

# Relational Intelligence 101

## Filters and Façades - Part 3

### Why What You See & What You Refuse to Let Be Seen Is Destroying Your Relationships

April 25, 2021

Pastor Moses Khan

---

#### Scriptures

##### **Matthew 6:22**

“The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light.”

##### **1 Samuel 18:9**

And Saul eyed David from that day on.

#### Topic Introduction

We all have filters. Filters come from our background, culture, the colour of our skin and they come as a result of experience. Filters shape how we see, what we see, the decisions we make, the people we associate with—those we call friends and those who will never be friends, the neighbourhoods we move into and the neighbourhoods we reject.

They are a result of the environment we spent time in, who we were raised by, the people we admire, and those we fought with and disagreed. Our background, culture, genetics and so much more contribute to our filters. They are the consequence of how we see and how we interpret what we see; therefore, impacting how we behave.

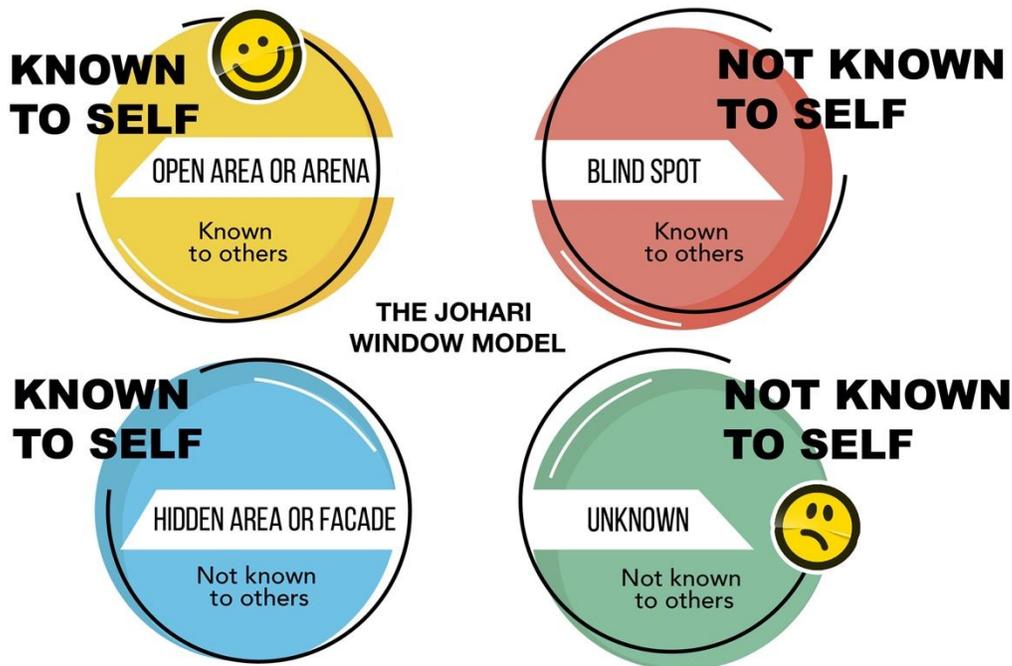
The result of this is two people with different experiences and different perspectives will filter the same situation in different ways.

#### Biblical Examples

- Saul and David
  - Backstory (1 Samuel 13-18)
  - David killed Goliath and was gaining popularity
  - “Saul has slain his thousands, David his tens of thousands” 1 Samuel 18:7
- Saul had filters that were destroying his ability to have healthy relationships and also his obedience
- Saul is upset even though David just helped him
- Saul becomes jealous of David even though he has more than David
- David solved Saul’s problem and instead of celebrating David, he develops contempt against David
  - I cannot celebrate you if I feel threatened by you
  - Insecurity will make you hostile toward people who are just trying to help you
- Saul’s filters cost him his relationships.

Some of the relationships that could bring the most value to your life are at risk because of your filters. We all have a little SAUL in us. Saul is a warning for us—do not let what you see and what you refuse to allow to be seen destroy your relationships. The secret to overcoming filters and façades is knowing and understanding ourselves better.

## Johari's Window



### Open (yellow)

The information about ourselves that we know, and others know. This is our open self. This area might be small at work but larger at home.

### Hidden (blue)

The information about yourself that you know but others do not know. This is your hidden self. Big with your coworkers. Smaller with your family. This is where you create façades.

Action: Tell

- Through exposure and bringing things to light we can shrink this area.

### Blind (red)

The information others know about you that you do not know about yourself. This is your blind self.

Action: Ask

- Through feedback we can shrink this area.

### Unknown (green)

The information you and others do not know about you. This information is only known by God. It is often discovered with experience, different seasons and trials.

Action:

- Through self-discovery and community, prayer and Holy Spirit.

### James 4:1

What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you?

It is easy to forget our flaws when we are so accustomed to living a façade. The real issue, James tells us, is that emotions and passions are at war within us. This creates filters and causes us to have unhealthy relationships.

This leads us to reflection.

## Reflection (Self)

- When you know what bothers you, you can take action to protect yourself and your mental health.
- Most of our issues do not come from other people bothering us, but us not having emotional protection. Guard your heart. What you let in, will determine what comes out.
- Filters do not just change how we behave but also what we believe.
- Examples:
  - Close friend dies – a non-believer: Do I keep believing that he is in hell or do I change what I believe? Most people change what they believe.
  - Homosexuality and other lifestyles: When they hit close to home, we do not just tolerate them, we let them change what we believe.
- This happens relationally
  - Conflict: You tried to resolve it and you lost the relationship and now you do not confront because confrontation is not seen as a tool but rather a threat to your relationships.
  - Toxic relationships: You ended up believing things about yourself based on how others treated you or you start seeing others differently (i.e. I am not good enough).
- Example:
  - Someone walks into the room and does not say hello to you and 50 reasons for why they did not greet you floods your mind.
  - You will take what is happening in the room or with someone else's mood and you will translate that into it being about you.

Reflection is the starting point. The first and most important person we should talk to is ourselves.

Important question: Can you have an unfiltered conversation with yourself without justifying or judging what you are feeling? Even if what you are feeling is not right, it is real – and is being filtered through what you are feeling. Instead of ignoring what you are feeling, ask yourself, “What is my heart trying to tell me?”

### **Reflection Leads to Discernment**

We cannot improve what we do not evaluate. Relationships will not improve without evaluation. How you handle your relationships will not improve without evaluation.

Discernment is important because our emotions can impair our judgement.

- Filters can get you to see what you want to see - you will see what is not even there.

You cannot have relational intelligence without reflection.

Emotionally tainted information is bad information. And you cannot make good decisions with bad information.

- Filters can misinterpret what happened, leaving you with information that is not true or only partially true.

How do we taint the information we process?

## Biases

Biases refer to how our internal thinking patterns affect how we understand and process information. They are a way of filtering experiences and the behaviours of others that cause us to be subjective rather than objective. We do not see the whole person; we end up seeing and focusing on a part.

### Confirmation bias

- To interpret actions and behaviours in a way that confirms what we already believe. With this filter: I do not look at what you did and ask, “why”, I look at what you did and say, “I was right!”
- So what happened? I believed something about you, and I look at your behaviour and heard your words in a way that confirm what I already believed.
- What you have convinced yourself of blinds you from clearly seeing what is in front of you.

### Malicious intent bias

- This is the tendency to always suspect people of malicious intent. Someone could say something neutral, but you hear from your filters and you conclude that their intentions were to hurt you or insult you.
- So it is not just that they did something bad, but that they meant to do something bad.
- This will get tiring for the other person very quickly because you are always suspecting them of bad intentions.

### Empathy gap

- Your emotional state inhibits you from understanding the other person because they are in a different emotional state than you.
- If you are always miserable then it is hard to celebrate with others who are happy.
- If you are always happy then it is hard to understand why someone is upset.
- It is not realizing how much your emotional state is influencing you.
- So rather than having a conversation that may help close the gap, usually what is said is, “I do not understand why you are always like that!” and it is usually left at that.

### Past pain

- Always filtering the present through past pain and negative moments or experiences from the past.
- Always focusing on what you lost that you fail to embrace what you have been given.
- This will wear you down.

### Familiar is better

- The tendency to hate change and to do anything to keep familiarity in your life—you have a hard time with change.
- Why should we do that? We have always done it like this.
- Taken to the extreme, it can cause you to be in a relationship that is harmful, but you stay because it is all you know.

### Ingroup bias filter

- When you have an ingroup that you show favoritism to even though it might hurt or harm people not in your group.
- Your favour is given to people who you have things in common with even if you do not know them well.
- This happens on many levels - culture, background, colour of skin, gender, people who have the same favourite sports team or share in the same political affiliation.
- Ingroup means there is an outgroup.

## Reactance

- To act or think differently than what you are told, even if what you are being told is good for you.
- This can happen because when you do not make the decision you do not feel free or in control.
- Children exhibit this all the time. This is why we have to use reverse psychology on them.

## James 3:17

But the wisdom from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, impartial and sincere.

This scripture is incredibly important to relational intelligence. This is true wisdom.

After reflecting on ourselves we need to examine others. We are not to judge others but to examine the fruit of that relationship.

## Evaluation (examining fruit)

Jesus said to deal with the log in your eye before dealing with the speck in the other persons eye. But Jesus never said not to deal with their speck. He said to deal with your own log first so that you would gain clarity on how to deal with their speck.

Put away your filters by examining the fruit.

Filters can cause you to be in relationships that are not good for you

- Convincing yourself you need someone who is hurting you
- Do you love them, or do you love your relationship with them?
- What happens when you use the word no?
  - Saying no will expose the fruit of the relationship.

Filters will cause you to put people in the wrong place

- Some friends should not be seen as advisors
- I have some friends that I would not go to for advice - not because I do not like them but because I know where they belong
- They are not bad; they just make for a bad advisor.

What lens am I using? What fruit am I ignoring?

Where am I emotionally and spiritually? Followed by: What do I need?

This will determine what relationship you need.

People who do not add value to your life, should not be getting the bulk of your time.

- What contributions are they currently making in my life?

## Galatians 6:7

Do not be deceived: God is not mocked, for whatever one sows, that will he also reap.

Most of us are frustrated because we are reaping what we chose to sow.

## Jesus & Filters

We talk on the same level we listen. Your hearing affects your speech.

### **John 9:1-5**

As he passed by, he saw a man blind from birth. And his disciples asked him, "Rabbi, who sinned, this man or his parents, that he was born blind?" Jesus answered, "It was not that this man sinned, or his parents, but that the works of God might be displayed in him. We must work the works of him who sent me while it is day; night is coming, when no one can work. As long as I am in the world, I am the light of the world."

- They did not attack the issue; they attacked the individual. "Who sinned, him or his parents"?
- Filter: If something is wrong with him, it must be his fault or his parents fault.
- So he does not just have his issue to deal with, but the shame and guilt you just threw at him, all because you were seeing through a filter.

### **Matthew 6:22**

"The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light,

The question is not, "Do you see well?" but, "Do you perceive well?"  
You can see but are you seeing correctly?

## Conclusion

- How are you with your filters and façades?
- Are you healing or hiding?
- Your personality and natural wiring do not exempt you from obedience. In other words, you cannot use who you are as an excuse to not be like Jesus.

What does your future look like with your current filters and how you handle relationships and conversations that involve emotions?

If you just continue filtering, and seeing things for the perspective that you see them, if you keep handling your relationships the way that you are handling them - what does your future look like?

Your relationship with your boss? Your relationship with your spouse? Your kids? Your relationship with your parents? Your relationship with yourself? With God?

Will it get better or burdensome?

Jesus exposes our filters and façades in order to deal with the real us. In order to heal us and make us whole so that we may have a healthy relationship with Him, ourselves, and others.