

**TRUTH.** The issue with truth - as opposed to The Truth - is that it's relative; we all have a different understanding of it. Therefore it needs to be brought into the open, so we can understand, appreciate and accept someone else's truth. **T**o be truthful means two things: You must think, speak and act honestly, sincerely and genuinely. Importantly, though, you must accept that your truth may be challenged, when a case is made for a contrary, equally valid truth. **R**emember: The truth about truth is, the opposite is true too.

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| <ol style="list-style-type: none"> <li>1. truth (the consensus theory)<br/><i>true is whatever is agreed upon by a group</i></li> <li>2. truth (the practical theory)<br/><i>true is what is verified and confirmed by the result of putting one's concepts into practice</i></li> <li>3. truth (the relativistic theory)<br/><i>things are true or false, right or wrong, good or bad only from a certain perspective</i></li> <li>4. truth (the constructivist theory)<br/><i>truth is constructed by social processes and is historically and culturally specific</i></li> <li>5. truth (the performative theory)<br/><i>truth is defined by a performance; i.e. a bride and groom's "I do" create a new truth</i></li> <li>6. truth (the gospel [also Orwellian*] theory)<br/><i>true is whatever we declare to be the truth</i></li> <li>7. truth (the pragmatic theory)<br/><i>true is what your peers let you get away with (preferred by lawyers and politicians)</i></li> <li>8. truth (the matter-of-fact theory)<br/><i>true is whatever works (favoured by artists)</i></li> </ol> | <p><i>When considering the truth one ought to differentiate between truth, fact and reality. When truth is based on a belief or an idiosyncratic event (i.e. "it's the truth, I did see the ghost with my own eyes") for it to be recognised as fact, there needs to be definite proof.</i></p> <p><i>In this context we must observe the distinction between objective truth and subjective truth. The former is factual and it constitutes reality. The latter is continuing and developing; like the personal experiences - and the ever-adjusting values - in an individual's life. Furthermore, it is often said that truth hurts. But we must learn that to be offended by someone else's truth is a shortcoming that results from our insecurities and delusions. Open-mindedness, inquisitiveness and courage enable us to deal with inconvenient truths.</i></p> <p>fact<br/><i>a fact is the actual existence of something, as opposed to the belief about something</i></p> <p>re·al·i·ty<br/><i>the way things or occurrences actually are, rather than as they appear or are imagined</i></p> |
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*Myself, I like the notion of a Nietzschean contradiction in the statement, "the truth about truth is that the opposite is true too." If the statement is true, then it is also true that the opposite of truth is false.*

*\*George Orwell (1903 - 1950) was the British writer of the novels Animal Farm and Nineteen Eighty-Four. In the latter he introduced the Ministry of Truth, which implements falsifications of historical events.*