

INTUITION vs. ANXIETY

How to Tell the Difference

A gentle guide to recognizing your inner knowing, quieting overthinking, and learning your own intuitive language.

Healing Hearts Medium

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Your intuition does not have to shout to be meaningful. Often, the work is not learning how to receive more - it is learning how to recognize what arrived before fear, pressure, and overthinking took over.

Welcome

One of the most common questions in intuitive development is: **How do I know whether what I am feeling is intuition or anxiety?**

Both can feel real in the body. Both can get your attention. And when you care deeply about an outcome, it can be especially difficult to separate a quiet inner impression from fear, expectation, or the need for certainty.

This guide is designed to help you slow the process down. Rather than labeling every strong feeling as intuitive, you will learn to ground, notice your first impression, observe patterns, check the facts, and give yourself permission not to act immediately.

The goal is discernment - not perfection. You are learning the language of your own intuition.

A grounding reminder

Put both feet on the floor. Take three slow breaths. Relax your shoulders and jaw. Imagine roots extending from your feet into the earth. Let your attention return to the present moment before you ask yourself for an answer.

How do you feel after grounding?

What Intuition Can Feel Like

Intuition is often experienced as an inner knowing or impression that arrives without a long conscious reasoning process. It may come through as a quick thought, a feeling in the body, a mental image, a word, a sudden sense of clarity, or simply the feeling that something deserves your attention.

Your intuition may not feel like someone else's. Some people notice body sensations. Others receive mental images, words, or an immediate knowing. Many people experience more than one of these.

The four common intuitive senses

Clairvoyance	Seeing - images, symbols, colors, faces, scenes, or flashes in the mind's eye.
Clairaudience	Hearing - a word, name, phrase, song, or sentence appearing distinctly in the mind.
Clairsentience	Feeling - emotions, atmosphere, gut feelings, or physical sensations.
Claircognizance	Knowing - an answer or awareness that seems to arrive all at once.

Pay attention to what arrives first. Once the thinking mind takes over, it may add explanations, stories, fears, hopes, and expectations. Write the first impression down before deciding what it means.

Intuition vs. Anxiety

There is no perfect formula, and anxiety can create very real physical sensations. Instead of judging one moment, look for patterns over time.

INTUITION MAY FEEL...	ANXIETY MAY FEEL...
Brief, simple, or immediate	Repetitive, looping, or hard to turn off
Relatively calm or matter-of-fact	Urgent, fearful, catastrophic, or pressured
Like one clear nudge	Like many competing "what if?" thoughts
Present without demanding certainty	Driven by a need to know or control the outcome
Easier to observe after grounding	May stay activated even when no immediate action is needed

A helpful question: What was my very first impression before my mind started explaining it?

Reflection

Think of a time you had a quiet first impression that later made sense. How did it feel different from worry or overthinking?

Listen to the Body - Without Assuming

Your body can be part of your intuitive language. You may notice openness, heaviness, warmth, coolness, relaxation, tension, a gut feeling, or a change in your energy. But a body sensation is not automatically an intuitive message. Grounding and observation help you understand what is yours.

The YES / NO Body Signal Exercise

Think of a statement you know is true, such as your name. Notice your body's response. Then think of something you know is false. Compare the sensations. There is no required response; you are simply learning your own patterns.

YES feels like:

NO feels like:

For empathic or highly sensitive people

When a feeling seems to appear suddenly, especially after entering a room or being around another person, ask: **"Was I already feeling this?"** and **"Is this mine, or did I notice it after entering this situation?"**

Take a few slow breaths, step outside or change environments when possible, shake out your hands, and allow your body to reset before interpreting the feeling.

The 5-Step Discernment Check

1. Ground first.

Do not try to interpret a feeling while your nervous system is highly activated. Breathe, settle, and return to the present.

2. Find the first impression.

What came before the story? A word? A body sensation? A simple yes or no? Write it down.

3. Notice the tone.

Does it feel relatively neutral and clear, or urgent and fear-driven? Is your mind producing more and more scenarios?

4. Check reality.

What facts do you actually have? Intuition can be meaningful without replacing practical information, evidence, or professional guidance.

5. Remove the pressure to act.

Ask: Do I truly need to do something right now? Giving yourself time can make the difference between observing an impression and reacting to fear.

You can notice an intuitive impression without turning it into a prediction or an emergency.

Is This Intuition or Fear?

Use these examples to practice noticing the difference in tone and pattern.

Example 1 - A decision

First impression: "This option does not feel right for me." Then the mind begins: "What if I make the wrong choice? What if I regret it? What if everything goes wrong?" The first simple impression may be worth noting; the spiraling story is a sign to ground before deciding.

Example 2 - Waiting for a response

You suddenly think, "I should follow up tomorrow." That is different from repeatedly checking your phone and thinking, "Something must be wrong. Why haven't they answered? What if they are upset?"

Example 3 - Entering a room

You walk into a space and suddenly feel heavy or tense. Instead of immediately deciding what the feeling means, notice whether you felt that way beforehand, ground yourself, and see whether the sensation changes when you leave.

Your example

Describe a recent moment when you were unsure whether you were feeling intuition or anxiety.

What was the first impression?

What thoughts came afterward?

What Can Make Intuition Harder to Hear?

Sometimes intuition is present, but our confidence becomes tangled with expectations. Common blocks include:

- Overthinking and repeatedly changing your first answer
- Fear of being wrong
- Trying so hard to receive an answer that you begin inventing details
- Wanting a particular outcome so strongly that desire becomes hard to separate from intuition
- Comparing your intuitive experiences with someone else's

You are not failing. Discernment becomes clearer through practice, reflection, and experience.

The 60-Second Reset

1. Put your feet on the floor.
2. Take three slow breaths.
3. Relax your jaw and shoulders.
4. Name what you know as fact.
5. Ask for one simple impression - not a full story.
6. Write it down and give yourself permission to revisit it later.

Practice Worksheet

Use this page whenever you are unsure what you are feeling.

What happened?

What was I feeling before this happened?

What was my very first impression?

What did my mind add afterward?

What sensations do I notice in my body?

Does this feel calm/clear, or urgent/repetitive?

What facts do I know right now?

Do I actually need to act right now?

7-Day Intuition vs. Anxiety Practice

Spend only a few minutes each day. Keep the practice low-pressure and use ordinary situations.

Day 1 - Become Still

Ground for one minute and record the first word, color, feeling, or image that appears.

What I noticed:

Day 2 - First Impressions

Before checking the time or opening a message, record your first impression without changing it.

What I noticed:

Day 3 - Body Signals

Practice the YES / NO body exercise with statements you already know are true or false.

What I noticed:

Day 4 - Notice the Story

Catch one moment when your mind begins adding 'what if?' thoughts. Write down what came before the loop.

What I noticed:

Day 5 - Environment Check

Notice how you feel before entering a place and again after entering. Observe without assigning a meaning.

What I noticed:

Day 6 - Pause Before Acting

When you feel urgency, ground and ask whether action is truly needed now.

What I noticed:

Day 7 - Review

Look back over the week. Which impressions felt simple and natural? Which experiences became louder with overthinking?

What I noticed:

Journal Prompts

1. How does a calm intuitive impression feel in my body?
2. What does anxiety usually sound like in my thoughts?
3. When do I tend to second-guess myself?
4. Which intuitive sense - seeing, hearing, feeling, or knowing - feels most natural to me?
5. What helps me return to a grounded state?
6. What have I learned about the difference between an impression and a story?

Trust Your Inner Knowing

Intuitive development does not need to be rushed. The more familiar you become with your own inner language, the easier it can become to recognize what feels natural, what feels forced, and when your thinking mind has taken over.

Stay grounded. Stay curious. Let confidence grow through experience rather than pressure.

**I trust my inner knowing.
I can pause before I react.
I am learning the difference between a quiet impression and a fearful story.
I give myself permission to wait for clarity.**

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