



spirit of EQ

Emotional Intelligence · Enneagram · Spiritual Formation

A Reflection Sheet

No Means No — A Man Speaking to Men

These questions are not comfortable. They are not meant to be. The examined life requires the willingness to look at what we'd rather not see. Sit with these slowly, honestly, and without rushing toward a verdict on yourself.

Think of a specific moment when a woman said no — or signaled no without the word — and you either heard it clearly or failed to. What was happening inside you in that moment? Looking back now, what do you see that you didn't see then?

The post maps three Enneagram types — Three, Eight, Two — and the particular way each one can fail to hear a no. Which pattern feels closest to your own? What does your type's strategy tell you about why that moment is hard for you specifically?

Abba Poemen said the first act of love is to leave the other person free. Where in your life — not just in romantic situations but in any relationship — have you confused desire, need, or control with love? What would "leaving them free" actually cost you?

The post asks: who are you choosing to be in the moment when you hear the no? Not who you were — who you are choosing to become. What does that look like in practice for you, in the specific situations where you most struggle to stop?

Jim names what his failure cost the women involved — something he cannot give back. Is there someone in your own past to whom you owe an honest accounting, even if only in your own interior life? What does that reckoning ask of you?

A closing thought:

The kind of man who can hear a no and hold it and leave the room better than he entered it is not born. He is built — through exactly the kind of honest, uncomfortable, self-confronting work these questions are asking of you right now.

Peace and every good.