

Truth Insights

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Here are some of my truth insights down below: (1-4)

- 1). There's a differences between subjective and objective truths. Subjective truth deals with personal opinions, beliefs, feelings and perceptions whereas objective truth deals with facts, reliable evidence and unbiased observations. Unfortunately, too many people have too much subjectivity and not enough objectivity which is problematic due to the lack of balance.
- 2). Be aware of half, omitted and false truths that many people fall prey to.
- 3). The vast majority of people have difficulties with truth and reality due to denial, projection, cognitive dissonance, psychological reactance, the Dunning- Kruger effect, other cognitive biases, ignorance, lies, deception, propaganda, etc.
- 4). The vast majority of people have issues with various personal biases that distorts truth and reality such as the halo, anchoring, bandwagon and framing effects as well as confirmation biases, self serving biases, ingroup-outgroup biases, optimism and pessimism biases and so on.

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