2C (iii): COGNITIVE DISSONANCE DILEMMA

Cognitive Dissonance is defined as: having two or more conflicting pieces of information in your mind (i.e. attitudes, beliefs, information, memories) that causes mental discomfort, which you're then driven to resolve.

Consider this example: You're in an area known for crime and violence, late at night. You see somebody being attacked in an alleyway (you cannot tell their gender, ethnicity or other identifying features). You do not have your mobile phone with you, nobody is on the street and the area appears to be abandoned. You might think, you would never be here, but you are.... **What would you do? Write your answer below.**

ADMITTING YOUR OWN DISCOMFORT

The scenario above is probably hard to imagine for most people. So now, think of your own real life, can you describe any examples where you have experienced cognitive dissonance?

2C (iii): CONFLICT & DISCOMFORT

WHICH FEELINGS MAKE YOU FEEL UNCOMFORTABLE?

(Remember feelings are 'problems' in your environment to be solved)

Identify two significant feelings you have had for a long time - positive/negative)

Example: Social situations make me uncomfortable and I want to runaway

WHICH THOUGHTS MAKE YOU FEEL UNCOMFORTABLE?

(Remember thought are supposed to be 'solutions' to the 'problems')

Identify two significant thoughts you have had for a long time - positive/negative)

Example: I get nervous thinking about social situations. So I avoid them.

WHICH OF YOUR REPETITIVE BEHAVIOURS MAKE YOU FEEL UNCOMFORTABLE?

(That result from your uncomfortable feelings or thoughts)

Identify two significant behaviours you have had for a long time - positive/negative)

Example: I make up excuses when I get social invites and purposely make plans to do things alone

2C (iii) - IT IS NORMAL, IT IS OKAY AND IT IS INEVITABLE TO FEEL UNCOMFORTABLE AND EXPERIENCE COGNITIVE DISSONANCE



I REPEAT
IT IS NORMAL,
IT IS OKAY AND
IT IS INEVITABLE
TO FEEL
UNCOMFORTABLE
AND EXPERIENCE
COGNITIVE
DISSONANCE

YOU FEEL THIS WAY BECAUSE YOU HAVEN'T LEARNED THE SKILLS OR PLACED A MENTAL PROGRAMME INTO YOUR SUBCONSCIOUS MIND TO RECALIBRATE YOUR FUNDAMENTAL IDEA YET.
BUT YOU CAN IF YOU CHOOSE TO.