



Cognitive Dissonance Experiment: Worksheet

*Directions: Look at these scenarios in which cognitive dissonance may occur. For **each** of these scenarios, write out 1) How the person can change their behavior to fit their mindset, 2) How the person can change their mindset to fit their behavior, and 3) How the person might excuse or justify why their behavior does not currently match their mindset.*

A) Jane constantly indulges in unhealthy foods - potato chips, ice cream, chocolate bars, extra-greasy burgers. Despite her current actions, she actually believes that a good lifestyle includes a balanced diet of fresh vegetables and lean meats. She knows that she should cut down on fatty foods and lose a little weight. How might Jane resolve her cognitive dissonance?

1)

2)

3)

B) Sabrina has two young children to provide for and an elderly mother whose ongoing medical condition is racking up hospital bills. She's constantly stressed out by her responsibilities and so she ends up spending the night at the casino. She's already lost about \$5000 gambling. Now she's taking on another dangerous bet that could lose her another thousand dollars, even though she knows she needs the money to get food for her family and that the chances of winning the bet are slim. How might Sabrina resolve her cognitive dissonance?



1)

2)

3)

C) Wilhelmina is a straight-A student and she's always believed that cheating on an exam is totally wrong. However, this particular week, she's had unavoidable conflicts that made it difficult to find time to study. She's not prepared for the math take-home exam. On impulse, Wilhelmina asks her best friend Chris to send his test answers for her to copy even though she's usually morally against it. How might Wilhelmina resolve her cognitive dissonance?

1)

2)

3)