

PSYCHOLOGICAL REALITY

MAPPING PERSPECTIVES ON REALITY TO EPISTEMOLOGICAL POSITIONS

Sense Of Reality	Definition	Distinction	Epistemological Position	Example
Reality as objective	Reality is external, physical, and independent of perception.	Objective (real) vs. Subjective (unreal)	Physicalism, Behaviorism	An object exists whether someone perceives it or not.
Reality as phenomenal	Reality is what is directly experienced; beyond subjective perception, nothing can be known.	Phenomenal (real) vs. Transcendent (unreal)	Idealism, Constructivism	„If I close my eyes, the world ceases to exist for me.“
Reality as perceivable	Reality is what can be encountered through perception, distinguishing external reality from imagination.	Perceivable (real) vs. Imaginal (unreal)	Naïve Realism, Phenomenology	Hallucinations feel real to the individual but cannot be externally verified.
Reality as credible	Reality is what we determine to be true through reasoning, knowledge, and critical evaluation.	Credible (real) vs. Apparent (unreal)	Critical Realism, Evolutionary Epistemology	Perceptual illusions show that perception does not always reflect reality accurately.