

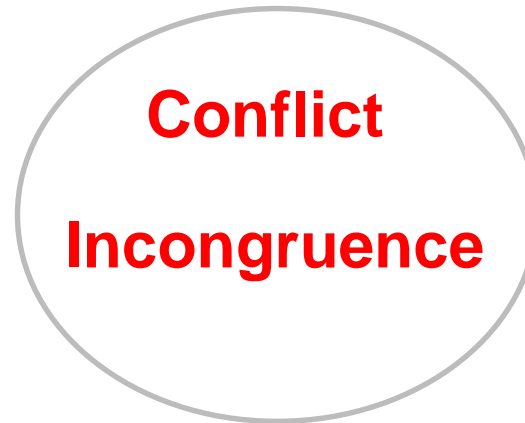
# Psychological Conflict

To achieve psychological well-being, it is important to resolve the inner conflicts in our lives, as best we can, so that positive emotions and clarity of mind can prevail.

In the context of 'accepting what we cannot change', it is important that we practise **controlled incongruence**, not uncontrolled incongruence.

Emotions

Thinking



**Emotional dissonance**

- the discrepancy between how we feel, and what we do

**Cognitive dissonance**

- the discrepancy between what we think or believe, and what we do

Behaviour