Sensing and Intuition

Sensing and Intuition are all about how we process information. Someone who has a preference for Sensing tends to live in the here and now, using their fives senses to deconstruct what's happening around them and then use this information to logically determine how to respond. For instance, in an argument a sensing person would take on board the facts from their prior experience as well as any information being offered by the other person. They would then articulate their response based purely on this data. This is a very pragmatic approach and can sometimes seem quite cold or stoic, even though there is logic and common sense behind it.

Someone who has a preference for Intuition is more of a deep thinker, spending time considering all the possibilities to find a creative answer that is often out of the box. In the same hypothetical argument, an intuitive person would spend longer offering alternative viewpoints that might seem at odds with the facts, playing with many different ideas and speculative scenarios before arriving at their end point.

These two people would have a very different view of the same subject and it might be a struggle to reach an understanding. By recognising our own preference for processing information we can learn to allow for and understand when people come at things in a very different way, helping us to work towards a compromise using the strengths of each method.

A sensing person could take a step back from the facts and open themselves up to abstract ideas.

An intuitive person could reign in their sometimes obscure thoughts to consider practical and real world application.

The goal is to balance the two as well as possible. Learning to occasionally take a different approach will always lead to a greater ability in finding solutions to difficult problems.

If you have any questions about this, please email info@developtogether.co.uk.

Kind Regards,

Rob

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