

# 10 moments in life when you should listen to your intuition, according to psychology

We all have moments when our gut tells us something isn't right. It's like an internal alarm system that goes off, nudging us to pay attention. But...

---

By Lachlan Brown

6 min. read · [View original](#)

---

We all have moments when our gut tells us something isn't right. It's like an internal alarm system that goes off, nudging us to pay attention. But when should you really listen to your intuition?



Psychology comes into play here, providing insights into when we should trust these gut feelings. Knowing when to

rely on your intuition can lead to better decision-making and a more fulfilling life.

In this article, we'll explore 10 critical moments in life when psychology suggests it's best to trust your instincts.

Let's get started.



## 1) When making a difficult choice

We've all been there—staring at a fork in the road, unsure which path to take.

Making difficult decisions can be daunting, and sometimes logic alone isn't enough. This is where your intuition can step in to guide you.

According to psychology, your intuition is a powerful tool that processes information faster than your conscious mind can comprehend. It's the result of your brain picking up on patterns and trends that your conscious mind might not notice.



When you're faced with a tough decision and you have a gut feeling about one option over the other, don't ignore it.

Your intuition might be picking up on something your conscious mind hasn't yet figured out.

While your intuition can provide valuable insights, it shouldn't be the only factor in your decision-making process. Use it in conjunction with logic and reason for the best results.

## 2) When you sense danger

You know that eerie feeling when you walk down a dark alley, or when a stranger gives you an uncomfortable vibe? That's your intuition kicking in, warning you of potential danger.



I recall one incident when I was travelling alone. I was in a foreign city, navigating unfamiliar streets. Suddenly, I felt a strange unease about a specific path I was about to take. There was no visible threat, nothing out of the ordinary, but my gut was screaming at me to take a different route.

Listening to my intuition, I turned around and took a longer, busier route instead. Later, I found out there had been reports of muggings in that very alley.

This just goes to show how our intuition can act as an internal alarm system. It's our brain's way of processing subtle signs of danger that we might not consciously register.



### **3) When meeting someone new**

First impressions are often formed within the first seven seconds of meeting someone. In that brief window, your intuition is hard at work, forming a quick assessment based on subtle cues like body language, tone of voice, and facial expressions.

This intuitive judgment can play a crucial role in how you interact with the person moving forward. It can help you gauge whether someone is trustworthy, friendly, or potentially deceptive.

It's a survival mechanism that dates back to our ancestors, who relied on these instant assessments when encountering strangers. They had to quickly determine whether the stranger was friend or foe.



### **4) When you're feeling off-balance**

Life is a constant juggling act. Between work, relationships, health, and personal goals, it's easy to feel off-balance. When you start feeling overwhelmed or uneasy, it's your intuition signaling that something needs to change.

Your intuition is like your internal compass, guiding you towards equilibrium. It can sense when you're overworked, stressed, not taking care of your health, or neglecting important relationships. It nudges you to pay attention and make necessary adjustments.

When life feels chaotic and you're not sure what's causing it, take some time to quiet your mind and listen to your gut. It might just hold the answers you need to restore balance and harmony in your life.



## **5) When your dreams are trying to tell you something**

Ever had a dream that felt so real and vivid, it stayed with you long after you woke up? Dreams can be a window into our subconscious mind, and sometimes, they can be our intuition trying to send us a message.

Psychologists suggest that our dreams can offer insights into our emotions, fears, and desires that we may not consciously acknowledge during our waking hours.

When you have a recurring or particularly striking dream, don't dismiss it as just a random brain activity during sleep. It could be your intuition trying to bring your attention to something important. Consider keeping a dream journal to record and reflect on these nocturnal messages.



## **6) When dealing with loss and grief**

Loss and grief are universal experiences that can shake us to our core. During these challenging times, it's easy to feel lost and disconnected. But did you know that your intuition can be a source of comfort and guidance during these difficult moments?

Your intuition can help you navigate through the fog of grief, guiding you towards healing and acceptance. It can provide a sense of understanding, helping you to make peace with the loss.

When dealing with grief, it's okay to take some quiet time to listen to your inner voice. It might guide you to seek support, to express your feelings, or simply to take care of yourself. Your intuition can be a beacon of light in the darkness, leading you towards the path of recovery.



## **7) When it's time to move on**

There was a point in my life when I found myself stuck in a job that, although secure and well-paying, left me feeling unfulfilled and drained. Every morning, I'd wake up with a sense of dread, my mind filled with tasks I had no passion for.

Despite the external indicators of success, my intuition was screaming at me that something wasn't right. It was a nudge that took me a while to acknowledge and act upon. But when I finally listened to it, I took the leap, quit my job, and pursued a career aligned with my passions.

Sometimes, your intuition might signal that it's time to leave certain things

behind – be it a job, a relationship, or a lifestyle that no longer serves you.

Though the decision can be hard and scary, listening to your intuition can lead you towards growth and fulfillment.



## **8) When everything seems perfect, but something feels off**

Life appears picture perfect – a great job, a wonderful partner, supportive friends – yet there's a nagging feeling that something isn't right. This dissonance can be confusing and hard to pinpoint.

Interestingly, this is your intuition at work. It's picking up on subtle signs and undercurrents that your conscious mind might overlook. It's a signal that, despite the external perfection, there's something that needs your attention.

If you're in a situation where everything seems perfect on paper, but you still feel unsettled, take a moment to tune into your intuition. It could be guiding you towards underlying issues that need to be addressed for true contentment.



## **9) When faced with a health concern**



Health is one area where your intuition can provide valuable insights.

Sometimes, you might experience symptoms that, although not severe, persist over time. Or you might just sense that something isn't right with your body.

This is your intuition signaling you to pay attention. It's your body's way of communicating that something might be off balance.

When such feelings arise, it's important to listen to your intuition and seek medical advice. Early detection can make a significant difference in treatment and recovery for many health conditions. Your intuition isn't a substitute for professional medical advice, but it can prompt you to seek help when needed.



## **10) When your intuition consistently guides you**

Here's the thing: your intuition is like a muscle. The more you use it, the stronger it gets. And if you notice that your intuition consistently leads you in the right direction or helps you make

decisions that feel authentic and right, that's a clear sign to trust it more.

Your intuition is a powerful ally. It's a part of you, an internal guidance system that's tuned into your unique needs and circumstances. By listening to it and trusting it, you're honoring your individuality and making choices that align with who you truly are. So when your intuition speaks, listen. It's one of the most genuine parts of you.

## **Final thoughts: Trusting your inner voice**

In essence, our intuition is a manifestation of our subconscious mind at work. It's our brain processing information at a speed that our conscious mind cannot fathom. This rapid-fire processing can often provide us with insights and answers that logical reasoning alone may not.



From making difficult decisions to navigating challenging times, intuition serves as a subtle guide. It's like an internal compass, always pointing us towards what feels right and true to us.

In the words of Albert Einstein, “The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift.”

So the next time you find yourself in one of these ten moments where psychology suggests listening to your intuition, remember to honor this gift. Tune into your inner voice, trust its wisdom, and let it guide you. After all, it’s one of the most authentic parts of you.

