



Denial

Oh how good we are at it! Especially when we wouldn't treat someone the way he treats us. Seriously. Why would anyone do or say what he says?

He must be kidding!
He's not serious!
Did I misunderstand?
Am I too judgmental?
Maybe that's just his sense of humor?
If that was funny, why I am I not laughing?
If that was funny, why did that hurt?
What am I missing?
His friends and family are laughing...what's my problem?
Man, I must be a real kill-joy.
I used to have a sense of humor. Where did it go?
He used to laugh. Feels more like he is mocking me now.
Why would he mock me?
He says he loves me.
That's the real truth.
Because who would say that if they didn't mean it?
He loves me.
He loves me not.
He loves me.
He loves me. Not.

When we get sucked in to his reality and so far away from our own, we tend to believe all the lies he spews at us from "You always have an attitude." to "No wonder your kids don't love you." What the heck? I just spoke to my kids, and nothing was wrong! But we believe him, and if you



are like I was, you'd want peace with your kids. So you call them in a panic. "Are we ok?" "Is there anything I've done to hurt you?" If they are wise, they are confused at first but then catch on. "No, mom. Everything is ok. What's going on?" Now we are stuck. We have two choices. Tell them what he said (making them think badly of him, and putting yourself at risk of sharing a private conversation you had with your husband and making him mad if he finds out) or lie.

When we get to the point of lying to our kids, that is a flag for us. HUGE flag.

BUDGETING FOR A MEAL PLAN

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