

## 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...