

# **Cognitive Illusions: Weaving the Fabric of Reality**

J C Morrow

*The Shadow Programme, 318a Ravenhill Road, Belfast BT6 8GL*

## **Abstract**

A common theme within mental illness is loss of touch with reality – with the implicit assumption that the majority’s viewpoint is consistent with reality. This paper identifies instances in which the majority’s viewpoint is not consistent with reality, and considers the likely impact of such situations upon minority groups. By providing a rational explanation of how and why an individual’s cognitive processes may be temporarily or permanently distorted by the belief systems of the majority, the mechanisms underlying a number of common misunderstandings are uncovered, and a framework is developed through which to resolve them. We each live within our own world model. At times it has been more important to have matching world models than that they be consistent with reality, but over time this has led to certain societal anomalies. This paper provides a framework through which such anomalies may be identified and safely resolved.