

Cognitive Dissonance

The mental discomfort
experienced when
holding conflicting beliefs,
values, or attitudes.

Conflict

A serious
disagreement or
argument;
inconsistency.

Chronic

Lasting for a long
time or constantly
recurring.

Misconception

A view or opinion
that is incorrect
because it is based
on faulty thinking or
understanding.

Ignore

To deliberately pay
no attention to;
disregard.

Avoid

To keep away from
or stop oneself from
doing something.

Isolate

To set apart or cut
off from others;
to remain alone
or separated.

Refuse

To indicate or
show that one is
not willing to do
something.

Excessive

More than is
necessary, normal,
or desirable;
immoderate.

Behavior

The way a person
acts or conducts
themselves.