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Cognitive Dissonance Theory: A Crash Course

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Mass Cognitive Dissonance **Cognitive**

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Scott Adams on the Cognitive Dissonance of Cathy Newman  
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*Cognitive Dissonance Theory A Case*  
Who came up with cognitive dissonance theory? Cognitive dissonance was first investigated by Leon Festinger, arising out of a participant observation study of a cult which believed that the earth was going to be destroyed by a flood, and what happened to its members — particularly the really committed ones who had given up their homes and jobs to work for the cult — when the flood did not ...

*Cognitive Dissonance Theory | Simply Psychology*

Cognitive dissonance is a theory in social psychology. It refers to the mental conflict that occurs when a person's behaviors and beliefs do not align.

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*Cognitive dissonance: Definition, effects, and examples*

Updated February 29, 2020 Psychologist Leon Festinger first described the theory of cognitive dissonance in 1957.

According to Festinger, cognitive dissonance occurs when people's thoughts and feelings are inconsistent with their behavior, which results in an uncomfortable, disharmonious feeling.

*Cognitive Dissonance Theory: Definition and Examples*

A SIMPLE CASE OF COGNITIVE DISSONANCE. Berkel and Me.

Conversations with a psycho-neurotic cat. By Jon Frangipane. It's seven-fifteen in the evening. I'm really whipped and in desperate need of peace and quiet. Berkel greets me at the door. "Hey Jon, it's so good to have you home. Did you have a

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pleasant day? I smell a rat, or in this ...

*A Simple Case of Cognitive Dissonance | AroundWellington ...*

Cognitive Dissonance is described as the theory that “assumes that to reduce discomfort, we justify our actions to ourselves” (Myers, 2008). Cognitive dissonance is experienced each time a person makes a decision surrounding his or her thoughts that are conflicting.

*Cognitive Dissonance Case Study - UKEssays.com*

Dissonance theory holds that the conflict produces feelings of discomfort which the individual seeks to relieve by reconciling the differences, by convincing himself they do not exist, or by adopting some other type of defensive maneuver. An example of dissonance is the conflict that occurs when a habitual smoker encounters

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evidence that smoking is dangerous to health.

*What is COGNITIVE DISSONANCE (Dissonance Theory ...*

**CAUSES OF COGNITIVE DISSONANCE.** Cognitive dissonance occurs when you find yourself in situations where there is an inconsistency between your values, beliefs, attitudes and actions. Such situations might be brought about by: Forced Compliance Behavior

*Understanding Cognitive Dissonance (and Why it Occurs in ...*

characteristics of the theory remain intact. In the case of dissonance theory, the emerging centrality of the notion of personal responsibility for undesired consequences does appear to have changed the basic character of the theory. The theory seems now to be focused on

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cognitive changes occurring in the service of ego

*Twenty Years of Cognitive Dissonance: Case Study of the ...*

In *The Theory of Cognitive Dissonance: A Current Perspective* (Aronson, Berkowitz, 1969), Elliot Aronson linked cognitive dissonance to the self-concept: That mental stress arises when the conflicts among cognitions threatens the person's positive self-image. This reinterpretation of the original Festinger and Carlsmith study, using the induced-compliance paradigm, proposed that the dissonance ...

*Cognitive dissonance - Wikipedia*

The term cognitive dissonance is used to describe the mental discomfort that results from holding two conflicting beliefs, values, or attitudes. People tend to seek consistency in their attitudes and



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perceptions, so this conflict causes feelings of unease or discomfort.

## *What Is Cognitive Dissonance? - Verywell Mind*

Introduced by Leon Festinger in 1957 in his book, *A Theory of Cognitive Dissonance*, the Cognitive Dissonance theory focuses on how we as human beings always strive hard to make sure that our beliefs and actions are aligned with each other. In case they don't, it makes us uncomfortable and we try to find reasons that will explain the conflict between the two.

## *Examples and Practical Applications of Cognitive Dissonance*

Cognitive dissonance is the psychological discomfort that we feel when our minds entertain two contradictory concepts at the same time. For example: I should smoke

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Study Of Learning because I enjoy it, and I shouldn't smoke because it causes cancer. When the concepts have ethical implications, this discomfort is called moral dissonance or ethical dissonance.

## *Cognitive Dissonance - Ethics Unwrapped*

This case study explores cognitive dissonance theory, a theory proposed by psychologist Leon Festinger in 1956 to explain the tension that exists when peoples' attitudes are incongruent with their behaviors. Students read a news article describing how residents of a town in Ohio are coping with the rising death toll among Ohio soldiers ...

## *War, Death, and Cognitive Dissonance - National Center for ...*

Cognitive dissonance describes the discomfort experienced when two cognitions are incompatible with each

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other. A cognition is a piece of knowledge, such as a:

## *Cognitive Dissonance Examples: 5 Ways It Pops Up In ...*

Cognitive dissonance is defined by Gilovich et al's textbook as " A theory that maintains the inconsistencies among a person's thoughts, sentiments, and actions create an aversive emotional state (dissonance) that leads to efforts to restore consistency". While this definition is true it also quite confusing.

## *Cognitive Dissonance: Case Study - 656 Words | Bartleby*

Abstract The theory of cognitive dissonance is subjected to scientific criteria for a theory and found wanting. Measurement of dissonance is questioned, predictability is wanting, its occurrence outside the lab is anecdotal and it cannot

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be refuted because anything is interpreted as reducing psychic tension.

*Cognitive Dissonance: A Critique | Insight Medical Publishing*

Cognitive Dissonance is a theory proposing that we avoid having conflicting beliefs and attitudes because it makes us uncomfortable. The clash is usually dealt with by rejecting, debunking, or avoiding new information. Why it happens

*Cognitive Dissonance - Biases & Heuristics | The Decision Lab*

Cognitive dissonance is purported to be a powerful motivator for change. People find consistency comfortable and prefer to be consistent in their thoughts, beliefs, emotions, values, attitudes, and actions. When inconsistency exists, an individual feels an imbalance or dissonance.

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