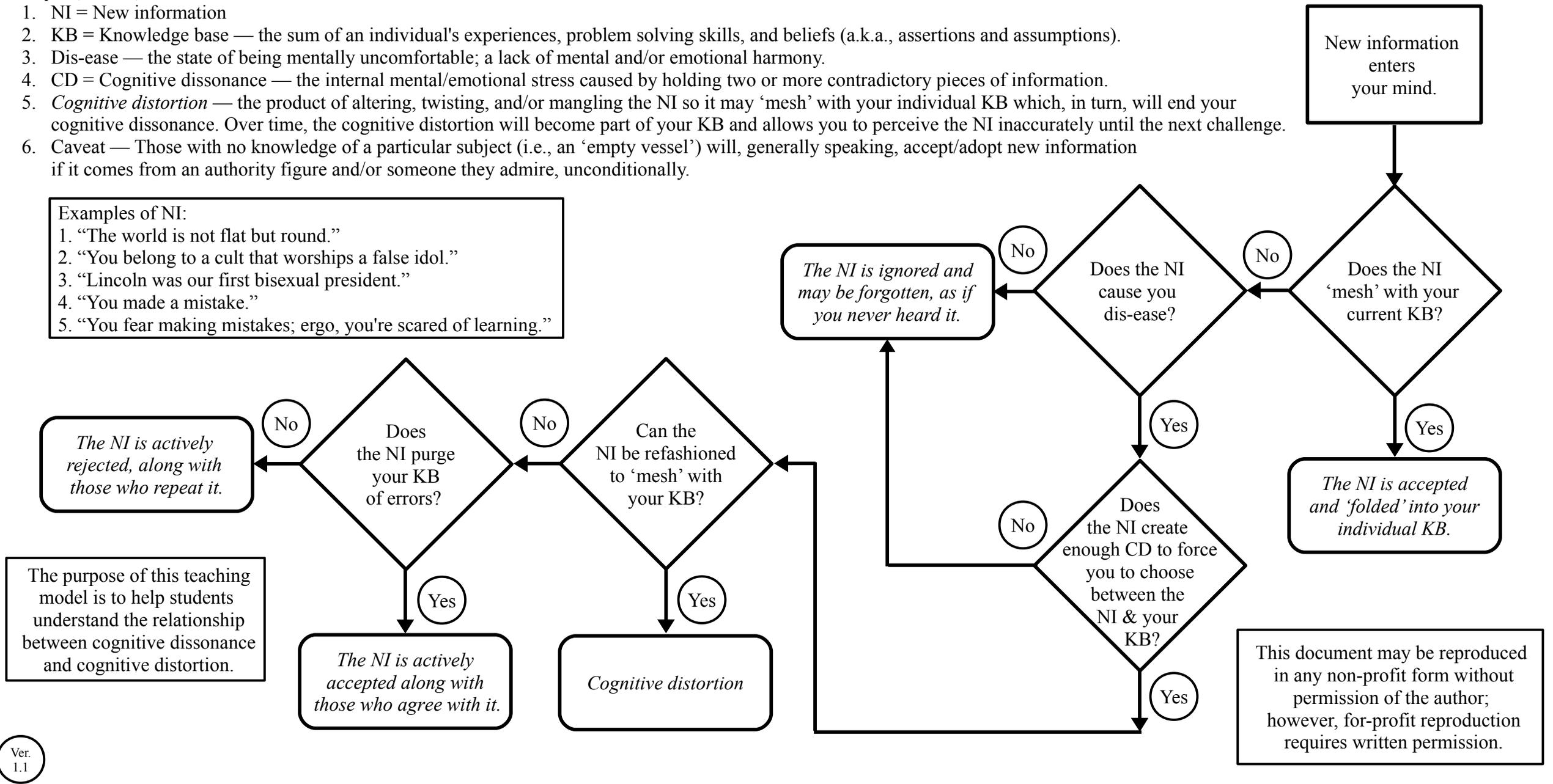


Cognitive distortion: A rudimentary flowchart
 Supplemental material for *Sociological theory: A critical primer*
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https://www.walterjensen.net/BK_01.htm

Acronyms, terms, and a caveat:

1. NI = New information
2. KB = Knowledge base — the sum of an individual's experiences, problem solving skills, and beliefs (a.k.a., assertions and assumptions).
3. Dis-ease — the state of being mentally uncomfortable; a lack of mental and/or emotional harmony.
4. CD = Cognitive dissonance — the internal mental/emotional stress caused by holding two or more contradictory pieces of information.
5. *Cognitive distortion* — the product of altering, twisting, and/or mangling the NI so it may 'mesh' with your individual KB which, in turn, will end your cognitive dissonance. Over time, the cognitive distortion will become part of your KB and allows you to perceive the NI inaccurately until the next challenge.
6. Caveat — Those with no knowledge of a particular subject (i.e., an 'empty vessel') will, generally speaking, accept/adopt new information if it comes from an authority figure and/or someone they admire, unconditionally.

Examples of NI:
 1. "The world is not flat but round."
 2. "You belong to a cult that worships a false idol."
 3. "Lincoln was our first bisexual president."
 4. "You made a mistake."
 5. "You fear making mistakes; ergo, you're scared of learning."



The purpose of this teaching model is to help students understand the relationship between cognitive dissonance and cognitive distortion.

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