

Denial

Denial is something that we must discuss in this group. There are those in group that will not admit that they committed an act of theft or shoplifting, when they know they did. Others will rationalize their behavior and defend their choices. Most of them know what they are saying is full of you-know-what. They are not fooling the counselor or the people around them.

With this being said...What are you in denial about? Denial can lead to negative consequences. Here are a list of things that some people are in denial about:

Addiction	Finances
Relationships	Career Choice
Eating Habits	Fame
Getting Older	Spending Habits
Exercising	Illness
Family History	Work Ethic
School Work	Children
Personality	Appearance

1. Can you add to this list? What are people in denial about?

2. Why do you think some people live in denial?

3. Is this healthy?

Yes or No

4. What are you in denial about? Are you going to stay in denial or change?

5. Does denial truly help you? Please explain

SHOPLIFTING AND THEFT ADDICTION TREATMENT WORKBOOK
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6. What would you like to change? Put a check next to all that apply to you.

- | | |
|---|---|
| <input type="checkbox"/> Substance Use | <input type="checkbox"/> Excessive Spending |
| <input type="checkbox"/> Financial Management | <input type="checkbox"/> Spouse |
| <input type="checkbox"/> Peer Group | <input type="checkbox"/> Physical Health |
| <input type="checkbox"/> Abusive Behavior | <input type="checkbox"/> Career |
| <input type="checkbox"/> Jealousy and Envy | <input type="checkbox"/> Work Environment |
| <input type="checkbox"/> Resentment | <input type="checkbox"/> Self-Talk |
| <input type="checkbox"/> Commitment | <input type="checkbox"/> Values |
| <input type="checkbox"/> Decision Making | <input type="checkbox"/> Education Level |
| <input type="checkbox"/> Temperament | <input type="checkbox"/> Thought Process |
| <input type="checkbox"/> Discipline | <input type="checkbox"/> Criminal Behavior |
| <input type="checkbox"/> Mental Health | <input type="checkbox"/> Theft |
| <input type="checkbox"/> Shoplifting | <input type="checkbox"/> Check Fraud |
| <input type="checkbox"/> Negative Thinking | <input type="checkbox"/> Embezzlement |