

SUMMER, 2025

WHAT YOU

EDITION

Don't See Can Harm You

How To Confront
Blind Spots

HOW TO FIX
BLIND SPOTS

*Blind Spots in
Relationships*

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Blind Spots - What You Don't See Can Hurt You

Blind spots aren't just on the road—they're in your life, too. Let's talk about something we all have—but rarely recognize.

They're the unhealthy patterns we've normalized. The people we keep around even though they drain us. The parts of ourselves we refuse to face, Blind spots in life are the things we can't—or won't—see about ourselves. They're hidden patterns, beliefs, behaviors, or emotional wounds that affect our decisions, relationships, and mindset... without us realizing it.

Think of them like the side mirrors in your car: even when you're moving forward, there are areas you can't see unless you intentionally check. It's easier to pretend they don't exist. A blind spot is that hidden area you can't see clearly, but it can still cause a crash. In life, blind spots show up as patterns we've normalized, pain we've buried, or people we've allowed in our space far too long.

Sometimes we call it “just how I am.” Other times, we pretend we don't see it at all.

But here's the truth: You can't change what you refuse to confront. And you can't heal what you're not willing to acknowledge. But ignoring it doesn't make it go away—it just makes the crash worse.

Blind Spots in Relationships

💔 **Blind Spots in Relationships: What You Don't See Will Show Up**
Sometimes the problem isn't who we love—it's how we love.

We all have blind spots in relationships—unseen habits, assumptions, or wounds that shape the way we communicate, connect, or shut down.

Maybe it's thinking that silence is safer than honesty.

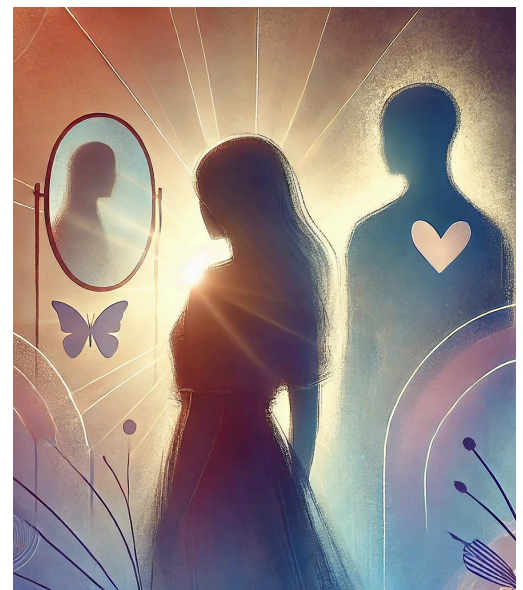
- Or believing you're not worthy of being chosen first.
- Or ignoring red flags because loneliness feels louder than wisdom.

These blind spots can cause us to:

- Overgive and under-receive.
- Stay in unhealthy cycles.
- Push people away while crying out to be loved.

But here's the truth: Unseen doesn't mean harmless.


Blind spots don't stay hidden—they always surface. In how we argue. In what we expect. In how we love... or don't.



Blind Spots in Relationships


1. Acknowledge You Have Them

Blind spots aren't a sign of failure—they're part of being human. Be honest with yourself: "I may not see everything clearly. And that's okay."

 Journal prompt:- Start writing it down. What patterns keep showing up in my relationships that I've ignored or justified?


2. Ask God for Revelation

Invite God into the areas you've been blind to. He's not here to shame you—He's here to heal you.

 Prayer: "Lord, show me what I've been missing. Help me see myself and others through Your eyes."


3. Look at the Fruit

Jesus said we know things "by their fruit" (Matthew 7:16). If your relationships are filled with anxiety, distance, or frustration, there's a root cause. Trace the fruit back to the root.

 Ask yourself: What do my reactions or relationships reveal about what I believe?

4. Get Feedback (With Humility)

Ask a trusted friend, mentor, or counselor: "Is there something I don't see about how I show up in relationships?"

 Blind spots are easiest seen in a mirror—and trusted people can lovingly hold that mirror up.

5. Challenge Your Old Beliefs

Sometimes the blind spot is a belief we formed in childhood:

- "I have to earn love."
- "I'll be abandoned if I speak up."
- "I don't deserve to be chosen."

Write it down. Then write the truth that replaces it.  Replace with:

- "I am loved without performing."
- "My voice matters."
- "I am worthy of healthy love."

6. Practice New Behavior

Healing requires action. Choose to respond differently than you used to—even if it feels unfamiliar.


Examples:

- Speak up instead of withdrawing.
- Say no without guilt.
- Stop over-explaining to feel accepted.

Each choice becomes part of your healing.

7. Give Yourself Grace

You won't get it perfect, and you don't need to. The goal isn't perfection; it's progress with awareness.

 Healing is a journey, not a one-time event.

STEP TO FREEDOM

HOW TO FIX BLIND SPOTS



Blind Spots in Day-to-Day Life

Interrupting others without realizing it

→ You may think you're just excited, but it can come off as dismissive.

Assuming your tone sounds kind

→ You believe you're being "direct," but others feel hurt or shut down.

Taking on too much and calling it "being strong"

→ You're overwhelmed, but you won't ask for help because you think you should be able to handle it.

Avoiding conflict and calling it "keeping the peace"

→ You're not solving problems—just sweeping them under the rug.

Always being the helper, never receiving help

→ You feel needed, but deep down, you might be afraid of being vulnerable.

Believing you're always the one giving more

→ You don't see how others are trying in their own way.

Reacting emotionally and thinking it's "just how I am"

→ That may be true, but it could be a wound talking, not your healed self.

Thinking "I'm fine" when your body is telling you otherwise

→ Fatigue, burnout, or tension are signs you're ignoring your emotional needs.

Blaming others for how you feel

→ It's easier to point outward than to examine inner triggers or expectations.

Assuming someone understands your silence

→ But they may be confused, not clear, because you haven't spoken your truth.

STEPS TO FREEDOM

STEP – 1

Slow down.

Self-awareness starts when we step back from the rush and take time to reflect, just like you check your blind spot before merging into traffic. A second look can save you from a painful collision.

STEP – 2

Pray for revelation. Ask God to expose what needs to be healed, shifted, or surrendered.

STEP – 3

Invite feedback.

Trusted voices can see what we can't. Humble yourself and ask, "What do you notice about me that I might not see?"

STEP – 4

Do the work.

Growth isn't instant—it's a journey. But every step you take out of blindness is a step toward your best life.

Blind Spots - What You Don't See Can Hurt You

Take a moment to identify some potential blind spots in your life.

Write them down below—and begin the intentional work of growing through them.

