



American Expression E1071 It doesn't sit well with me

IOTS Publishing Team  
International Online Teachers Society  
Since 2011

The phrase "It doesn't sit well with me" is an idiomatic expression used to convey a feeling of discomfort, unease, or a sense of disagreement with a particular situation, statement, or idea. This saying is often employed when discussing something that doesn't align with one's personal values, beliefs, or sensibilities.

The imagery invoked by the phrase is that of a physical discomfort caused by ingesting something that doesn't agree with the stomach. This creates a vivid metaphorical representation of the emotional or intellectual discomfort experienced when encountering something that feels off or unsettling.

When someone says "It doesn't sit well with me," they are communicating that the subject under discussion evokes a negative emotional or intuitive response. This might be due to a moral conflict, a clash of values, a sense of incongruity, or simply a gut feeling that something is not quite right.

The expression is versatile and can be used in various contexts, ranging from personal relationships to opinions about societal issues or decisions in a professional setting. It allows individuals to express their reservations without needing to provide an extensive explanation immediately.

One of the strengths of this phrase is its succinctness. It encapsulates a complex emotional reaction in just a few words, making it a useful tool for communication, particularly when discussing sensitive topics or situations.

"It doesn't sit well with me" also recognizes the importance of intuition and emotional intelligence in decision-making. While rational analysis is valuable, our instincts and feelings also play a role in guiding us toward what aligns with our values and beliefs.

In a broader sense, the phrase highlights the significance of authenticity and staying true to oneself. By acknowledging when something feels off or uncomfortable, individuals are respecting their own emotional responses and signaling a need for further exploration or discussion.

In conclusion, "It doesn't sit well with me" is an idiomatic expression that elegantly conveys a feeling of discomfort, unease, or disagreement with a situation, statement, or idea. The metaphorical imagery it employs resonates with the way we perceive emotional and intellectual discord. This phrase encourages open communication, introspection, and an acknowledgment of the role that intuition and emotional reactions play in decision-making and interpersonal interactions.

#### Questions for Discussion

1. How does the phrase "It doesn't sit well with me" illustrate the significance of emotional intuition and discomfort in decision-making? Can you share a personal experience where you've used this expression to convey your reservations about something?
2. In what types of situations might individuals commonly use the phrase? How does it provide a concise yet impactful way to express their disagreement, discomfort, or unease with a particular subject?
3. The imagery of something not sitting well in the stomach is a strong metaphor for emotional and intellectual discomfort. How does this metaphor enhance the phrase's ability to convey complex feelings?
4. "It doesn't sit well with me" can sometimes be a starting point for deeper conversations about values and beliefs. How can this phrase encourage productive discussions and help bridge understanding between people with differing perspectives?
5. Have you ever encountered a situation where your initial discomfort was later validated by concrete evidence or information? How does this relate to the concept of trusting one's gut feelings and intuition?