



spirit of EQ

Emotional Intelligence · Enneagram · Spiritual Formation

A Reflection Sheet

The Culture That Can't Hear No

These questions are not just personal. They are institutional. Sit with them as someone who both shapes and is shaped by the culture around you — because that is what every person in this conversation actually is.

The post names a 6% decline in global emotional intelligence between 2019 and 2024, driven by a culture that has “optimised away the inconveniences that create interdependence.” Where in your own life have you chosen the convenient version of a relationship or interaction over the one that required real presence?

Abba Poemen said the first act of love is to leave the other person free. Think of a relationship — personal or professional — where you are currently not leaving someone free. What would it actually cost you to change that?

The post argues that emotional intelligence without interior examination is just better-managed ego. Where in your own EQ practice — your self-awareness, your empathy, your conflict resolution — are you performing rather than genuinely practicing? What would the genuine version require of you?

What institution in your life — a workplace, a church, a family, a community organization — has not yet organized itself around the assumption that when someone says no, they mean it? What is one concrete thing you could do inside that institution to begin to change it?

The post ends: “Building a world that actually hears it is the work of every person in it.” What is your specific, particular piece of that work — not in general, but in the actual rooms you walk into this week?

A closing thought:

The dignity of another person is not yours to negotiate, regardless of the room, regardless of the relationship, regardless of what you want. That is not a cultural aspiration. It is the oldest moral claim in the tradition — and it is still waiting to be fully received.

Peace and every good.