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### **How others see you**

In episode “Mind reading 2.0: How others see you” of the podcast, Hidden Brain, they talk about what the people around us are actually thinking when they are interacting with us or are around us. The title caught my attention as I was reading different titles since we are always thinking about what the other person might think of us. Most of the time when talking to someone new or when I am among a new group of people, makes me wonder what they might think of me. I think it is not only me that faces this situation and sometimes it is ourselves the ones making us uncomfortable.

During the podcast, the host and the guest psychologist Erica Boothby talk about some experiences and tests she conducted to study how people react and what they might think when meeting or encountering new people. They talked about different experiments but the ones that caught my attention the most were strangers think that the partner is more interesting than themselves. This is not exclusive to one person, everybody goes through that which Dr. Boothby calls “The disliking gap”. In another experiment, she did with new college roommates, she found that it takes time for a person feels like the other person, it is not something fast. Everyone asks themselves if we are liked by other people. Dr. Boothby talks about her own experiences during graduate school and how she did not like some of her answers to some questions with her new classmates. Most of the time the judgment is just happening in our minds and not in other people's minds as we think. A lot of times our conversations are not as clear because we do not share information that would help to have better conversations.

In Luke chapter 6 verse 31 says: “as you wish that others would do to you, do so to them”. When we start to imagine what other people might think of us we should stop and think. Are we thinking that of ourselves because we would think that of others? We should not think badly of anybody, especially ourselves. We should know our value, Jesus knows how special we are and we should know that too. I think that we judge ourselves so hard because is the same as other people. Maybe by loving others and appreciating them more, we would stop judging ourselves.

In 1 Corinthians chapter 6 verses 19-20, “Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.” All of us have a body that is a temple of God, Why then bother thinking what others might think? The only opinion we should seek and care for is God’s. We are special and we should always be ourselves and at the same time try to glorify God.

In Matthew chapter 5 verse 16 says “In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.” We should try instead of worrying what other people might think of us, let's put our focus on God. Before we know it, we would not be getting worried about what other people might think but they would see the difference.

The Bible principles are not easy to apply to our lives. Everything that is worth fighting for, is not going to be easy. A lot of times we can not control our thoughts but we can control what we say and how we act. I found out that not saying or acting in a negative way, in way helps us to control what we think. There would be a lot of fighting with ourselves but if we pray and ask for help, it might be easier for us. By not thinking about others, we will not find ourselves thinking negatively and we could be happier. A lot of times our problems when trying to be social is our own self and that could be the worse enemy. We should think highly of ourselves, we are the temple of God. We are all temples, for that reason, we should not believe we are more or less than the rest of the people. If we think positively of ourselves and see everyone equally, there would be hardly any conflict between us. Once again, we should pray, ask, and maintain our bodies and minds to honor the name of Jesus. We should remember whenever we are having a hard time interacting with other people that we are temples of God and we should not think less of ourselves. We are equal in God's eyes. By praying and reflecting on God, we would improve the way we see ourselves, talk to others, and rather than us noticing that change, other people will notice.

In conclusion, we should remember next time when we are having doubts about ourselves, that the other person is thinking the same about himself. In order to avoid thinking about ourselves and judging ourselves so hard, we have to stop doing the same about others. The Bible tells us that we should treat others equally, if we do not want to feel judged, start by not judging others. We are the temple of God, we have high value so we should start thinking highly of ourselves but no more or less than others. Progress of character is not something we notice but rather others point out. Let us get closer to God through prayer.