

Catch the trap, *answer it*.

Twelve common styles that turn a gut sensation into a verdict — and the shift that frees you. (1 of 2)

● All-or-nothing

SOUNDS LIKE

“One safe food left — everything else wrecks me.”

SHIFT IT

Find the grey. Most foods sit between ‘safe’ and ‘trigger.’

● Mental filter

SOUNDS LIKE

“A good gut day? I only remember the flares.”

SHIFT IT

Widen the lens. Count the settled hours, not just the bad ones.

● Catastrophising

SOUNDS LIKE

“This cramp means something is seriously wrong.”

SHIFT IT

Ask what’s likely, not what’s worst. A sensitised gut amplifies — it doesn’t diagnose.

● Overgeneralising

SOUNDS LIKE

“I flared here once, so I always will.”

SHIFT IT

Challenge ‘always / never.’ One flare isn’t a forecast.

● Disqualifying the positive

SOUNDS LIKE

“A calm week? That was just luck.”

SHIFT IT

Own it. A settled gut is your system regulating, not chance.

● Self-blame

SOUNDS LIKE

“My gut’s a mess — I did this to myself.”

SHIFT IT

Separate cause from blame. DGBI is a gut–brain signalling problem, not a failing.

Name the style. You don’t have to believe every thought your gut sends.

Six more *traps*.

The rest of the twelve — same move: spot it, then shift it. (2 of 2)

● Emotional reasoning

SOUNDS LIKE

“I feel bloated, so something must be damaged.”

SHIFT IT

A sensation isn't a diagnosis. Feeling it doesn't make it harm.

● “Should” statements

SOUNDS LIKE

“I should be over this by now.”

SHIFT IT

Swap 'should' for 'working on.' Recovery isn't a deadline.

● Jumping to conclusions

SOUNDS LIKE

“They think it's all in my head.”

SHIFT IT

You're mind-reading. Gut-brain is real and physical — ask, don't assume.

● Social comparison

SOUNDS LIKE

“Everyone else eats anything — what's wrong with me?”

SHIFT IT

Compare to your own progress, not their plate.

● Labelling

SOUNDS LIKE

“I've got a broken gut.”

SHIFT IT

Describe the state, not the identity: 'my gut is sensitised right now.'

● Magical thinking

SOUNDS LIKE

“If I worry about the meal, I'll react.”

SHIFT IT

A worry isn't a trigger. Prepare, don't predict.

Spot it, name it, shift it. The sensation is data — not a verdict.