Subject: Social Psychology (MPF 1703)

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Believing VS Doubting

• When you understand something, believing it is automatic, whereas to doubt and question it may require controlled, conscious thought.

• The automatic system is fairly uncritical and accepts as true whatever it is told. This conscious mind can override this and change from belief to disbelief.

• Conscious activity requires time and effort, which people do not always have.
Belief Perseverance

• They are resistant to change, even if the information on which they are based is discredited.

• One way to reduce belief perseverance is to explain why the opposite might be true.
Belief & Coping

• Belief help people understand the world around them. This is especially apparent when people experience serious problems, such as misfortunes or disasters.

• The general term for how people attempt to deal with traumas and go back to functioning effectively in life is **coping**.