

The Science Of The “Gut Feeling”

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What Is Your Gut Feeling?

- “Gut Feeling, Inner Voice, Little Man in your chest, Sixth Sense” Etc..
- Your brain using a combination of logic and emotion to make a decision of any kind
- This combination creates a new emotion we as humans innate as Intuition

Misconception Or Truth?

Always trust your gut?



Science:

- An article published in April 2016, shows researchers, for the first time ever, having devised a way to measure intuition
- According to many researchers, intuition is far more material than it seems.
- Hope College social psychologist David Myers, PhD, explains that the intuitive right brain is almost always “reading” your surroundings, even when your conscious left brain is otherwise engaged. The body can register this information while the conscious mind remains blissfully unaware of what’s going on.’
- This effect causes your first instinct to a problem or your “intuition” more reliable to trust than not because the first time you think about something your brain is more focused on it, without you even knowing

Measuring Intuition:

- The Experiment was basically a color test, colors were flashed quickly across a screen for the participants and they had to guess the color
- The experiment showed that most individuals actually guessed the right color more often when they began to trust their gut instinct by showing confidence and responding quickly, suddenly reacting rather than spending extra time thinking about the color
- The experiments also suggested that the participants became better at using their intuition over time

Society:

- Intuition can help people make better decisions under the right circumstances
- This was an important study that showed that information subconsciously perceived in the brain can help with decisions if that information holds some value or extra evidence beyond what people already have in their conscious mind
- In the future, researchers might be able to develop a method to train people to take advantage of their intuition and then test them to see if their intuition truly improved with more frequent use and practice

Self:

- When Test Taking, Trust my gut
- When critical decision making, Trust my gut
- Basically in life, always trust “the little man in my chest” Because he’s right more often than not

Bibliography:

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