

# TED TALK SPEECH

## The Power of Intuition: Why We Sometimes Understand People Without Words

Good morning everyone

Have you ever met someone for the first time and instantly trusted them  
Or maybe felt uncomfortable around them before they even spoke

It is strange how sometimes we understand people without words

A facial expression

A pause

A change in tone

Even silence can communicate emotions more clearly than an entire conversation

This invisible understanding is what we call intuition

Today I want to talk about why humans sometimes understand each other without words and why intuition may be more powerful than we realize

First humans communicate far more nonverbally than we think

Psychologist Albert Mehrabian became known for research showing that emotions and attitudes are strongly influenced by tone of voice and facial expressions not only by words themselves

This means people often trust what they see and feel more than what they hear

For example someone may smile and say "I'm fine" while their voice sounds tired and their eyes avoid contact

Immediately we feel that something is wrong even if they never admit it

Another example is during presentations or conversations

When someone looks nervous avoids eye contact or changes their posture the audience notices it immediately without explanation

Our brains naturally read body language facial expressions and tone every second

Psychologist Paul Ekman also discovered that humans can recognize emotions through facial expressions across different cultures around the world

This shows that understanding emotions without words is actually part of human nature

Second intuition is often connected to observation

Many people think intuition is magical or impossible to explain  
But sometimes intuition is simply the brain recognizing patterns before we consciously notice them

Our minds quietly collect small details:

- behavior
- habits
- reactions
- expressions
- tone of voice

For example maybe your friend suddenly becomes quieter than usual  
They respond differently  
They stop making eye contact

Even if they say nothing you begin to feel that something changed

Your brain already noticed the emotional signals before your conscious mind fully understood them

Scientists today even study emotional influence and nonverbal communication because humans unconsciously affect each other's emotions during conversations

Finally I believe modern life has made people ignore intuition

Today we spend more time looking at screens than looking at faces

We text more than we talk  
We scroll more than we observe

Although technology connects us digitally it sometimes disconnects us emotionally

Researchers studying online communication found that digital conversations remove emotional signals like tone facial expressions and body language which can lead to misunderstanding and emotional distance

That is why many people today feel lonely even while constantly communicating online

Maybe the problem is not that people stopped speaking

Maybe people stopped truly noticing one another

In the end intuition may not be something mysterious at all

Maybe it is simply the human ability to deeply observe understand and emotionally connect with others beyond words

Because sometimes the deepest things we understand are never spoken at all

Thank you