

## Pleasant Cognitive Realities/ Dissonances

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1. What is REAL to you... is reciprocated by others and what starts out as (b)\_\_\_\_\_ evolves into (a)\_\_\_\_\_ or de-evolves into (c)\_\_\_\_\_.
2. How you BEHAVE... is beneficial and what starts out as (b)\_\_\_\_\_ evolves into (a)\_\_\_\_\_ or de-evolves into (c)\_\_\_\_\_.
3. What you REASON... is rational and what starts out as (b)\_\_\_\_\_ evolves into (a)\_\_\_\_\_ or de-evolves into (c)\_\_\_\_\_.
4. What you RESOLVE... is logical and what starts out as (b)\_\_\_\_\_ evolves into (a)\_\_\_\_\_ or de-evolves into (c)\_\_\_\_\_.
5. What you DESIRE... is enjoyable and what starts out (b)\_\_\_\_\_ evolves into (a)\_\_\_\_\_ or de-evolves into (c)\_\_\_\_\_.
6. What you FEEL... is at ease and what starts out as (b)\_\_\_\_\_ evolves into (a)\_\_\_\_\_ or de-evolves into (c)\_\_\_\_\_.
7. What TRUTH YOU ABSORB... is an aligned with your internal reality and what starts out as (b)\_\_\_\_\_ evolves into (a)\_\_\_\_\_ or de-evolves into (c)\_\_\_\_\_.

## Unpleasant Cognitive Realities/ Dissonances

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8. What is REAL to you... is rejected by others and what starts out as (b)\_\_\_\_\_ evolves into (a)\_\_\_\_\_ or de-evolves into (c)\_\_\_\_\_.
9. How you BEHAVE... is not helpful and what starts out as (b)\_\_\_\_\_ evolves into (a)\_\_\_\_\_ or de-evolves into (c)\_\_\_\_\_.
10. What you REASON... is not complete and what starts out as (b)\_\_\_\_\_ evolves into (a)\_\_\_\_\_ or de-evolves into (c)\_\_\_\_\_.
11. What you RESOLVE... is illogical and what starts out as (b)\_\_\_\_\_ evolves into (a)\_\_\_\_\_ or de-evolves into (c)\_\_\_\_\_.
12. What you DESIRE... is forbidden and what starts out as (b)\_\_\_\_\_ evolves into (a)\_\_\_\_\_ or de-evolves into (c)\_\_\_\_\_.
13. What you FEEL... is too much and what starts out as (b)\_\_\_\_\_ evolves into (a)\_\_\_\_\_ or de-evolves into (c)\_\_\_\_\_.
14. What TRUTH YOU ABSORB... is not a reflection of the external reality and what starts out as (b)\_\_\_\_\_ evolves into (a)\_\_\_\_\_ or de-evolves into (c)\_\_\_\_\_.

## Arousing Cognitive Realities/ Dissonances

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15. What is REAL to you... rivals reality and what starts out as (b)\_\_\_\_\_ evolves into (a)\_\_\_\_\_ or de-evolves into (c)\_\_\_\_\_.
16. How you BEHAVE... is influential and what starts out as (b)\_\_\_\_\_ evolves into (a)\_\_\_\_\_ or de-evolves into (c)\_\_\_\_\_.
17. What you REASON... makes no sense and what starts out as (b)\_\_\_\_\_ evolves into (a)\_\_\_\_\_ or de-evolves into (c)\_\_\_\_\_.
18. What you BELIEVE... is hard to accept and what starts out as an (b)\_\_\_\_\_ evolves into (a)\_\_\_\_\_ or de-evolves into (c)\_\_\_\_\_.
19. What you DESIRE... is delectable and what starts out as (b)\_\_\_\_\_ evolves into (a)\_\_\_\_\_ or de-evolves into (c)\_\_\_\_\_.
20. What you FEEL... is intense and what starts out as (b)\_\_\_\_\_ evolves into (a)\_\_\_\_\_ or de-evolves into (c)\_\_\_\_\_.
21. What TRUTH YOU ABSORB... is not a reflection of your internal reality and what starts out as (b)\_\_\_\_\_ evolves into (a)\_\_\_\_\_ or de-evolves into (c)\_\_\_\_\_.

## Calm Cognitive Realities/ Dissonances

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22. What is REAL to you... matches reality and what starts out as (b)\_\_\_\_\_ evolves into (a)\_\_\_\_\_ or de-evolves into (c)\_\_\_\_\_.
23. How you BEHAVE... is helpful and what starts out as (b)\_\_\_\_\_ evolves into (a)\_\_\_\_\_ or de-evolves into (c)\_\_\_\_\_.
24. What you REASON... makes sense and what starts out as (b)\_\_\_\_\_ evolves into (a)\_\_\_\_\_ or de-evolves into (c)\_\_\_\_\_.
25. What you BELIEVE... is easily accepted and what starts out as (b)\_\_\_\_\_ evolves into (a)\_\_\_\_\_ or de-evolves into (c)\_\_\_\_\_.
26. What you DESIRE... is available and what starts out as (b)\_\_\_\_\_ evolves into (a)\_\_\_\_\_ or de-evolves into (c)\_\_\_\_\_.
27. What you FEEL... is in balance and what starts out as (b)\_\_\_\_\_ evolves into (a)\_\_\_\_\_ or de-evolves into (c)\_\_\_\_\_.
28. What TRUTH YOU ABSORB... is a complete reflection of reality and what starts out as (b)\_\_\_\_\_ evolves into (a)\_\_\_\_\_ or de-evolves into (c)\_\_\_\_\_.