

Language Clues for Heart, Gut, and Head Decision-Making Preferences

The following tables offer a few examples of words that connect to each of the three brains. This tool may be used as a teaching tool, reflection tool, or self-assessment tool.

HEART-BRAIN TRIGGER WORDS

The following are connecting (positive) or disconnecting (negative) words you might hear that indicate a person is operating primarily from the heart brain.

| Connecting | Disconnecting |
|------------|---------------|
| Love | Hate |
| Family | Isolation |
| Friend | Foe |
| Good | Bad |
| Sorry | Unapologetic |
| Us or we | I, my, and me |

GUT-BRAIN TRIGGER WORDS

The following are soothing (positive) or alarming (negative) words you might hear that indicate a person is operating primarily from the gut brain.

| Soothing | Alarming |
|-------------|--------------------|
| Calm | Chaotic |
| Comfortable | Threatened |
| Fulfilled | Disgusted |
| Safe | Dangerous or scary |
| Satisfied | Hungry or thirsty |
| Well-being | Painful |
| Right | Wrong |

HEAD-BRAIN TRIGGER WORDS

The following are confirming (positive) or judging (negative) words you might hear that indicate a person is operating primarily from the head brain.

| Confirming | Judging |
|------------------|-------------|
| Logical | Illogical |
| Recall or memory | Doubting |
| Thoughtful | Questioning |
| Predicting | Denying |
| Understanding | Challenging |
| Certainty | Uncertainty |
| Fact | Opinion |

Source: Sneijders, C. G. (2023). Three brains: Head, heart and gut—Coach certification training manual. 3 Brains Intelligence.