

Working with Your Intuition

Purpose

We're turning felt sense into a reliable ally, while keeping safeguards for bias and clear thinking.

How to Use

Choose one real decision and let your felt sense participate alongside clear thinking: move through the worksheet quickly—name the hunch, check for confirming and disconfirming evidence, and add one safeguard against bias—then take the smallest next step today. Aim for clarity over complexity and progress over perfection. We're not optimizing for speed or productivity; we're creating a doable action that respects context, honors energy, and makes intuition safer and more useful. One step completed—paired with a simple bias check and a data point—is enough for today.

Let this worksheet be a companion you can use on your own—steady attention, clarifying needs, and building momentum—or bring it to a mental health practitioner for added support and accountability.

Working with a therapist, counselor, or coach can deepen the insights you gain here and help translate them into sustainable change. However you use it, focus on completions over perfection and trust that small, present-focused actions add up.

1. Name the Hunch

- Situation (one sentence): _____
- Body signal (check): [] tight chest [] open/yes pull [] subtle no [] warmth [] tension [] other: _____
- Label it: "I have a hunch that _____."

2. Experience Pattern

- What does this remind you of? (list 1–2 past patterns): _____
- Familiar or new domain? (circle): Familiar / New / Mixed
- If new, slow down and gather one piece of data: _____

3. Quick Gut + Fact Check

- Evidence supporting the hunch (2 bullets): _____; _____
- Evidence challenging it (2 bullets): _____; _____
- What would change your mind? _____



4. Challenge Easy Stories

- Possible stereotype or bias to watch for (yours or other's): _____
- Reframe question: "Whose perspective is missing?" → _____
- Action to reduce your own bias (check): pause second reviewer checklist structured interview shared criteria

5. Emotions in Perspective

- Current feeling (name it): _____
- What it's pointing to: _____
- Cooling-off plan before high-stakes decision (time/place): _____

6. Low Stakes Snap Practice (optional)

- Quick choice we'll make now (dinner/route/podcast): _____
- After-action note: How did it feel? Did it work? _____

7. People Decisions

- First impression (one line): _____
- Slow pass consideration: "What new data would update our view?" _____
- Relationship safeguard (timing/tone) we'll use: _____

8. Major Purchases or Big Choices

- Gut-fit question: "Do we feel at home with this?" → _____
- Numbers/risk check: key constraint (budget/risk): _____
- Decision rule: We move forward only if gut-fit AND facts align. Yes / Not yet

9. Fears & Probabilities

- Vivid fear (name it): _____ Likely impact/probability: _____
- Subtle risk we might be missing (sleep/stress/long-term): _____
- Rebalance action: _____

10. Conscience Check

- Headline test (would we be comfortable if others knew?): Yes / No / Unsure
- If "No/Unsure," adjust: _____

11. Pause & Reflect

- Confidence now (0-10): ____
- One thing we learned about our gut today: _____
- One safeguard we'll keep using: _____



Anti-Oppression Note

Intuition is shaped by experience and systems; it's not neutral. When stakes or power differences are high, center dignity, consent, safety, and access. Use your gut, and add safeguards: check for bias ("Is this about the person or a stereotype?"), slow down, invite multiple perspectives, and use accessible tools—checklists, shared criteria, structured interviews—that reduce bias without silencing felt sense. Honor culturally rooted ways of knowing and elder knowledge alongside evidence. One doable step: pair today's hunch with a concrete bias check and one data point. Progress here is restored choice and safer decisions, not speed or productivity for its own sake.

About NorthFeather

NorthFeather Coaching provides anti-oppressive, parts-aware coaching and facilitation for growth, resilience, and change.

NorthFeather Solutions is a coaching and consulting practice led by Carrie E. Neal. It focuses on human-centered, anti-oppressive approaches to personal, executive, organizational, and spiritual development. The work emphasizes resilience, nervous-system awareness, and clarity in decision-making, using parts-aware practices (IFS-informed) to help people and teams navigate change with integrity.

Core offerings include 1:1 transformative coaching, classes and group spaces that build emotional intelligence and community, and organizational consulting/facilitation that aligns structures with human needs.

- NorthFeather Coaching: <https://northfeathercoaching.com>
- NorthFeather Organizational Consulting: <https://northfeather.solutions>
- NorthFeather Thoughts (blog): <https://northfeatherthoughts.com>

