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The meaning of COGNITIVE is of, relating to, being, or involving conscious intellectual activity (such as thinking, reasoning, or remembering).

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Thesaurus.com. Some of the exercises are cognitive, like thinking about three things that went well today. He contrasts this with a cognitive style called "empathizing," which allows for better understanding of the minds ...

Nov 14, 2025 · The word "cognitive" pertains to the processes and functions of the mind, particularly those associated with understanding, reasoning, and learning. It is a

foundational term in ... cognition, the states and processes involved in knowing, which in their completeness include perception and judgment. Cognition includes all conscious and unconscious processes by which knowledge is ...

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