

How it happens
conflicting messages

Takes lots of time, mental + emotional energy.
Struggle is an appropriate word.

An affront

Not quite violent - but definitely

Asked to accept something that doesn't make sense + on some level you
have to make sense of that

Moral injury - come to harm/suffer from not being able to live
in line with beliefs

- in health care - not able to give level of care

- environmentalism

- feels like a fight

- I don't want to be a fighter - not my nature

- power, who's winning a bit macho

- in same paradigm

Conversation

Cognitive dissonance.

Really hard living in a world that doesn't make sense.

Tyranny of mob. Don't want to battle - just-wan to be reasonable

Maybe answer is to say
values - like a NHS trust

Conflict + resolution

like in stories

Do leaders know how
bad it'll be - one expert says yes
another know

- Choice
- How much
 - having to choose = bad
 - feeling you don't have a choice also feels

Don't always have the option of acting in line with beliefs

Cognitive dissonance

People's motives not always apparent

- different things going on + trying to do best
- using strategies

1. Discomfort

2. Inconsistency between beliefs and actions

3. Urge to get rid of it

Dissonance - internally reduced - accepting reality
 - but between me + systems - not
 social/political got worse ⁱⁿ control
 - not certain

Pacific islands "you won't be able to go on holiday here"

Do what you think is right

It will rub off spread - hope/faith/uncertainty

Live with yourself

The Spirit Level

- progress in West got to a certain level + then stopped benefitting health
- drive to always have more is the problem

Resolving cognitive dissonance

1. Change your beliefs
Overriding or re-evaluating
2. Change your behaviour
3. Rationalise away the contradiction

Compartmentalisation

Keeping conflicting ideas in seperate mental boxes.