

## The Path of Denial

- Offense occurs.
- ↓
- We experience hurt.
- ↓
- We make a choice.
- ↓
- We deny or blame self.
- ↓
- We shut down emotionally.
- ↓
- We become depressed.

## The Path of Bitterness

- Offense occurs.
- ↓
- We experience hurt.
- ↓
- We tell and retell the event.
- ↓
- We make a choice.
- ↓
- We accuse and excuse.
- ↓
- We obsess about events.
- ↓
- We seek payment or revenge.
- ↓
- We isolate and withdraw.
- ↓
- We become bitter.

## The Path of Denial

- We deny or blame self.
- ↓
- We shut down emotionally.
- ↓
- We become depressed.

## The Path of Forgiveness

