



Sibella Circle Member & Visionary Leader

DIVE INTO SELF-DISCOVERY

Challenges, Truth and Denial Tactics

By Creative Katrina

At the core of any challenge that lingers, there's a truth that wants to be set free.

Yet, the truth of what we really want is hard to decipher when denial stands in the way. The looming energy of denial can cloud the way we interpret things and how we see our strengths and weaknesses. It makes small slights seem like big negative messages or signs, and puts us into a mode of overthinking that keeps us on guard and ungrounded.

This distraction technique is also one of the easiest ways to keep us from connecting with the truth - that our feelings matter and serve as a tool, guiding us to connect with our deepest heart-felt desires.

As a common go-to tactic for the ego, distractions also keep us entrenched in familiar routines, encouraging us to remain in the illusion of safety. Facing the truth means we need to change, let go, or move on in ways that can feel terrifying or "risky", even if it's for the best. And taking a "leap" into change often doesn't feel safe or natural when emotions creep up and make us afraid.

I've had some experience as the queen of denial, especially in relationships. I've stayed friends with people longer than I should have, and held onto partners the same way. It wasn't so much that I didn't notice the imbalance of give and take, I was denying the truth of what I was seeing so I wouldn't have to upset the dynamic and be honest about my feelings. The energy wasn't about a reluctance to speak my truth, but admitting that it was true felt too risky.

Instead I would deny that inner voice and make excuses for all parties involved. This way I could stay safe from criticism and spare hurting their feelings. In reality, I was keeping us all stuck in an unhealthy dynamic that often ended in burnt bridges rather than an amicable parting of ways.

This is just one example of how denial played off my heart strings as an empath and limited my freedom, but there are so many ways we unknowingly look past the truth for our own personal reasons. Maybe we are afraid of our feelings and don't trust them. Perhaps there's a truth that needs to come out slowly and easily, allowing us to live into the next piece. Or, it can be something even simpler - we aren't sure how to allow change to unfold without trying to control it, and how we feel about it.

The ability to connect with our honest, authentic self is something we need to choose daily. It's not an energy to force, but to practice, in order to begin understanding the ways we deny a heart-centered truth that wants to be set free.

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