

# Denial Doesn't Make it So

*"Facts do not cease to exist because they are ignored."*

*-Aldous Huxley 1894-1963*

There are times when we will rationalize anything to make things seem to be right. But, by not facing the truth; doesn't make it go away. You may want to believe things can work out; so much, that you choose to not look at reality. Until you can be truthful with yourself about your circumstances; you will continue to live the same way.

If things are great, no problem; on the other hand, if you aren't happy with the way things are; then the only thing that can change them is to see things for what they are and then decide what it is that you want to change.

By denying the truth; you keep yourself stuck in a situation that may be less than desirable. Even though you want to believe things can be different, if you've tried everything in the past to make things right; and they still aren't; then it's time to face reality.

Instead of looking at this reality as if you're losing something; look at it as an opportunity to finally take decisive action to begin creating the life you desire. See it for what it is; and you free yourself to decide to either remain the same or take the steps to change things.

Letting go of something that you've put your blood, sweat and tears into can feel like a defeat when the outcome is such a disappointment. The real disappointment is holding onto something that clearly isn't working out for you. By confronting what's real and not just a dream; you can make "right choices" to put yourself on the path to achieving whatever it is you really want.

It may take you some time to come to terms with the fact that you aren't living the way you thought you would; but once you admit the truth; you can then implement the necessary changes to begin to live up to your potential.

Change isn't always easy. It comes down to the fact that you either choose to face reality and make a difference; or you can turn your head the other way and accept things just the way they are without any way out.

The only thing that's accomplished by denying something is that you remain living a self-imposed lie. It's your choice to admit the hard truths, to have enough courage to face facts and then to do something to take your life to the next level.

So when you choose to rationalize away a better future; remember one thing, "The truth will set you free!"

Read more about it at: <http://www.whystay.com> in Susan's empowering book, *There Is Life After What's-His-Name*.

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