



American Expression E1448 Feel it in one's bones

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"Feeling it in one's bones" is an idiom that describes a strong, intuitive, or deeply ingrained sense of knowing or awareness about something, often without the need for concrete evidence or logical explanation. It signifies a profound and visceral understanding or perception that goes beyond mere intellectual or rational comprehension.

The expression draws its imagery from the idea that our bones, as the structural foundation of our bodies, are an essential and intrinsic part of our being. Thus, when we say we "feel it in our bones," we imply that the knowledge or intuition is so fundamental that it resonates within us on a fundamental level.

When people use this idiom, they are describing a certainty or conviction about something that transcends the usual processes of reasoning or analysis. It's a sensation or insight that is often difficult to articulate but feels unquestionably true. This deep feeling can relate to a wide range of situations and experiences.

One common context for using this idiom is in matters of intuition or gut feelings. For example, someone might say, "I can't explain it, but I feel it in my bones that this is the right decision." This suggests that they have a strong inner sense or instinct guiding them, even if they can't provide concrete evidence to support their choice.

"Feeling it in one's bones" can also relate to physical sensations and experiences. For instance, a person might say, "I could feel it in my bones that a storm was coming," describing how their body reacted to subtle changes in the atmosphere, possibly due to changes in air pressure or humidity.

In relationships, this idiom can be used to describe a deep connection or chemistry between two people. For example, someone might say, "When I met them, I felt it in my bones that we were meant to be together." This implies a powerful and undeniable sense of compatibility and attraction.

In creative pursuits like art, music, or writing, artists might use this expression to describe a profound sense of inspiration or creative drive. They might say, "I felt it in my bones that I had to paint this picture," emphasizing the deep, instinctual need to create.

While "feeling it in one's bones" is often associated with positive or affirming experiences, it can also be used in situations of foreboding or apprehension. For instance, someone might say, "I felt it in my bones that something was wrong," indicating an underlying sense of unease or premonition.

In summary, "feeling it in one's bones" is a figurative expression used to convey a deep, intuitive, or instinctual sense of knowing or awareness about something. It goes beyond rational thought and intellectual analysis, representing a visceral and profound conviction that resonates within an individual. This idiom illustrates the power of intuition, gut feelings, and deep-seated beliefs in guiding our thoughts, decisions, and perceptions of the world around us.

Questions for Discussion

1. Can you share a personal experience where you "felt it in your bones" about something, whether it was an intuitive decision, a premonition, or a deep sense of conviction? What was the outcome, and how did this deep feeling influence your actions?
 2. In what areas of your life do you rely most on your gut feelings or intuitive senses, and how have these instincts served you well in the past?
 3. How do you distinguish between a mere hunch or passing feeling and a strong conviction or belief that you "feel in your bones"? Are there specific signs or characteristics that help you recognize this deeper level of knowing?
 4. Have you ever ignored a strong feeling in your bones and later regretted it? What did you learn from that experience, and has it influenced your approach to trusting your intuition?
 5. Can you provide an example from literature, film, or history where a character or individual had a profound sense of knowing something in their bones? How did this intuition impact the storyline or their decisions?
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