

## ACTIVATING PERSONAL RESOURCES THROUGH INTERNAL INTUITIVE DISCOVERY: PSYCHOLOGICAL APPROACH AND EMPIRICAL ANALYSIS

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**Abstract:** *This article is dedicated to the psychological aspects and empirical analysis of activating personal resources through internal intuitive discovery. It thoroughly examines the theoretical foundations of intuition, its mechanisms, and psychological processes. The article explores the role of intuition in forming personal resources, including self-confidence, positive emotions, and inner strength. Based on a review of existing literature, intuition is defined as "knowing without conscious deliberation," and its three systems (analytic local, experimental local, and anomalous non-local) are discussed. Attention is also given to neuroplasticity and mechanisms for fostering positive psychological change. Empirical evidence and research methodologies highlight the complexity of studying intuitive processes, emphasizing the necessity of combining qualitative and quantitative approaches. The article underscores the importance of integrative, interdisciplinary approaches for understanding the link between intuition and personal resources, indicating future research directions and practical implications.*

**Keywords:** *Intuition, personal resources, psychological approaches, self-discovery, empirical analysis, neuroplasticity, job crafting, transpersonal*

The rapid change and complexity of the modern era impose new adaptive requirements on humanity. In these conditions, individuals increasingly feel the need to effectively activate and use their internal resources. While traditional rational approaches do not always solve all difficulties, the role of internal intuitive discovery in awakening personal resources is becoming the focus of discussion. Intuition, often defined as "knowing without conscious deliberation," is a powerful but little-studied form of knowledge accumulation and decision-making. Although the existence of intuition is widely recognized, its specific mechanisms and empirical evidence in the development of personal growth, well-being, and adaptive abilities have not yet been fully studied. The purpose of this article is to analyze psychological approaches to activating personal resources through internal intuitive discovery and to review existing empirical evidence. We will explore the theoretical foundations of intuition, its psychological processes, and its crucial role in developing personal resources, including self-confidence, positive emotions, and inner strength. We also emphasize the need for interdisciplinary cooperation, focusing on the methodologies of studying intuitive processes. The article aims to contribute to understanding

the importance of intuitive knowledge in personal development while also defining future research directions.

Analysis of literature on the topic

To understand the relationship between intuition and personal resources, it is first necessary to consider the theoretical foundations of intuition and its various manifestations. The transpersonal intuition model developed by Shapiro and Marx-Tarlow[1] can serve as an important foundation in this regard. They propose three interrelated systems of intuition: the analytic local system, which implies quick concepts and problem-solving in everyday situations; the experimental local system, which encompasses internal, personal, direct knowledge, such as flow states or creative expressions, and possesses true power that does not require logical explanation; and the unusual non-local system, which goes beyond ordinary time, space, and physical sensations, encompassing phenomena such as information transmission and interdimensional communication outside the body. In particular, the experimental local system is seen as the main mechanism of the internal intuitive discovery process.

The state of intuition in scientific research is much more complex and fragmented [4]. Different fields of science study intuition based on specific ontological and epistemological assumptions, which prevents the creation of a single, integrative interdisciplinary concept. Sinclair and Ashkanasy (2005) defined intuition as a "method of non-sequential information processing" with cognitive and affective elements, while Dane and Pratt (2007) considered it to be "emotional judgments." Nevertheless, these definitions have not yet achieved full conceptual integration.

Some researchers propose to understand intuition as a phenomenon of occurrence, proceeding from the paradigm of complexity, which helps to give a multi-level account of intuition from the individual to the collective level and facilitate communication between different research directions [4].

In Western culture, the preference given to material, scientifically proven concepts over less measurable aspects, such as emotional and mental health, has led to skepticism towards intuition [5]. It has been observed that only the connection of psychological states with biological causes gives them legitimacy. However, some studies and practices show that personal resonance can be more impressive than scientific proof. For example, the experience of one psychiatrist, who has been using intuitive tools for more than 35 years, shows that even for the most analytical individuals, deep personal insights conveyed through intuitive methods can have great credibility [5].

This emphasizes that the value of practices that enhance self-awareness, dependence, or clarity should be evaluated by the power of personal truth, regardless of scientific evidence.

The role of intuition in the activation of personal resources can be directly related to neuroplasticity and positive psychological changes. The "Growth 2.0" approach, proposed by Rick Hanson and his colleagues, emphasizes an active approach to socio-emotional learning. They criticize the limited outcomes of passive models due to the brain's tendency toward negative bias. Based on neuroplasticity, their research focuses on how individuals can actively engage experiences to stimulate positive neuroplastic changes and develop persistent internal forces such as enthusiasm, gratitude, and self-esteem.

Hanson's "Positive Neuroplasticity Training" (which includes the HEAL framework) involves a two-step process of "experiencing" a useful experience and then "fixing" it into the brain by "enriching" and "mastering" it[3]. Intuitive concepts can serve as a "useful experience" that initiates this process, encouraging a person to activate their internal resources.

A study on job crafting during the COVID-19 pandemic[26] demonstrates the importance of a bottom-up approach in developing personal resources and adaptation strategies.

. This study emphasized the importance of improving work in enhancing personal resources, including self-efficacy and positive emotions. Intuition can support this process by unconsciously guiding individuals to change work processes in accordance with their needs and resources. From this point of view, internal intuitive discovery helps a person to understand their unique strengths, needs, and values, which motivates them to consciously "improve" their lives and activities.

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