



MODULE 3: Moving from Myself to the Team EXERCISES

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EXERCISE

COGNITIVE DISSONANCE -ATTITUDE SURVEY

Please indicate whether or not you agree with the statements below by circling the appropriate answer:

1. Texting while driving is dangerous.
 - a. Yes
 - b. No
2. It is important to stay informed about proposed legislation that affects my community.
 - a. Yes
 - b. No
3. Soft drinks/sodas are unhealthy beverages.
 - a. Yes
 - b. No
4. Poverty is a serious problem that needs to be addressed.
 - a. Yes
 - b. No
5. Smoking is an unhealthy behavior.
 - a. Yes
 - b. No

Behavior Survey

Please indicate whether or not you have performed each of the following behaviors by circling the correct response:

1. I text when I am driving.



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- a. Yes
 - b. No
2. I am able to name at least one bill affecting my community that was passed in the last year by the legislators in my county or my state.
- a. Yes
 - b. No
3. I drink soft drinks/sodas.
- a. Yes
 - b. No
4. Within the last year I have donated money or engaged in volunteer work to address the problem of poverty.
- a. Yes
 - b. No
5. Within the last year I have smoked a cigarette.
- a. Yes
 - b. No

Scoring

Answers that will evoke feelings of dissonance (assuming participants answered 'yes' on the attitude questions):

- 1. Yes
- 2. No
- 3. Yes
- 4. No



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5. Yes

Discussion Questions

1. Did you experience cognitive dissonance? Why or why not? (This question could also be answered by a show of hands.)
2. What thoughts were going through your head as you completed the Behavior Survey and had answers that were incongruent with your Attitude Survey?
3. What was your emotional reaction to experiencing dissonance?
4. What strategies did you use to try and lessen your experience of dissonance?

Accessed 23/2/2016: https://www.google.com.cy/?gfe_rd=cr&ei=wCr4VYLml-qH8QfM-aiQDQ&gws_rd=ssl#q=cognitive+dissonance+class+exercise



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