



09 - VOCABULARY: BELIEFS & DOUBTS



- 1** - When you **strongly/firmly believe** something, we can call it a **deeply-held belief** or an **unshakable belief** – the latter phrase implies that it would be difficult to convince you to change your mind.
- 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** (*influence your opinions/decisions*).
- 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** (*believe in something without thinking*) in fate or destiny.
- 4** - When new evidence appears, it can either **strengthen/reinforce your belief** (*make it stronger*) or **undermine/weaken your belief** (*make it weaker*).
- 5** - When forming your beliefs, be careful about **making assumptions**, which can **lead to erroneous conclusions**. False **beliefs held** by many people are called **common misconceptions**.
- 6** - Scientists and other researchers often publish material to help **dispel misconceptions** (*eliminate them*) – 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 "**beyond/without a shadow of a doubt**." But sometimes **doubts arise** – or another person **voices their doubts** – thus making you reconsider.
- 8** - Maybe the doubts don't even come from a fact, but you just have a **sneaking suspicion** – a persistent feeling – that **casts doubts on** things you previously assumed to be true.
- 9** - When you have a small doubt that persists and continues to bother you – this is called a **gnawing/lingering/nagging/niggling doubt**.
- 10** - This might be an indication that it's time to **rethink/ reexamine your beliefs** – after **further consideration**, you just might **arrive at a different conclusion**.