spirit of EQ

Emotional Intelligence · Enneagram · Spiritual Formation

SEQ Self-Reflection Guide

Spiritual Emotional Intelligence — Three Domains, Three Questions

This guide is not meant to be completed quickly. Sit with one question at a time, and resist the pull to move on before the question has finished with you. Let it sit a while in the quiet, before you reach for an answer — some of these will not resolve in one sitting, and that is not a failure of the exercise. That is the exercise.

I. AWARENESS

"What is my inner life actually asking me to notice right now?"

Set aside, for a moment, every performance and every assessment. Underneath what you are managing, underneath what you are presenting to the world, something is already present and has been waiting for your attention. A feeling that keeps circling back uninvited. A fear you have learned to keep quiet so it doesn't alarm anyone, including you. A longing you stopped naming out loud some time ago, for reasons that may no longer apply. What would honest attention to your own interior reveal, if you let it stay long enough to finish speaking?

Sit quietly for a few minutes first. Let the noise settle. Then write, without editing, whatever surfaces — even, and especially, if it surprises you.

II. BELONGING

"To what — or to whom — am I recognizing that I belong?"

Think of a relationship, a community, or a single unguarded moment in nature or in prayer, where you felt not merely included but genuinely held. What made that belonging possible — was it presence, was it being truly known, was it simply being let in without first having to perform or prove anything? Now ask the harder half of the question: where in your life right now do you feel furthest from that kind of belonging — not unwelcome, necessarily, just unheld? What is one small, honest step that might move you a little closer to it?

Notice what you resist in these two questions. The resistance is very often where the real work has been quietly waiting for you.

III. INSIGHT

“What do I already know that I have not yet let change me?”

In the SEQ framework, insight is integration — the slow, often inconvenient movement from understanding something to actually living differently because of it. Call to mind something you have known for a long time about yourself, your patterns, or your relationships: something true you have carried around without yet letting it move you anywhere. What has kept that knowing from becoming change? And what would it cost — and what would it finally free — to let it?

Write one concrete intention. Not a resolution — a direction.

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Peace and every good.