

Krishna, I've been feeling conflicted lately. I joined a study group to improve my grades, but I haven't been attending regularly.

What's causing the conflict, Arjun?

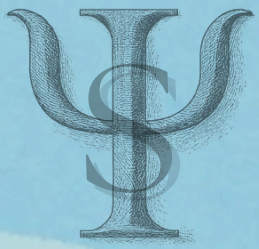




Well, I know attending would help me, but I find excuses not to go. It's like part of me wants to study, but another part resists it.

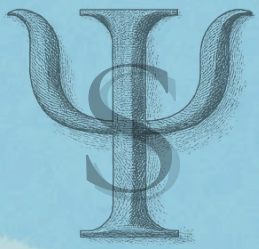
Ah, that sounds like **cognitive dissonance**!





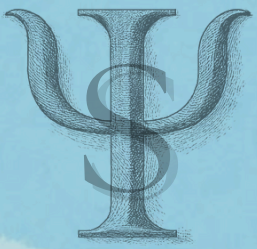
Cognitive what?

Cognitive dissonance.
It's when there's a conflict
between beliefs or
behaviours, causing
discomfort.



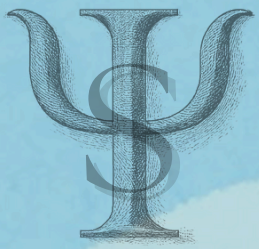
So why does it happen?

In your case, you value good grades (which studying would help achieve) but also face barriers (like finding the study group sessions inconvenient).



That makes sense! How do I resolve this conflict?

One way is to change either your behaviour (attend more regularly) or your beliefs (reassess the importance of the study group). This alignment reduces the discomfort of cognitive dissonance.



I see now, it's not about studying,
it's about understanding why I
feel conflicted and finding a
solution.

Well said Arjun. Self-
awareness and reflection are
key to navigating cognitive
dissonance effectively.