

For example, fear may tell you to take on a new assignment because you don't want to lose out on a big break. Your intuition, conversely, may be encouraging you to say no because you're already overstretched. In other words, your intuition shows up as nudges that motivate you to act in your best interest. Here's how else to discern the difference.

THE DIFFERENCE BETWEEN FEAR AND INTUITION	
FEAR	INTUITION
Pushing energy, as if avoiding a threat or punishment	Pulling energy, moving toward your best interest
A feeling of frenetic urgency	A calm inner knowing
Driven by insecurity	Driven by confidence and self-trust
Bodily sensation of tenseness, minimizing, or constricting	Bodily sensation of expanding and relaxing
Speaks loudly and dramatically	Speaks quietly, without drama
Thrives in busyness and chaos	Thrives in stillness
Thoughts are reflection of cognitive distortions	Thoughts are reflection of deeper wisdom
Urges you to hide, conform, or compromise yourself	Urges you to shine, move at your own pace, and pursue your needs and preferences

Liz Fosslien, co-author of *No Hard Feelings: The Secret Power of Embracing Emotions at Work*, knows a thing or two about letting your gut lead the way. About four years ago, she was offered the position of executive editor at an early stage music-media company. After the rush of *Someone wants me!* validation wore off, she was faced with a big decision: Accept the position and move from the West Coast to New York in less than two weeks, or let the opportunity pass her by. “I plunged into a confused depression,” Liz says, and she anxiously discussed her options with anyone who would listen—friends, mentors, Uber