



**COGNITIVE DISSONANCE**

*“Herren er Ånden, og hvor Herrens Ånd er, der er frihed. Og alle vi, som med utildækket ansigt skuer Herrens herlighed i et spejl, forvandles til det samme billede, fra herlighed til herlighed, eftersom det kommer fra Åndens Herre”*  
2 Korinter brev 3:17-18  
BIBLEN fra 1982

## 1 CONTEXT - OVERBEVISNINGER - OBSERVATIONER LIDT OM NY VIDEN OG AT OBSERVERER INDEN VI GØR NOGET TIL VORES EGET ELLER VORES EGEN SANDHED.

1) AT LYTTE OG TRÆKKE SIG SELV ET SKRIDT TILBAGE OG TÆNK IKKE AT ALT ER SANDHED OG EN NY SANDHED DU BARE TAGER IND.

2) TÆNK ISTEDET OK DET VAR EN SPÆNDENDE TANKE. OBSERVÉR DINE TANKER. STOP DEM INDEN DE HAR FÅET DERES EGET LIV. MEN BLOT OBSERVÉR. NÅR ALT NYT PRÆCENTERES.

3) NÅR VI SIGER “MIN OVERBEVISNING - JEG TROR PÅ” SÅ BLIVER DET EN DEL AF VORES IDENTITET, NOGET VI HÆNGER HATTEN PÅ. JEG ER FOR OG IMOD. PRØV NOGLE GANGE ISTEDET BLOT AT OBSERVERER OG MÆRK HOS DIG HVA DER SKER NÅR DU PROVOKERES. DET SKER OFTE FORDI DET PILLER VED DINE OVERBEVISNINGER OM “JEG TROR, JEG VED AT, JEG ER...”

4) SE MED TIL SLUT INDEN DU KONKLUDERER OG BESTEMMER OG DØMMER NOGET SOM HELST. TAG DET FREM FOR DEN HØJESTE OG BED FRA ET YDMYGT HJERTE, HVIS DU VIL SANDHEDEN OG VIRKELIGHEDEN OM HAM. LAD HANS ÅND VISE DIG DET DU SKAL SE OG GRUBLE VIDERE OVER HERFR, SAMMEN MED HAM.

**THIS IS WHY PEOPLE GET UPSET  
WHEN THEIR BELIEFS ARE CHALLENGED  
COGNITIVE DISSONANCE**

Natural News

A mental conflict occurs when beliefs are contradicted by new information. This conflict activates areas of the brain involved in personal identity and emotional response to threats. The brain's alarms go off when a person feels threatened on a deeply personal and emotional level, causing them to shut down and disregard any rational evidence that contradicts what they previously regarded as "truth"

## 2a HVAD SIGER BIBLEN OM VISDOM & VIDEN GENERELT? SKAL VI SØGE DEN / SKAL VI STOPPE MED AT SØGE NÅR VI FINDER GUD?

“DEN VISE HØRE OG ØGER SIN VIDEN, DEN SOM FORSTÅR VIL OPNÅ VEJLEDNING”  
ORDSPROGENES BOG 1:5

“THI VISDOM KOMMER I DIT HJERTE, OG KUNDSKAB ER LIFLIG FOR DIN SJÆL; KLØGT SKAL VÅGE OVER DIG, INDSIGT VÆRE DIN VOGTER - I DET DEN FRIER DIG FRA DEN ONDES VEJ, FRA FOLK, HVIS ORD KUN ER VRANGE, SOM GÅR FRA DE LIGE STIER FOR AT VANDRE PÅ MØRKETS VEJE, SOM GLÆDER SIG VED AT GØRE ONDT OG JUBLER OVER VRANGT OG ONDT...”  
ORDSPROGENES BOG 2:10-14

“HVOR LÆNGE VIL I TANKELØSE ELSKE TANKELØSHED, SPOTTERNE FINDE DERES GLÆDE I SPOT OG DOVNE HADE KUNDSKAB?” ORDSPROGENES BOG 1:22

“DA SVARER JEG EJ, NÅR DE SØGER MIG UDEN AT FINDE, FORDI DE HADEDE KUNDSKAB...”  
“THI TANKELØSES EGENSIND BLIVER DERES DØD, TÅBERS SORGLØSHED BLIVER DERES UNDERGANG...” ORDSPROGENES BOG 1:28-29 + 32-33

“DEN FORSTANDIGES HJERTE SØGER KUNDSKAB/ VISDOM, TÅBERS MUND LÆGGER VIND (TALER) PÅ DÅRSKAB / DUMHED.” ORDSPROGENES BOG 15:14

“ET KLOGT HJERTE TILEGNER SIG VISDOM/ KUNDSKAB, OG ØRET PÅ DEN VISE SØGER VISDOM/ KUNDSKAB” ORDSPROGENES BOG 18:15

## Cognitive Dissonance

The state of holding two or more conflicting beliefs

I am aware of online privacy issues, but never read privacy policies published on websites and mobile apps

I don't like paying overdraft fees, so I replaced my bank checking account with a fee-laden prepaid card

I am smart about my online privacy, but share lots of personal information with social quizzes by unknown companies

I am smart about my privacy online, but my profile on Facebook.com is open to the public for anyone to access

I am aware of scams, but share my personal information with phone surveys by unknown callers

I am aware of online privacy issues, but never read privacy policies by doctors, hospitals, and health care providers

I value the safety of my family and myself, but I share upcoming vacation travel details on social networking sites

I am smart about data security, but don't use anti-virus software to protect my tablet and smart phone

## 2b HVAD SIGER BIBLEN OM VISDOM & VIDEN GENERELT? SKAL VI SØGE DEN / SKAL VI STOPPE MED AT SØGE NÅR VI FINDER GUD?

**"... DEM SOM HAR INDSIGT SKAL STRÅLE SOM HIMMELHVÆLVINGENS GLANS, OG DE, DER FØRTE DE MANGE TIL RETFÆRDIGHED, SKAL LYSE SOM STJERNER EVIGT OG ALTID. MEN DU, DAVID, FORSEGL DISSE ORD OG FORSEGL BOGEN TIL ENDETIDEN; MANGE SKAL GRANSKE I DEN, OG KUNDSKABEN SKAL BLIVE STOR."** LÆS EVENTUELT HELE DANIEL 12:1-4

**"IT IS THE GLORY OF GOD TO CONCEAL A THING. IT IS THE GLORY OF KINGS TO SEEK THEM OUT."** ORDSPROGENES BOG 25:2 - *SØG I KÆRLIGHED (FOR VOR HIMMELSKE FAR ER KÆRLIGHED) ELSK MIG AF HELE DIT HJERTE. I KÆRLIGHED FOR DIN NÆSTE OG FOR HAM OG IKKE MINDST SANDHED.*

**"...OG GØR IKKE SOM MOSES, DER LAGDE ET SLØR OVER SIT ANSIGT, SÅ ISRAELS BØRN (GUDS FOLK) IKKE KUNNE SE, HVORLEDES DET, DER SVANDT, FIK ENDE. MEN DERES SIND BLEV FORHÆRDET; THI LIGE TIL DEN DAG IDAG ER DET SAMME SLØR ER BLEVET VED AT HVILE OVER OPLÆSNINGEN AF DEN GAMLE PAGT / MOSES-BØGERNE, UDEN AT TAGES BORT; THI DET ER KUN I MESSIAS DET BLIVER FJERNET. JA, LIGE TIL DENNE DAG LIGGER DER ET SLØR OVER DERES HJERTE, NÅR MOSES OPLÆSES; MEN HVER GANG EN OMVENDER SIG TIL MESIAS, TAGES SLØRET BORT."** LÆS KAP 3 I 2 KORINTER ET SMUKT KAP. I DET HELE TAGET. - *HVAD ER DET SÅ MOSEBØGERNE GEMMER SOM VI IKKE KAN SE, HVAD ER DET SLØRET HAR "DÆKKET TIL"?*

**"SELVOM DER LIGGER ET SLØR OVER VORES EVANGELIUM, SÅ ER DET FOR DEM, DER FORTABES, DET ER TILDÆKKET, FOR DE VANTRO, HVIS TANKER DENNE VERDENS GUD (SATAN) HAR SLÅET MED BLINDHED, SÅ DE IKKE SKUER IND I DET LYS, DER STRÅLER FRA EVANGELIET OM VOR MESSIAS'S HERLIGHED, HAN SOM ER GUDS BILLEDE"** 2 KORINTERBREV 3:3-4 - *DET ER ALTSÅ IGENNEM SØNNEN AT VI FINDER FADER I HIMLEN / HANS KARAKTÉR STRÅLER IGENNEM DET HAN SIGER OG AFALØRER SANDHEDEN, FORDI HAN ER LIVET (FADER GIVER LIV), VEJEN (VED AT FØLGE HAM), SANDHEDEN (VIL HAN LEDE DIG TIL SANDHED). VED AT TRO PÅ HAM, PÅ AT HAN ER VEJEN TIL LIV, TIL SANDHED OG VEJEN AT GÅ ER VI FRELST. MERE OM DET SENERE.*

# MERE OM COGNITIVE DISSONANCE FOR AT FORSTÅ HVAD DET ER OG HVORDAN DET “SER UD” “KNOWLEDGE IS POWER”



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## Cognitive dissonance

From Wikipedia, the free encyclopedia

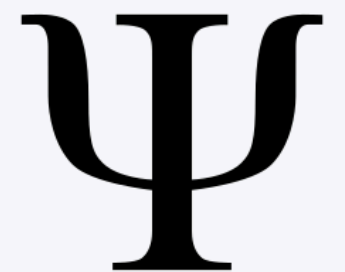
In the field of [psychology](#), **cognitive dissonance** is the perception of contradictory information, and the mental toll of it. Relevant items of information include a person's actions, feelings, [ideas](#), [beliefs](#), [values](#), and things in the [environment](#). Cognitive dissonance is typically experienced as [psychological stress](#) when persons participate in an action that goes against one or more of those things.<sup>[1]</sup> According to this theory, when two actions or ideas are not psychologically consistent with each other, people do all in their power to change them until they become consistent.<sup>[1][2]</sup> The discomfort is triggered by the person's belief clashing with new information perceived, wherein the individual tries to find a way to resolve the contradiction to reduce their discomfort.<sup>[1][2][3]</sup>

In *When Prophecy Fails: A Social and Psychological Study of a Modern Group That Predicted the Destruction of the World* (1956) and *A Theory of Cognitive Dissonance* (1957), [Leon Festinger](#) proposed that human beings strive for internal psychological consistency to function mentally in the [real world](#).<sup>[1]</sup> A person who experiences internal inconsistency tends to become psychologically uncomfortable and is motivated to reduce the cognitive dissonance.<sup>[1][2]</sup> They tend to make changes to [justify](#) the stressful behavior, either by adding new parts to the cognition causing the psychological dissonance ([rationalization](#)) or by avoiding circumstances and contradictory information likely to increase the magnitude of the cognitive dissonance ([confirmation bias](#)).<sup>[1][2][3]</sup>

Coping with the nuances of contradictory ideas or experiences is mentally stressful. It requires energy and effort to sit with those seemingly opposite things that all seem true. Festinger argued that some people would inevitably resolve the dissonance by blindly believing whatever they wanted to believe.<sup>[4]</sup>

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# MERE OM COGNITIVE DISSONANCE

## FOR AT FORSTÅ HVAD DET ER OG HVORDAN DET “SER UD”

### “KNOWLEDGE IS POWER”

INFORMATION FUNDET HER: <https://www.verywellmind.com/what-is-cognitive-dissonance-2795012>  
Du kan også læse mere om emnet her : <https://www.simplypsychology.org/cognitive-dissonance.html>  
Desværre har jeg ikke fundet noget på dansk jeg syntes giver en lige så god forklaring om emnet, som det er med så meget andet.

## Signs of Cognitive Dissonance

Everyone experiences cognitive dissonance to some degree but that doesn't mean that it is always easy to recognize. Some signs that what you are feeling might be related to dissonance include:

- Feeling uncomfortable before doing something or [making a decision](#)
- Trying to justify or rationalize a decision you've made or action you have taken
- Feeling embarrassed or ashamed about something you've done and trying to hide your actions from other people
- Experiencing guilt or regret about something you've done in the past
- Doing things because of social pressure or a [fear of missing out \(FOMO\)](#), even if it wasn't something you wanted to do

## Examples of Cognitive Dissonance

What does this inconsistency-related discomfort look like in everyday life? Here are just a few cognitive dissonance examples that you may notice in your own:

- You want to be healthy, but you don't exercise regularly or eat a [nutritious diet](#). You feel guilty as a result.
- You know that [smoking](#) (or [drinking too much](#)) is harmful to your health, but you do it anyway. You rationalize this action by pointing to your high stress levels.
- You'd like to build up your savings but tend to spend extra cash as soon as you get it. You regret this decision later, such as when facing an unexpected expense that you don't have the money to cover.
- You have a long to-do list but spend the day watching your favorite shows instead. You don't want your spouse to know, so you try to make it look like you've worked hard all day.

## Cognitive Dissonance Examples in TV Shows and Movies

Several television shows and movies contain characters experiencing cognitive dissonance. Examples to consider include:

- *Mean Girls*
- *Friends*
- *The Truman Show*
- *Irresistible*
- *Stand By Me*

## Causes of Cognitive Dissonance

There are a number of different situations that can create conflicts that lead to cognitive dissonance.

### Forced Compliance

Sometimes you might find yourself engaging in behaviors that are opposed to your own beliefs due to external expectations at work, school, or in a social situation.<sup>[2]</sup> This might involve going along with something due to [peer pressure](#) or doing something at work to avoid getting fired.

### New Information

Sometimes learning new information can lead to feelings of cognitive dissonance. For example, if you engage in a behavior that you later learn is harmful, it can lead to feelings of discomfort. People sometimes deal with this by finding ways to justify their behaviors or finding ways to discredit or ignore new information.

# MERE OM COGNITIVE DISSONANCE FOR AT FORSTÅ HVAD DET ER OG HVORDAN DET “SER UD” “KNOWLEDGE IS POWER”

## Decisions

People make decisions, both large and small, on a daily basis. When faced with two similar choices, we are often left with feelings of dissonance because both options are equally appealing.

Once a choice has been made, however, people need to find a way to reduce these feelings of discomfort. We accomplish this by justifying why our choice was the best option so we can believe that we made the [right decision](#).

## Recap

Cognitive dissonance can be caused by feeling forced to do something, learning new information, or when faced with a decision between two similar choices.

## Changing Beliefs

Changing the conflicting cognition is one of the most effective ways of dealing with dissonance but it is also one of the most difficult—particularly in the case of deeply held values and beliefs, such as religious or [political leanings](#).<sup>[3]</sup>

## Recap

Some of the ways people reduce discomfort from cognitive dissonance include seeking information that aligns with and supports current beliefs, reducing the conflicting belief's importance, and changing beliefs to reduce the feelings of conflict.

# MERE OM COGNITIVE DISSONANCE

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### “KNOWLEDGE IS POWER”

## What Influences Cognitive Dissonance?

The degree of dissonance experienced can depend on a few different factors. Among them are how highly a particular belief is valued and the degree to which the beliefs are inconsistent.

The overall strength of the dissonance can also be influenced by several factors, including: <sup>[3]</sup>

- **The importance attached to each belief.** Cognitions that are more personal, such as [beliefs about the self](#), and highly valued tend to result in greater dissonance.
- **The number of dissonant beliefs.** The more dissonant (clashing) thoughts you have, the greater the strength of the dissonance.

Cognitive dissonance can often have a powerful influence on our behaviors and actions. It doesn't just influence how you feel; it also motivates you to take action to reduce feelings of discomfort.

## How Cognitive Dissonance Feels

Cognitive dissonance can make people feel uneasy and uncomfortable. This is particularly true if the disparity between their beliefs and behaviors involves something that is central to their [sense of self](#).

For example, behaving in ways that are not aligned with your personal values may result in intense feelings of discomfort. Your behavior contradicts not just the beliefs you have about the world, but also the beliefs that you have about yourself.

This discomfort can manifest itself in a variety of ways. Someone with cognitive dissonance may feel:

- Anxiety
- Embarrassment
- [Regret](#)
- Sadness
- [Shame](#)
- Stress

Cognitive dissonance can even influence how people feel about and view themselves, leading to negative feelings of [self-esteem](#) and self-worth.

# MERE OM COGNITIVE DISSONANCE

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### “KNOWLEDGE IS POWER”

## Impact of Cognitive Dissonance

Because people want to [avoid discomfort](#), cognitive dissonance can have a wide range of effects. Dissonance can play a role in how we act, think, and make decisions. We may engage in behaviors or adopt attitudes to help relieve the discomfort caused by the conflict.

Some things that a person might do to cope with these feelings include:

- **Adopting beliefs or ideas to help justify or explain away the conflict** between their beliefs or behaviors. This can sometimes involve blaming other people or outside factors.
- **Hiding beliefs or behaviors from other people.** People may feel ashamed of their conflicting beliefs and behaviors, hiding the disparity from others to minimize feelings of shame and guilt.
- **Only seeking out information that confirms existing beliefs.** This phenomenon, known as [confirmation bias](#), affects the ability to think critically about a situation but helps minimize feelings of dissonance.

People like to believe that they are logical, consistent, and good at making decisions. Cognitive dissonance can interfere with the perceptions they hold about themselves and their abilities, which is why it can often feel so uncomfortable and unpleasant.

## Dealing With Cognitive Dissonance

When there are conflicts between [cognitions](#) (thoughts, beliefs, and opinions), people will take steps to reduce the dissonance and feelings of discomfort. They can go about this a few different ways.

### Adding More Beliefs to Outweigh Dissonant Beliefs

People who learn that greenhouse emissions result in global warming might experience feelings of dissonance if they drive a gas-guzzling vehicle. To reduce this dissonance, they may seek out new information that overrides the belief that greenhouse gasses contribute to global warming.

### Reducing the Importance of the Conflicting Belief

A person who cares about their health might be disturbed to learn that [sitting for long periods](#) during the day is linked to a shortened lifespan. Since they work all day in an office and spend a great deal of time sitting, it is difficult to change their behavior.

To deal with the feelings of discomfort then, they might find some way of rationalizing the conflicting cognition. For instance, they may justify their sedentary behavior by saying that their other healthy behaviors—like eating sensibly and occasionally exercising—make up for their largely [sedentary lifestyle](#).

*“The GUD har ikke givet os en fejhedes ånd, men kraft og kærligheds og besindheds ånd”*

*Paulus’ andet brev til Timoteus  
BIBLEN fra 1982*

*Derfor bør NY viden, der er med til at “forny” vores sind, ikke være noget vi frygter, men noget vi sidder med, i fællesskab med HAM i bøn og afklaring så HAN kan forny dit sind. Så vi ikke i kødet holder fast i det “udtjente”, eller det som vi har skabt os en identitet i. Vi lader ånden lede, ikke modstanden.*

*“Skil dig ikke efter denne verdens mønster, men lad dig forvandle ved at forny dit sind. Så vil du være i stand til at prøve og godkende, hvad Guds vilje er—hans gode, behagelige og fuldkomne vilje.”- Romerne 12: 2*

# MERE OM COGNITIVE DISSONANCE FOR AT FORSTÅ HVAD DET ER OG HVORDAN DET “SER UD” “KNOWLEDGE IS POWER”

## Potential Pitfalls of Cognitive Dissonance

Sometimes, the ways that people resolve cognitive dissonance contribute to unhealthy behaviors or [poor decisions](#).

In "A Theory of Cognitive Dissonance," Leon Festinger (the psychologist who first described this phenomenon) gives an example of how a person might deal with dissonance related to a health behavior by discussing individuals who continue to smoke, even though they know it is harmful to their health.

According to Festinger, there are a few ways that a person might resolve this dissonance. <sup>[3]</sup>

- They might decide that they value smoking more than they value health, deeming the behavior "worth it" in terms of risks versus rewards.
- They may minimize potential drawbacks, such as by convincing themselves that the negative health effects have been overstated or by believing that they cannot avoid every possible risk out there.
- They might try to convince themselves that if they do stop smoking, they will [gain weight](#), which also presents health risks.

By using these types of explanations, the smoker is able to reduce the dissonance and continue the unhealthy behavior.