

Certainty

Truth

Definition

A person's level of confidence or sureness about a particular belief or perception.

The actual state of affairs that exists independent of individual beliefs, perceptions or emotions.

Perspective

Subjective: two people can have the same information but different levels of doubt.

Objective: truth does not change based on how one of the individuals may feel about it.

Verification

Certainty is **accepted** using biases, emotions, cognitive dissonance, and past experiences.

Truth is **analyzed** through evidence, data and logical reasoning.

Ownership

Self / Individual

Shared / Collective

Cognitive Priority

High. The brain is wired for survival. Certainty creates predictability, reducing anxiety and increasing feelings of safety.

Low. Pursuit of truth offer more questions than answers, increasing uncertainty, anxiety & threat responses.

Truth And Certainty

Ying Liu



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