

RATIONALIZATION

Meaning: RATIONALIZATION: the cognitive process of justifying or explaining one's actions or feelings to make them seem more acceptable or reasonable.

1. The company's decision to downsize was met with skepticism, often explained away through a process of rationalization.
2. In psychology, rationalization is a defense mechanism used to justify actions or feelings that seem unreasonable.
3. His rationalization for skipping the gym was that he had too much work to do, despite knowing the importance of exercise.
4. After failing the exam, she engaged in rationalization, claiming the questions were unfair rather than acknowledging her lack of preparation.
5. The politician's rationalization of his controversial policies sparked a heated debate among his constituents.

Source: sentences.whatistheurl.com

<https://sentences.whatistheurl.com/sentence/rationalization>