



Understanding Truth:

How to Navigate What You Feel, What You Believe, and What Is Real

Most people think they want the truth. What they actually want is to feel validated, be right, and avoid being wrong. But the truth doesn't exist to comfort you. It exists whether you agree with it or not. And yet—here's the tension: You cannot fully know the truth. So what do you do? You learn how to navigate it.

Why Truth Feels So Confusing

Two people can experience the same moment ...and walk away with completely different "truths." Why? Because what we call "truth" is often a mixture of experience, emotion, bias, memory, and influence. This creates conflict in relationships and with your own identity. So before you can use truth to grow, you need to understand: Not all truth is the same.

The Five Levels of Truth

Truth isn't one thing. It exists in layers.

1. Personal Truth

This is your perspective. It is shaped by your past, emotions, identity, and wounds. Your personal truth feels real because it is real to you. But here's the problem: Personal truth is not the same as actual truth.

Your mind is incredibly good at creating narratives that protect your ego and fill in gaps. So while your perspective matters, it must be questioned. You can use it for understanding yourself and your feelings, but be careful of treating it as absolute truth.

2. Cultural Truth

What the group believes. This truth is shaped by society, community, and social norms. It answers questions about what is acceptable and what the people around you believe. It gives you belonging, but it also creates pressure.

The danger becomes believing something simply because everyone around you does... not because it's actually true.

You can use cultural truth as a way to understand context and navigate social environments, but be careful blindly adopting beliefs. In assessing this, ask yourself what you really believe and why? Is it your parents, politics, religion? Or is it what you really believe?

3. Institutional Truth

Institutional truth is what authority says is true, such as governments, schools, religion, or experts. It provides structure and guidance, but authority is not infallible. The danger is accepting something as true without questioning it. Be careful of not outsourcing your thinking

4. Natural Truth

Natural truth is what can be observed and tested. This is the closest we get to measurable truth. It is based on observation, evidence, and patterns. This is where science lives, and where truth is at its best so far as humanity is concerned. But even bias creeps in and interpretation still plays a role. You must be careful in assuming it is always complete, or that those who conduct the tests are being honest and unbiased or without agenda.

5. Objective Truth

Objective truth is reality as it actually is. This is the highest form of truth. It exists whether you believe it or not, and whether you understand it or not. We can never know this reality, though, as it would require zero bias, perfect awareness, and complete understanding. All qualities no human has. The noble effort is to pursue it anyway. You cannot master it, but

you can move closer. The idea is that the pursuit of objective truth brings you out of your own perception and towards reality.

The Balance You Must Learn

There are two mistakes people make:

1. Living only in personal truth and interpreting how they feel as truth, which leads to conflict, deception, and stagnation; and
2. Ignoring personal truth entirely, which can lead to disconnection, suppression, and an inability to heal.

The answer is to find balance. You must learn to hold both the value of your perspective while understanding it is not the final authority.

When Truth and Feelings Collide

You feel something deeply, but that feeling may not reflect reality. So what do you do? You don't ignore the feeling. You don't blindly trust it either. You process it.

A Simple Framework

When something feels true, challenge it to be sure. The fear of challenge is an insecurity or agenda. All ideas should be challenged. If it is true, then it will stand. So, ask yourself what you feel, why you feel it, and what are the actual facts. Where might you be wrong? This can help you be grounded, open, and honest.

Truth in Relationships

Most arguments are not about facts. They're about conflicting personal truths. Both of you believe you're right. And both of you probably are... partially

The Shift That Changes Everything

It is not about who is right, rather what is each person experiencing. This creates space for understanding and validation. It is important to note that validation does not mean agreement. It means that you see how they feel. Every person deserves validation, not agreement.

The Real Purpose of Truth

Truth is not meant to win, protect your ego, or make you comfortable (often the opposite). It is meant to refine you, challenge you, and align you with reality. You are not the authority on truth, but you are responsible for seeking it. And the more honest you are in that pursuit, the more aligned your life becomes.