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...

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