

Female intuition related to lower testosterone



Are you a woman and often know things that can't be explained rationally? Do you get a gut feeling and then it turns out to be right? Let no one underestimate this ability again. Yes, intuition exists and it is a woman thing, according to a study conducted by the University Pompeu Fabra (Barcelona) and the University of Granada, both in Spain.

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Female intuition

Women's intuition may have a biological component related to [lower prenatal](#) testosterone exposure experienced by women in the womb. This reduced exposure predisposes women to adopt a sort of more intuitive and less reflective thinking than men. Instead, men generally receive higher amount of prenatal testosterone, which influences them to become less empathetic and and more likely to take risks than women.

The less testosterone, the more intuition

To determine the effects of [testosterone](#) on the thought processes, the researchers conducted a series of experiments with more than 600 students from the Faculty of Economics and Business, in the University of Granada.

They used a marker of prenatal exposure to testosterone, the so-called "digit ratio," which is obtained by

dividing the length of the index finger between the length of the ring finger of the same hand. The lower the ratio, the more testosterone is received before birth and therefore more “masculine” is the brain organization, regardless of the genre of the person.

Participants responded to a series of questionnaires, including the so-called Cognitive Reflection Test (CRT), that measures this dichotomy between intuition and reflection, penalizing intuitive thinking. The researchers then scanned the volunteers’ hands to measure their digit ratio. The results showed that men responded better than women to the CRT, even though those ladies with a more “masculine” digit ratio responded just as accurately as the men.

“We found an indication that prenatal exposure to testosterone predisposes people to a more thoughtful and less intuitive thinking. Moreover, this effect appears to be stronger among women,” says Manuel Antonio Espin, professor of Economic Theory and History at the University of Granada and one of the paper’s authors.



Intuition in Latino culture

Often, intuition or a “sixth sense” is considered a lower form of thinking. In a world ruled by male standards, the feminine (but not restricted to women) ability to know something without being able to explain it in a reasonable and logical way, causes many reactions.

But what happens within the Latino culture, one that is strongly connected with feelings and emotions?

In the [macho environment](#), female intuition is often considered superstition or even witchcraft. Fortunately, in communities or families where there are many women, to guide yourself by intuition is perfectly natural and even a sign of wisdom.

How to develop intuition

Intuitive thinking is a treasure to grow, not something you should be ashamed of. Being intuitive does not mean you are not intelligent. On the contrary, if you can develop your ability to think rationally while honoring your intuition, your ability to respond to situations and challenges in life increases dramatically.

Whether you are male or female, these tips will help you refine your “sixth sense”

Learn to listen: Intuition is an “inner voice,” a certainty that hits our stomach or head, a moment of lucidity. Do not turn off that subtle voice, because it is trying to tell you something. Listen!

Trust your gut: Intuition is often expressed through the [sensations in our body](#) so pay attention to how you feel. If something or someone makes you feel happy, safe or relaxed, that’s a good sign. If the feelings are negative (fear, alertness, rejection), your unconscious mind is probably alerting you of a difficulty or discomfort.

Beware of the signals: Pay attention to the coincidences, dreams, signs along your way. Trust that little inner voice whenever you have doubts or an unexpected situation shows up. Learn to trust your subconscious wisdom and watch where those signals take you.

Have fun! Give yourself permission to stop being rational, logical and correct (boring!) all the time. Overcome the fear of becoming someone irrational and overly emotional (that is, crazy). Instead, start considering your intuition as an internal compass that is on your side, and always keep in mind its messages, without always stopping to reason and reflect upon what could be one of your greatest assets!

SEE ALSO: [Men with higher levels of testosterone may be more honest](#)