

Cognitive Dissonance Scenarios

Cognitive Dissonance Scenario #1

Coral is 30 years old and has lived in Texas, U.S., for the past five years. She works as a receptionist for an insurance company. Coral works long hours sitting behind a desk. After work she goes out to eat dinner with her friends, then goes home to watch television until bedtime. She has been steadily gaining weight due to her diet and sedentary lifestyle.

She had a medical checkup when she turned 30 and her doctor told Coral that she is extremely overweight and that her blood test indicates she is pre-diabetic. The doctor has told her the best way to reduce the likelihood of developing Type II diabetes is to lose weight through regular exercise and diet. Coral doesn't know where she will find the time to exercise and she enjoys eating out too much to give that up.

Cognitive Dissonance Scenario #2

Stefan is a conscientious grade school teacher. He values his job and cares about his students. Stefan is also a camping enthusiast who prides himself on having the latest and best equipment. He discovered a new piece of camping equipment that was required for his next big trip and eagerly ordered it online. The next day, Stefan reads that the equipment was manufactured using child labor and at least one child is reported to have died.

Cognitive Dissonance Scenario #3

Jenny is a 45-year-old smoker who also has a family history of lung cancer. Her father, who was also a smoker, died of lung cancer. Her last physical revealed that she is suffering from high blood pressure and her doctor advised her to quit smoking due to all the associated health risks. However, Jenny not only enjoys smoking but also believes that it provides great help when she is stressed out. She also believes that if she quits smoking, she will put on weight.