1. The Sophists felt that truth was relative, in essence asserting that there were no global, unifying answers to epistemological questions. Rather, each individual was unique in his or her knowledge and perception, to the extent that a comprehensive truth could not apply to one another. Therefore, communication amongst humans about a singular truth was impossible, yet discussion of each individual's determination of truth was encouraged.

2. The Sophists were likely more indebted to rationalist thought as opposed to empiricist thought because with the contention that the physical world is continually different across perceivers comes the assumption that what is sensed is never absolute and is ultimately unreliable. In turn, each individual is supposedly aware of his or her own rationalizations and he or she is certain they exist in a single form, mainly because no other could perceive it.

3. Both Socrates and Plato held core beliefs about the importance of individual experience, and this served as part of the foundation of their respective philosophies. Plato tended to take more from Sophist thought with regards to the idea that every person senses a different, imperfect form of which there is a pure form in the abstract world.