



The 3-Minute Intuition Reset

**A simple practice to use when you feel
confused, anxious, or unsure whether to
trust what you're sensing.**

C Psychic Readings

Sometimes the hardest part of intuition isn't receiving a feeling. It's knowing what to do with it.

A gut feeling appears, then the mind jumps in:

Is this intuition?

Am I overthinking?

Is this anxiety?

Should I act on this?

The more urgently you try to figure it out, the harder it can become to hear yourself clearly. This short reset is designed to help you slow the moment down before interpreting it.

You don't need to decide what the feeling means yet. You're simply creating enough space to notice what's actually there.

Step 1 — Stop Trying to Solve It

For the next three minutes, give yourself permission to not know.

You do not need another sign.

You do not need to make a decision.

You do not need to figure out what the feeling means immediately.

Take one slow breath and remind yourself:

“I can notice this without acting on it yet.”

Step 2 — Come Back Into the Present

Place both feet on the floor.

Take three slow breaths.

Then notice:

- What can I see around me?
- What can I hear?
- Where am I holding tension in my body?
- What happens if I soften that tension slightly?

The goal is not to make the feeling disappear.

The goal is to become less reactive to it.

Step 3 — Ask These Three Questions

1. What do I actually know right now?

Separate what has actually happened from what you fear, hope, assume, or imagine might happen.

Keep it simple.

2. What am I afraid might happen?

This question matters because fear can sometimes feel incredibly convincing.

Naming the fear does not mean the feeling is wrong.

It simply helps you see what may be influencing it.

3. What remains if I stop trying to force an answer?

Give yourself a few quiet seconds.

You may notice that the original feeling changes.

It may soften.

It may disappear.

Or something quieter may remain underneath all the mental noise.

You do not need to label it yet.

Just notice.

Your Intuition Reset Reflection

Use these prompts the next time you feel unsure about a gut feeling.

What happened immediately before this feeling appeared?

What story did your mind immediately create?

What am I hoping is true?

A Final Reminder

Intuition does not become clearer because you force yourself to interpret every feeling.

Clarity often begins when you stop demanding an immediate answer.

Use this reset whenever you feel yourself spiraling, second-guessing, searching for reassurance, or trying to make a feeling mean something before you're ready.

The goal is not perfect certainty.

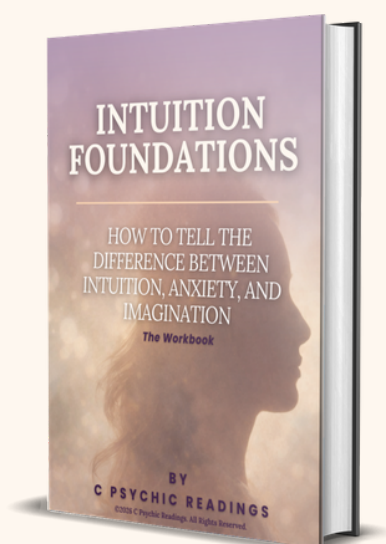
The goal is to become more familiar with your own internal signals.

Want to Go Deeper?

If you often wonder:

“Is this intuition — or anxiety?”

Intuition Foundations takes you further.



Inside the 54-page digital workbook and 1 hour 15 minute audio companion, you'll learn how to better understand the differences between intuition, anxiety, fear, imagination, emotional reactions, and other internal signals — with practical exercises you can use in real life.

Intuition Foundations — \$25 USD

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