

Intuition or anxiety?

The 30-second sorter

Bring the feeling you keep turning over. The one you can't tell is a real read or just fear talking. Go down the rows and tick the side that fits. **First response only – don't think it to death.**

1 NAME IT

The feeling I'm sorting:

2 READ THE TELLS

	Intuition <i>it settles</i>	Anxiety <i>it spins</i>
WHERE IT SITS	☐ Low and steady. Chest or gut. It lands, then quiets.	☐ High and tight. Throat, racing pulse. It buzzes and won't sit still.
OVER TIME	☐ Says it once. An hour later it's the same, only calmer.	☐ Repeats and grows. Keeps changing the story, gathering worst cases.
HOW IT SPEAKS	☐ Quiet. Sure. No rush. It states its piece and rests.	☐ Loud. Urgent. Demands you decide, fix, or check right now.
WHAT IT WANTS	☐ One clear step. Or simply to be noted and believed.	☐ Reassurance. To undo, over-explain, or be talked out of itself.

More ticks on the **left**? That's a read. Trust it. More on the **right**? That's a spiral – it's fear, not information. An even split? Don't decide yet. Wait an hour and run it again.

3 WHAT TO DO WITH YOUR READ

If it leaned toward intuition

Note it. Write the one-line read somewhere you'll see it. You don't have to act today – you just have to stop arguing with it.

If it leaned toward anxiety

Don't act on a spiral. Settle your body first – one long exhale, feet on the floor – then look again. Most spirals shrink the second you stop feeding them.

Split down the middle? *That's its own answer: not yet. Give it an hour, let your body quiet, and sort it once more.*

You feel things early. You read people before they finish the sentence. This is how you start trusting that again.