – Worthless
GUILTY	Accountable – At fault – Contrite – Culpable – Deceitful – Faulty – Regretful – Remorseful – Responsible – Rueful – Undeserving – Wrong
AFRAID	Alarmed – Anxious – Boxed-in – Chilled – Cornered – Cowardly – Doubtful – Fear – Frightened – Jittery – Jumpy – Menaced – Overwhelmed – Quaking – Scared – Shaken – Spooked – Suspicious – Terrified – Threatened – Uneasy – Wary – Worried
ANXIOUS	Daunted – Dreading – Frantic – Fretful – Guarded – Insecure – Jangled – Knotted – Nervous – Neurotic – Obsessive – Overcome – Panicky – Preoccupied – Restless – Ruffled – Self-conscious – Shaky – Shy – Skittish – Stressed – Timid – Unnerved
ALONE	Abandoned – Alienated – Aloof – Antisocial – Apart – Avoided – Bypassed – Deserted – Desolate – Disliked – Dispossessed – Disregarded – Dissociated – Distant – Estranged – Excluded – Friendless – Ignored – Inaccessible – Isolated – Jilted – Longing – Loveless – Needy – Outnumbered – Rejected

NEGATIVE	Against – Averse – Disharmonious – Hesitant – Opposed – Oppositional – Quarrelsome – Rebellious – Recalcitrant – Resistant - Stubborn
TIRED	Battle-worn – Bedraggled – Careworn – Depleted – Dispirited - Done-in – Downtrodden - Drained - Dried up – Exhausted – Faint – Finished – Fried – Harried – Hassled – Limp – Listless – Overdrawn – Overloaded – Pooped – Spent – Strained – Stretched - Used up – Weary - Worn
BORED	Bland – Dreary – Listless – Mundane – Tedious – Unchallenged - Understimulated
INDIFFERENT	Absent – Apathetic – Banal – Bland – Blasé – Bored – Cavalier – Cold – Dead – Disinterested – Dulled – Emotionless – Empty – Insensitive – Lifeless – Mindless – Neutral – Nonchalant – Reserved – Robotic – Uncaring - Weary
INTERESTED	Absorbed – Affected – Attentive – Aware – Concerned – Curious – Engrossed – Fascinated – Imaginative – Inquisitive – Intrigued – Nosy – Rapt - Snoopy
POSITIVE	Anxious – Complimented – Determined – Eager – Earnest – Enthusiastic – Excited – Hopeful – Inspired – Intent – Keen – Productive – Pumped - Sincere
ACCEPTABLE	Adequate – Average – Functional - Good enough – Legitimate - Okay
THANKFUL	Appreciative – Beholden – Grateful – Obligated - Owing
OPEN	Aboard – Accepting – Adventurous – Amazed – Boundless – Confident – Easy – Exultant – Free - Fun-loving – Interested – Kind – Ready – Receptive – Reliable – Satisfied – Sympathetic - Understanding
ALIVE	Animated – Awake – Colorful – Courageous – Electric – Energetic – Free – Frisky – Glorious – Glowing – Impulsive – Liberated – Optimistic – Peppy – Playful – Provocative – Reborn – Spirited – Spunky – Thrilled - Wonderful

HAPPY	Blissful – Bouncy – Buoyant – Cheerful – Delighted – Delirious – Ecstatic – Elated – Exuberant – Festive – Fortunate – Giddy – Glad – Gleeful – Great – Important – Joyous – Jubilant – Lucky – Merry – Mirthful – Overjoyed – Peachy – Perky – Satisfied – Soaring – Sparkling – Sunny - Thankful
GOOD	At ease – Bright – Calm – Certain – Clean – Clever – Comfortable – Content – Decent – Deserving – Encouraged – Extraordinary – Fabulous – Pleasant – Pleased – Quiet – Reassured – Relaxed – Serene – Smart – Sure - Surprised
RELAXED	Breezy – Calm – Chill – Released - Resolved - Sleepy
STRONG	Able – Accomplished – Assertive – Assured – Authoritative – Brave – Capable – Certain – Clear – Competent – Confrontive – Courageous – Dynamic – Ethical – Feisty – Free – Graceful – Hardy - In control – Influential – Moral – Nervy – Outspoken – Persevering – Rebellious – Reliable – Resolute – Revitalized – Solid – Stable – Sure – Tenacious - Unique
LOVING	Admiration - Affectionate – Attracted – Caring – Connection - Considerate – Cuddly – Devoted – Love - Passionate – Sensitive – Tender - Warmth
CARING	Affectionate – Attached – Benevolent – Communicative – Connected – Cuddly – Dedicated – Empathetic – Generous – Gracious - In tune – Loving – Loyal – Nurturing – Responsible – Selfless – Sympathetic - Warm
CARED FOR	Accommodated – Admired – Appreciated – Esteemed – Honored – Pampered

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

Classification status

- DSM-5-TR: ·Come Out Of Denial· is not a standalone DSM-5-TR diagnosis · non-diagnostic or contextual/quasi-diagnostic construct
- ICD-11 CDDR: No dedicated ICD-11 CDDR mental-disorder code under this title · non-diagnostic or contextual construct
- This workbook is non-diagnostic. A title, checklist, or completed activity never establishes a diagnosis.

Pages requiring the updated interpretation

- The audit identified source pages 2, 7, 12. The statements below supersede incompatible diagnostic, scoring, safety, or resource wording on those pages.

Diagnostic and differential limits

- A symptom checklist or self-rating cannot establish diagnosis. Any diagnostic discussion must address clinically significant distress/impairment, required course or duration where applicable, developmental and cultural context, substance/medication and medical causes, comorbidity, exclusions, and reasonable differentials without reproducing copyrighted criteria.

Document-specific corrections

- Describe Come Out Of Denial as a contextual, functional, occupational, umbrella, or proposed construct·not a confirmed diagnosis·unless a separately recognized disorder is assessed.
- Where Come Out Of Denial discusses symptoms, add the missing diagnostic frame: clinically meaningful distress/impairment, relevant course or duration, exclusions, developmental and cultural context, substance/medication or medical causes, and plausible differentials.
- Supersede diagnostic-sounding scoring on pages [2, 7]: disclose whether each tool is validated or author-created, remove unsupported thresholds, and separate symptom monitoring from diagnosis.
- Replace crisis wording on pages [2] with the current U.S. 988 call/text/chat pathway, 911 or nearest emergency department for immediate danger/medical emergency, and a direction to use verified local services outside the United States.

Measures, scoring, and permissions

- Pages [2, 7] contain named, implied, or author-created screening/rating content . These scores are not diagnostic unless the exact instrument, version, validation population, administration, and interpretation are established. Identify provenance for every item set and scoring rule. Obtain publisher permission/license when required; otherwise remove cutoffs and label it as a nonvalidated reflection checklist, or replace it with a properly licensed measure without altering its wording/scoring.

Intervention scope and contraindications

- Use Come Out Of Denial activities as psychoeducation and structured reflection, not diagnosis or a stand-alone treatment plan. Adapt or stop any exercise that worsens distress, functioning, conflict, pain, or dissociation, and escalate care according to the actual presentation.

Crisis and current resources

- For Come Out Of Denial, use: ·If there is immediate danger or a medical emergency, call 911 or go to the nearest emergency department. In the U.S., call or text 988 or use 988lifeline.org for 24/7 crisis support. Outside the U.S., use verified local emergency and crisis services.· Verify all topic-specific agencies and links at publication.

Authoritative references

- <https://www.psychiatry.org/psychiatrists/practice/dsm/updates-to-dsm/updates-to-dsm-5-tr-criteria-text>
- <https://www.psychiatry.org/getmedia/b68a5776-f88c-45c7-9535-fd219d7aa5cb/APA-DSM5TR-Update-September-2025.pdf>
- <https://icd.who.int/browse/2026-01/mms/en>
- <https://www.who.int/publications/i/item/9789240077263>
- <https://www.samhsa.gov/mental-health/988>

2026 Clinical Alignment

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- <https://www.samhsa.gov/mental-health/national-behavioral-health-crisis-care>
- <https://988lifeline.org/>