



04 - VOCABULARY: BELIEFS & DOUBTS



- 1** - When you **strongly/firmly believe** something, we can call it a **deeply-held belief** or an **unshakable belief**
- 2** - It's possible to have a **subconscious belief** – a belief that you are not actively aware of. Your emotions can also **color your judgment**
- 3** - A lot of people **believe in superstitions** – irrational beliefs that have no basis in fact, like the number 13 being unlucky. Others have a **blind faith** in fate or destiny.
- 4** - When new evidence appears, it can either **strengthen your belief** or **weaken your belief**.
- 5** - When forming your beliefs, be careful about **making assumptions**, which can **lead to wrong conclusions**.
- 6** - Scientists and other researchers often publish material to help **eliminate misconceptions** – for example, **“Contrary to popular belief, it's not harmful to go swimming immediately after eating.”**
- 7** - If you are completely sure about something, then you can describe it as **“without a shadow of a doubt.”**
- 8** - Maybe the doubts don't even come from a fact, but you just have a **sneaking suspicion**
- 9** - When you have a small doubt that persists and continues to bother you – this is called a **nagging doubt**.
- 10** - This might be an indication that it's time to **rethink your beliefs** – after **some consideration**, you just might **arrive at a different conclusion**.