

The Cycle of Self-Denial

Inspired by the work of Victoria Lorient-Faibish, MEd, RP, CCC

Author of "Find Your Self-Culture" | visualizationworks.com

Overview:

The Cycle of Self-Denial is a recurring pattern where individuals suppress their needs, feelings, and desires in favor of others' expectations. This self-neglect often stems from early conditioning and reinforces disempowerment, anxiety, and low self-worth. Healing begins with awareness and reclaiming the self.

THE CYCLE

1. Seeking External Validation

- Self-worth is dependent on others' approval.
- People-pleasing behaviors become a survival strategy.

2. Suppressing Authentic Needs

- Personal desires are minimized or ignored.
- Conforming to what others want feels "safer."

3. Emotional Disconnection + Resentment

- Disowned feelings create tension and quiet resentment.
- Emotions are stored in the body, leading to anxiety or physical symptoms.

4. Burnout + Identity Confusion

- Ongoing self-denial leads to exhaustion, irritability, and a loss of self.
- Questions arise: "Who am I really?" "What do I want?"

5. Reinforcement of Shame and False Beliefs

- "I don't matter." "My needs are too much." "If I speak up, I'll be rejected."
- These beliefs loop back into step 1, restarting the cycle.

BREAKING THE CYCLE

1. Build Self-Awareness

- Name your emotions and unmet needs without judgment.
- Use journaling, therapy, or mindfulness to observe patterns.

2. Challenge Conditioning

- Identify whose voice you're internalizing.
- Ask: "Is this belief true, or inherited?"

3. Set Boundaries with Compassion

- Say no with love. Say yes with clarity.
- Boundaries aren't rejection-they're self-respect.

4. Reparent Your Inner Child

- Offer safety, validation, and attention to your younger self.
- "You're allowed to take up space. Your feelings are welcome."

5. Anchor in Self-Value

- Practice affirmations rooted in self-worth.
- Examples: "I deserve joy." "My voice matters." "I am enough."

REMEMBER:

Breaking the Cycle of Self-Denial is not selfish-it's sacred.

It is how you come home to yourself, heal ancestral wounds, and model wholeness for others.