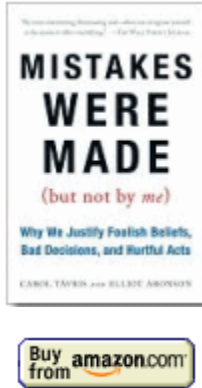


Mistakes Were Made (but not by me)
Why We Justify Foolish Beliefs, Bad Decisions, and Hurtful Acts
 Carol Tavris, Ph.D. and Elliot Aronson, Ph.D.

12 CEHs



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Examination Questions

Introduction: Knaves, Fools, Villains, and Hypocrites: How Do They Live with Themselves?

1. According to the authors, self-justification is the same thing as lying.
 - a. True
 - b. False

Chapter 1: Cognitive Dissonance: The Engine of Self-justification

2. According to the authors, the unpleasant feeling that occurs whenever a person holds two contradictory cognitions is called:
 - a. tension response
 - b. intellectual discourse
 - c. cognitive dissonance
 - d. none of the above
3. According to the authors, if a person voluntarily goes through a difficult or painful experience in order attain some goal, that goal becomes more attractive.
 - a. True
 - b. False
4. According to the authors, people criticize, distort or dismiss evidence that does not support their beliefs in what is called:
 - a. conversation bias
 - b. confirmation bias
 - c. preconception bias
 - d. predilection
5. According to the authors, people who vent their feelings aggressively often feel better afterwards.
 - a. True
 - b. False

6. According to the authors, when our convictions about ourselves are violated, the ensuing discomfort leads to self-justification.
a. True
b. False

7. According to the authors, knowing how dissonance works will make someone immune to the allure of self-justification.
a. True
b. False

Chapter 2: Pride and Prejudice . . . and Other Blind Spots

8. According to the authors, Ross and his colleagues found that we believe our own judgments are less biased.
a. True
b. False

9. According to the authors, we are all blind to whatever privileges life has handed us.
a. True
b. False

10. According to the authors, most physicians are more influenced by the small gifts than by the big ones.
a. True
b. False

Chapter 3: Memory, the Self-justifying Historian

11. According to the authors, Jones and Kohler showed that each side of an issue tended to remember only the ____ agreeing with their own position and the implausible arguments agreeing with the opposing position.
a. major points
b. dissenting facts
c. plausible arguments
d. none of the above

12. According to the authors, one of the important things about memory is that even being absolutely sure a memory is accurate does not mean that it is.
a. True
b. False

13. According to the authors, our stories create memories.
a. True
b. False

14. According to the authors, the process where the more you imagine something, the more likely you are to inflate it in to an actual memory, adding details as you go, is referred to as:
a. personalized dream analysis
b. imagination inflation
c. memory inflation
d. none of the above

15. According to the authors, false memories:
a. allow us to forgive ourselves
b. justify our mistakes
c. prevent us from taking responsibility for our lives
d. all of the above

Chapter 4: Good Inventions, Bad Science: The Closed Loop of Clinical Judgment

16. According to the authors, in the 1980s and 1990s, the rise of evidence of the sexual abuse of children and women set off ____ unintended hysterical epidemics.
- five
 - four
 - three
 - two
17. According to the authors, the way out of the closed loop for therapists in private practice is:
- curiosity and education
 - observation and inquiry
 - skepticism and science
 - none of the above
18. According to the authors, Thomas Horner and colleagues found that clinical predictions of whether a father molested his three-year-old daughter were unreliable.
- True
 - False
19. According to the authors, a popular method used by recovered memory clinicians to reduce dissonance is to:
- minimize the extent of the problem
 - blame the victim
 - dismiss the scientific research
 - all of the above

Chapter 5: Law and Disorder

20. According to the authors, innocent people are never convicted of a crime they didn't do.
- True
 - False
21. According to the authors, one strategy to reduce dissonance is to claim that most of the cases don't reflect wrongful convictions, but wrongful pardons.
- True
 - False

Chapter 6: Love's Assassin: Self-justification in Marriage

22. According to the authors, the vast majority of couples separate because of an act of betrayal.
- True
 - False
23. According to the authors, misunderstandings, conflicts, personality differences, and angry quarrels are the assassinations of love.
- True
 - False
24. According to the authors, the need for self-justification prevents couples from accepting their partner's position as being as legitimate as their own.
- True
 - False
25. According to the authors, successful couples forgive each other's missteps as being due to the situation, but give each other credit for the loving things they do.
- True
 - False

26. According to the authors, Gottman's "magic ratio" for successful couples is:
- a. 4 to 2
 - b. 3 to 1
 - c. 5 to 1
 - d. 5 to 3

Chapter 7: Wounds, Rifts, and War

27. According to the authors, the pain felt is always less intense than the pain inflicted.
- a. True
 - b. False
28. According to the authors, the greater the pain we inflict on others, the greater the need to justify it to maintain our feelings of decency and self-worth.
- a. True
 - b. False
29. According to the authors, perpetrators who are most likely to blame the victim are those with:
- a. high self-esteem with victims who are able to retaliate
 - b. low self-esteem with victims who are able to retaliate
 - c. high self-esteem with victims who are helpless
 - d. low self-esteem with victims who are helpless

Chapter 8: Letting Go and Owning Up

30. According to the authors, America is a mistake-phobic culture.
- a. True
 - b. False
31. According to the authors, children who are praised for their natural abilities perform better.
- a. True
 - b. False
32. According to the authors, children who are praised for their natural ability learn to care about how competent they look to others.
- a. True
 - b. False