

## 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*.*