

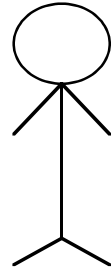
WORLDVIEW DISSONANCE:
INTELLECTUAL & EXISTENTIAL TENSION:

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REALITY AS IT IS:

Establish & consistently live out a holistic worldview that matches up to the way things actually are, & addresses the whole person.

When you know what you believe & why, possessing a worldview with explanatory power, logical coherence, empirical adequacy, existential relevance, & practical livability, enriching one's whole well-being & situational setting.



When you don't know what you believe & why; Tension emerges in an incoherent, poorly established worldview replete with logical inconsistencies, philosophical pre-commitments, & assimilation of untested, random assumptions.

REALITY ONE ATTEMPTS TO CREATE:

Beliefs, concepts, ideas, or behaviors clash, conflict, & attempt to undercut reality, what is true, good, & beautiful, & diminishes your full humanity engenders cognitive & existential dissonance.

What is the basis for your assumptions about God, reality, truth, knowledge, humanity, ethics, aesthetics, & evil?

STABILITY:

Intellectual & Existential Tension:

INSTABILITY:

HOW TO RELIEVE COGNITIVE & EXISTENTIAL TENSION:

COGNITIVE & EXISTENTIAL DISSONANCE:

Step 1: Possess a worldview that possesses the following characteristics:

Symptoms of Cognitive & Existential Dissonance:

- Logical coherence (internal logical consistency);
- Empirical adequacy (sufficient evidence);
- Existential relevance: identity; meaning; significance; purpose; wholeness
- Workable (engenders beneficial results that addresses the & nourishes the whole person);
- Viability (can honestly be lived out; livability);
- Engenders moral & aesthetic excellence;
- Worldview possesses explanatory power, shedding light on other inquiries & phenomena; it pulls everything together.

- Undesirable or aversive state of mental tension
- State of heaviness; lack of inner peace
- Feelings of hypocrisy
- Conflicted conscience
- Mask of self-deception
- Continuous change of beliefs (never reasonably satisfied)
- Arbitrary decision-making; indecisiveness
- Depression
- Unhappiness
- Despondency
- Sleep deprivation
- Anger
- Bitterness
- Emptiness; hollowness
- Fear
- Regret; shame
- Willful alienation; loneliness
- Destructive behavior
- Costly addictions

Step 2: Your worldview beliefs harmonize together based upon above justifications whereby facts & values are dynamically & coherently related together logically.

Step 3: Live out the above worldview in moment-by-moment living whereby there is no fact/value split, divide, or contradiction in thought & action.

Step 4. Align your multifaceted personhood, behavior, & practices into a holistic lifestyle that nourishes the whole person & the context in which you are embedded.

See *Thinking with Excellence* by Paul R. Shockley & Raul F. Prezas (Two Creeks Publishing Group: New York, NY, 2019), chapters 3-8 & 11.