

Commentary

Intuitive Thinking

Tavleen Kaur¹, S. G. Mehta², Deepak Kumar Salvi^{3*}, Suveer Thakral⁴

¹Assistant Professor, ³Professor and Head
Department of Clinical Psychology

²Professor and Head, ⁴P.G. Resident
Department of Psychiatry

Pacific Medical College and Hospital, Udaipur, Rajasthan, Bharat.

*Corresponding author Email: deepak.nimhans@gmail.com

Intuition is a natural ability that allows us to understand something without conscious reasoning. It's an immediate feeling or perception about a situation or person that is often described as a "gut feeling" or a "sixth sense." It can be helpful in decision-making, problem-solving, and creative thinking. Intuition is believed to be based on past experiences, knowledge, and emotions, and can be developed through practice and mindfulness. It's not always accurate, but it can be a valuable tool in navigating life's challenges. Intuitive thinking is a powerful tool that allows us to make quick and accurate decisions without having to rely on a lot of information. Intuitive thinking can be incredibly useful in many different contexts, however, it's important to remember that intuitive thinking is not always fool-proof, and it can sometimes lead us astray if we rely on it too heavily. Ultimately, the key is to strike a balance between intuitive thinking and more analytical approaches, so that we can make the best decisions possible in any given situation. One of the key benefits of intuitive thinking is its ability to help us make sense of new situations quickly. When we encounter a new situation, our brains automatically draw on our past experiences and knowledge to help us understand what's happening. This is why, for example, we can often tell when someone is lying to us even if we can't explain exactly how we know. Our brains are drawing on past experiences to help us make sense of the

situation. When we are faced with a problem, our brains automatically start generating ideas and solutions based on our past experiences and knowledge. This is why we often come up with our best ideas when we're not actively trying to solve a problem - our brains are free to wander and make connections between different pieces of information. Another benefit of intuitive thinking is its ability to help us make decisions in high-pressure situations. When we are under stress, our brains tend to rely more heavily on our instincts and past experiences to help us make decisions. This is why, for example, a police officer who has been trained to react to dangerous situations can make split-second decisions that save lives. A challenge of intuitive thinking is that it can sometimes lead us astray if we rely on it too heavily. Our past experiences and instincts may not always be relevant to the situation at hand, or they may be based on flawed assumptions or incomplete information. This is why it's important to balance intuitive thinking with more analytical approaches, such as gathering more information or using logic to evaluate different options. Also, it can be difficult to explain how we arrived at a particular decision or conclusion. When we rely on our instincts and past experiences, we may not be able to articulate exactly how we made a decision. This can be frustrating for others who are trying to understand our thought process. Here are some tips to cultivate and improve your intuitive thinking skills:

1. Pay attention to your instincts: When you have a gut feeling about something, pay attention to it.
2. Practice mindfulness: Mindfulness meditation can help you become more aware of your thoughts and feelings, which can in turn help you tap into your intuition.
3. Trust yourself: When you're making a decision, trust yourself and your instincts. Don't second guess yourself or let other people's opinions sway you if you feel strongly about something.
4. Be open to new experiences: Exposing yourself to new experiences and ideas can help you expand your knowledge and intuition. Travel, try new foods, read books on different topics, and have conversations with people who have different perspectives.
5. Practice creative problem-solving: Creative problem-solving exercises can help you tap into your intuition and come up with new and innovative solutions to problems.
6. Take breaks: Sometimes our intuition needs time to percolate. Taking breaks from a problem or decision can help you tap into your subconscious and come up with new insights.
7. Practice self-reflection: Spend time reflecting on your past experiences and decisions. What worked well? What didn't? What did you learn? This can help you develop a better understanding of your own intuition and decision-making processes.

In everyday behaviour, intuitive thinking can be applied by listening to your inner voice and trusting your instincts. It can be practiced by paying attention to your gut feelings and being open to new experiences. To incorporate intuitive thinking into everyday tasks, start by making small decisions based on your instincts and gradually work your way up to more complex ones. It's important to be mindful and present in the moment, allowing yourself to be receptive to your inner voice. With practice, you can develop a stronger sense of intuition and make more confident decisions in all areas of your life