Intuition or anxiety?

Progress Psychotherapy

Listening to your intuition (gut) is a good thing. But when anxious it can be hard to tell what is our intuition and what is anxiety.

Intuition feels like a conclusion. It feels clear. You might be sad or angry about the thought but it will seem reasonable. Anxious thoughts feel different. They feel panicky, hypothetical and predictive, not like conclusions. Consider which you may be experiencing.

Thought

Intuition or anxiety?

Which it is changes how best to approach the thought. Go with your intuition unless it is contradicted by evidence. If the thought is anxiety, only go with it if it is supported by evidence. Use the space below to consider this.

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