

Test for Possible Denial that Would Seriously Interfere (NDRR Leader)

The statements read and rated are new, different and believable. Ratings of 7 or 6 are the most likely accurate answers.

The higher the numbers you circled, the less denial you have that would threaten your success helping to save the lives of many adults and protecting their and other children. The lower the numbers circled, the more important it is to do what you just agreed to and promised to do. You needn't feel discouraged if you circled low numbers. Having checked the "yes" answer and following through with what you agreed and promised to do will make up for it. Even if you circled both 7's, please still do the reading and listening and as well as you possibly can.

Most respectfully, you could not have seen or heard anything close enough to the statements you rated and originating from another source. Given the real-world and specialized clinical experience, published insights and 40 years of study that went into those "truthful statements," they would be believable and highly so.

A rating of 5 or less implies defensiveness. One of the statements briefly introduced a teenager-like part of the human brain that starts, almost always before the age of 25, and keeps people smoking (dipping, chewing, patching). And when they stop it causes them to relapse. It does that by denying the presence of present or potential risks to personal health. That part is more "primitive" (far less directed by what's learned from day-to-day experiences) and sometimes makes adults behave more like teens.

At a deep level of thinking the teen-like or primitive part is already dismissing the most useful elements of what this program teaches. That takes away much of its considerable potential to help make and keep adults and the children they influence healthier and happier.

A rating of 5 or less suggests you're telling yourself and don't realize it that using this information can't help. It cannot because you already know the more useful information here . . . when you don't.

Teenagers and the teen-like part of adults can easily and understandably confuse something different and new that makes sense for what they already knew. They subconsciously figure something such as, "What I just read (heard) is reasonable and probably accurate. That means it's not original and different from what I've been told. So few things are that I must've heard or read it somewhere else."

The terrific and teen-like element of adults understandably and often doesn't believe what other people – through learning gained from practical and applicable experience – found that's repeatedly proven to be true.