CHECKLIST

Talking to Someone in Denial: A Practical Checklist

- [ ] Choose a calm moment when neither of you is rushed or distracted
- [ ] Name specific incidents that worried you, keeping each example factual and brief
- [ ] Listen to their response without interrupting, even if it frustrates you
- [ ] Acknowledge their feelings without agreeing with their justifications
- [ ] Set clear boundaries around what you will no longer provide or cover up
- [ ] Leave information about help where they can find it when ready
- [ ] End the conversation before it becomes hostile or circles back to blame
- [ ] Seek support for yourself through a helpline or counsellor