

Objective vs. Subjective Information

Objective information is:

observable: able to be seen, heard or touched, smelled, tasted
factual
able to be counted
able to be described
able to be imitated
the same from multiple reporters
as close to truth as we can get
helpful in decision making

Objective Language:

I saw...
I counted...
I observed...
This is what s/he did.
This is what I/we did.
S/he said...
The sound s/he made sounded like this...
S/he stood in this place.
S/he made an action that looked like this...

Subjective information is:

opinion
judgment
assumption
belief
rumor
suspicion
varies: person-to-person, day-to-day
able to take on a life of its own
not the truth
sometimes completely false
destructive in decision making

Subjective language

S/he did not want to...
S/he does not like...
S/he thought...
S/he feels...
S/he thinks...
S/he needs...
S/he was just trying to get me to...
S/he was just trying to get out of or avoid...
S/he was just trying to control me...