



Using the
Enneagram
for Self-Awareness

Welcome!

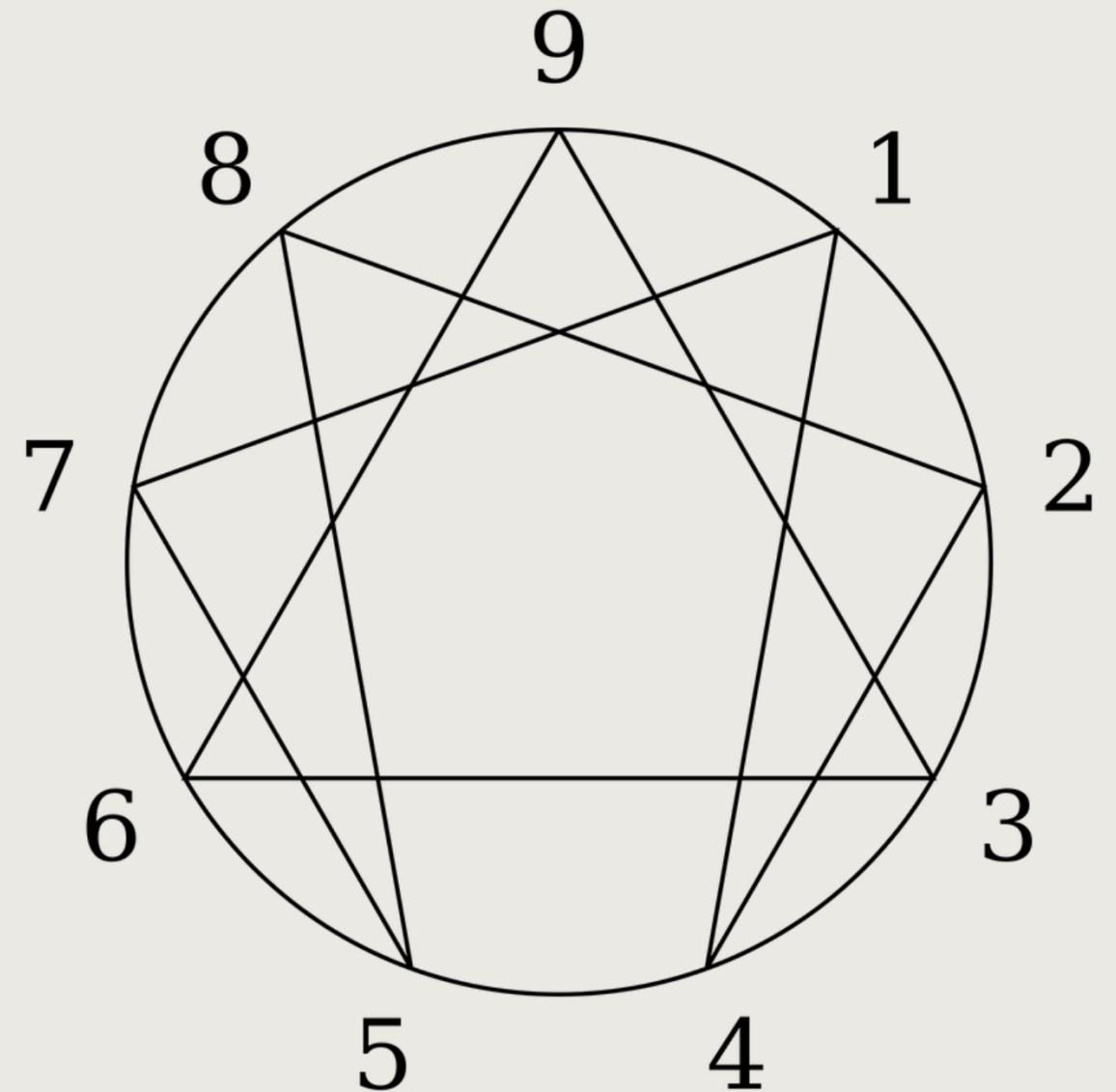


What is the Enneagram?

"ennea-" = nine "-gram" = drawing

This typing system describes nine basic human personality types. These descriptions are based on internal motivations, not external abilities or behaviors. We each have one core type that has many nuances based on the other aspects of the Enneagram system.

- core motivations
- triads
- wings
- levels of development
- arrows



The Purpose of the Enneagram

The focus on motivations allows people to develop self-awareness.

Definition: an awareness of one's own personality or individuality

- why you make certain decisions and choices
- what things upset you
- what your values are
- how you choose to spend your time
- who you spend time with

Why do you use the Gospel with the Enneagram?

"And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns." Philippians 1:6 (NLT)

I believe there is a God who created us, loves us, and has a plan for our lives. Once we sift through all the parts of our selves that the world has forced us to create, we can find the beautiful qualities and strengths God has given us.

Triads

Gut Center

Instincts and Intuition

Struggle: Anger

Desire: Justice

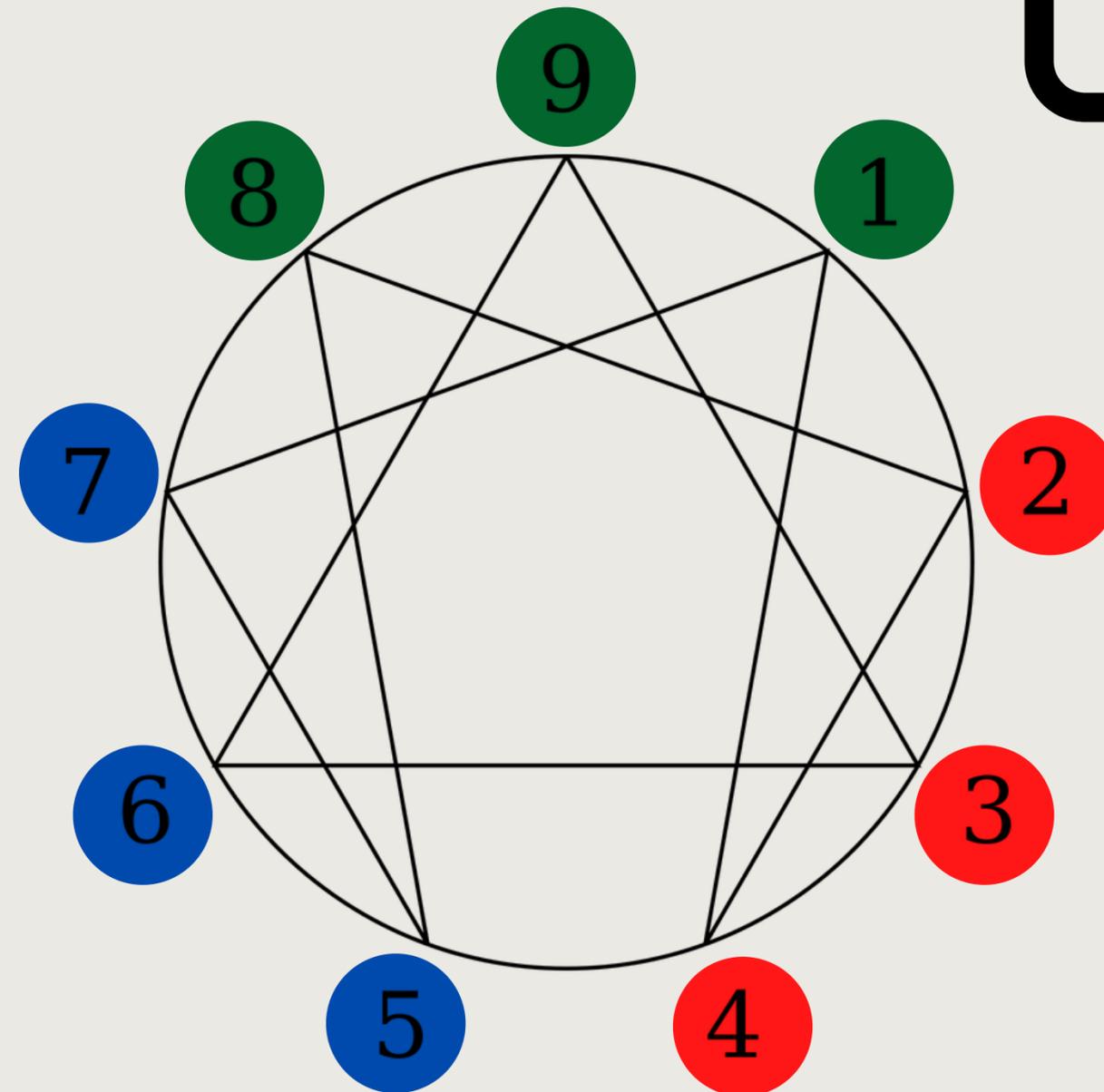
These are also called the Centers of Intelligence because they are how people do most of their decision-making.

Head Center

Thoughts and
Mental Analysis

Struggle: Anxiety

Desire: Security



Heart Center

Emotions and Feelings

Struggle: Shame

Desire: Significance

Triads

Gut Center

Instincts and Intuition

Struggle: Anger

Desire: Justice

Once you think you know which center you use most, you will be much closer to finding your core type!

Head Center

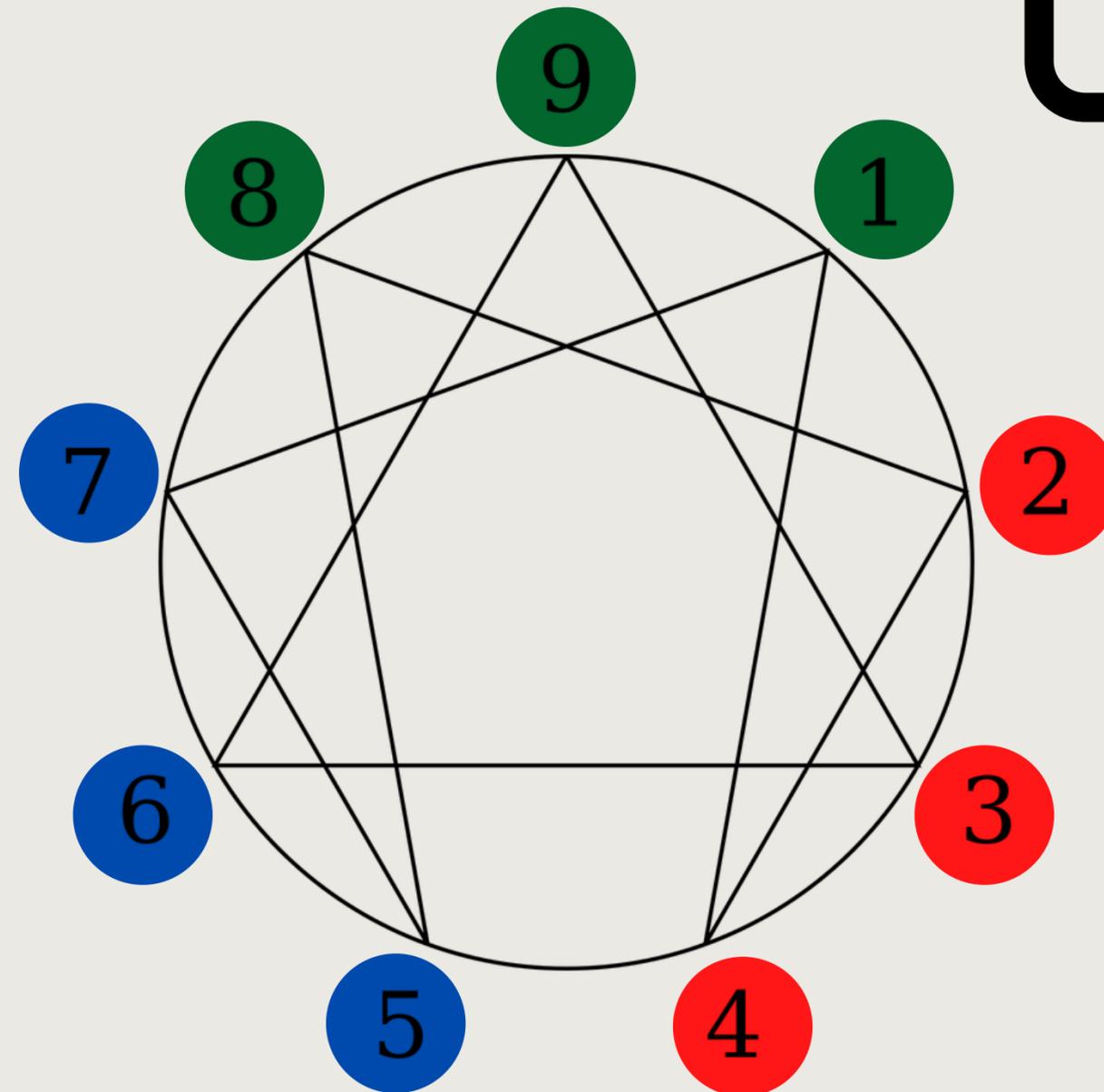
Thoughts and
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Heart Center

Emotions and Feelings

Struggle: Shame
Desire: Significance



Core Motivations

The core dynamics of the human heart can be described as four different motivations.

Core Fear

What a person is always trying to avoid or run away from

Core Weakness

What a person is always struggling with

Core Desire

What a person believes will fulfill life completely

Core Longing

The message that a person's heart is longing to hear

Overview of the Nine Types

Gut Center Type 8

instinct and intuition - anger - justice

Core Motivations

- FEAR: injustice; being weak, powerless, manipulated, controlled
- DESIRE: to protect self and trusted friends/family
- WEAKNESS: excess - need for intensity and control; need to assert themselves
- LONGING: "You will not be betrayed."

Summary.

Type 8s are confident, intense, and can accomplish any goal. They are assertive leaders who are effective at creating justice and protection for those they care about. Type 8s fear of being controlled makes them work harder to take control for themselves, especially of their emotions. They often struggle to be vulnerable and intimate in relationships because they fear betrayal.

However, Type 8s truly have a tender, caring heart.

When they surrender their need for control, God can assure 8s that He will not betray them. Then, 8s can lead with more compassion and seek justice for the innocent.

Gut Center Type 9

instinct and intuition - anger - justice

Core Motivations

- FEAR: being in conflict or shut out; being loveless or overlooked
- DESIRE: to have inner peace and stability
- WEAKNESS: sloth - an unwillingness to fully participate; unaware of personal needs
- LONGING: "Your presence matters."

Summary.

Type 9s are easy-going and patient. They have an inner calm, and they preserve that by seeking harmony in their relationships and environment. To reduce conflict, they withdraw their own feelings and needs to defer to the needs and preferences of others. This makes 9s passive, indecisive, and numb. They begin to lose their identity. They hide their anger and instead become passive-aggressive and emotionally unavailable. However, Christ reminds the Type 9s that they have a purpose in the world, and He helps them to see how they are valuable. They become peacemakers and bring about true harmony with others.

Gut Center Type 1

instinct and intuition - anger - justice

Core Motivations

- FEAR: being wrong, bad, corruptible
- DESIRE: to be right, virtuous; to have integrity
- WEAKNESS: resentment - repressed anger that leads to frustration with themselves, others, and the world
- LONGING: "You are good."

Summary.

Type 1s are responsible and always working to do what they believe is right. They feel the need to improve themselves, others, and the world. They struggle to believe they are worthy. Their intuition and need for justice creates an Inner Critic that drowns out any other voice. This makes it hard for them to take others' advice, and they become critical of others. Type 1s struggle with anger because they believe anger is "wrong." They try to control their anger, but it becomes resentment, instead. When they are aligned with Christ, though, their strong principles bring out the best in them and others.

Heart Center emotions and feelings - shame - significance

Type 2

Core Motivations

- FEAR: being needy, dispensable; unworthy of love
- DESIRE: to be loved and wanted
- WEAKNESS: pride - unable to acknowledge their own needs, instead insert themselves into other's needs
- LONGING: "You are wanted and loved just for being you."

Summary.

Type 2s genuinely seek to help others. Their hearts are finely tuned to understand what people need without being asked. However, they believe that they must serve others in order to be loved, so their selflessness turns into people-pleasing, and they pridefully deny their own needs. Type 2s will insert themselves into others' needs so much that they push people away, making the Type 2 feel hurt and unwanted. When Type 2s believe that Christ loves them unconditionally, they can serve others with true selflessness and humility.

Heart Center emotions and feelings - shame - significance

Type 3

Core Motivations

- FEAR: failure; being incompetent, inefficient, exposed, worthless
- DESIRE: to be valuable, admired, respected
- WEAKNESS: deceit - believe they are only the successful image they present to others
- LONGING: "You are loved and valued for being yourself. You do not need to achieve my love."

Summary.

Type 3s are ambitious and adaptable. However, they believe they only have value when they are successful, so they hide their true selves from the world. 3s can seem like very different people when they are in different situations because they instinctively know how to match the emotions and actions of those around them. They struggle with self-concept and comparison. However, when they believe that they do not have to earn Christ's love, they can work to build others up, instead of just themselves. Their confidence and enthusiasm becomes contagious, not overbearing.

Heart Center emotions and feelings - shame - significance

Type 4

Core Motivations

- FEAR: being emotionally cut-off; being inadequate, plain, flawed, insignificant
- DESIRE: to be unique; to be authentic
- WEAKNESS: envy - feel that they are missing something that everyone else has
- LONGING: "You are seen and loved for exactly who you are - special and unique."

Summary

Type 4s are especially aware of their emotions and have the ability to navigate a wide range of emotions without becoming overwhelmed. They seek to understand themselves and the world. However, they feel they are missing a fundamental attribute. They don't know what is missing, but they feel that if they could find it, they would become their ideal self. Instead, they battle self-hatred and envy of others. In relationships, 4s can become demanding and volatile so that they appear self-absorbed. When 4s allow Christ to fill the missing piece in their hearts, they have a unique ability to connect with others and offer emotional support.

Head Center Type 5

thoughts and mental analysis - anxiety -
security

Core Motivations

- FEAR: being incapable, ignorant; feeling obligated; not existing
- DESIRE: to be capable and competent
- WEAKNESS: avarice - feel they lack inner resources, so they withhold themselves from others
- LONGING: "Your needs are not a problem."

Summary.

Type 5s are observant and inquisitive. They are objective and wise. However, they find the world to be overwhelming. They feel they have limited energy, so they close themselves off from others to prevent obligations from draining them. Not wanting to intrude on others, they refuse help. All of this strains the 5s relationships. 5s feel they cannot interact with the world until they have collected enough knowledge and resources meet the challenge. When 5s believe that Christ fulfills their needs, they learn that they can be more generous and share their wisdom with others.

Head Center Type 6

thoughts and mental analysis - anxiety -
security

Core Motivations

- FEAR: fear; being without support; being blamed or abandoned
- DESIRE: to have security, support, guidance
- WEAKNESS: anxiety - constant apprehension, worry, predicting outcomes
- LONGING: "You are safe and secure."

Summary

Type 6s are hardworking and loyal in relationships. However, they find life to be unpredictable, so they become hyper-vigilant to protect their relationships and gain security. They are characterized by self-doubt. Type 6s have an Inner Committee in their minds that makes them feel unable to trust themselves, frequently asking "but what about this?" This uncertainty creates anxiety and a need for support. When they are struggling with this, they become suspicious of others and doubt their relationships. However, when they trust God to take care of their fears, they develop courage and can rest in His peace.

Head Center Type 7

thoughts and mental analysis - anxiety -
security

Core Motivations

- FEAR: feeling deprived or limited; trapped in emotional pain; missing out
- DESIRE: to be happy, satisfied, content
- WEAKNESS: gluttony - insatiable desire for experience and stimulation
- LONGING: "You will be taken care of."

Summary.

Type 7s are positive, optimistic people who enjoy new experiences. 7s keep themselves busy to avoid pain when life gets complicated, sad, or boring. They often reframe painful situations instead of working through them. 7s struggle to enjoy the present moment and are afraid they will never get what they really need. They can become unreliable and flaky and have difficulty processing emotions. However, when 7s trust that God is capable of fulfilling their deepest longings, they become more grounded, understanding, and considerate. Their creative energy becomes an inspiration to others.

Knowing Your Type

This is a practice of self-observation that takes time.

- Focus on the Core Motivations of each type.
- Notice which Center of Intelligence you use to make decisions.
- Don't get hung up on your behaviors. All nine types exhibit the same behaviors, just for different reasons.

How Can this Help Me Grow?

Learning your core type makes you aware of your shortcomings. This is hard!

"I did then what I knew how to do.
Now that I know better, I do better."
- Maya Angelou

Learn to recognize the parts of yourself that are defenses against the world and the parts of yourself that are attributes from God.

"For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made.
Wonderful are your works; my soul knows it very well."
Psalm 139:13-14

How Can this Help Me Grow?

Make a conscious effort to be aware of your motivations and reactions.
Own up to what you are doing, and take ownership of the gifts God has given you.

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How Can this Help Me Grow?

Make a conscious effort to be aware of your motivations and reactions. Own up to what you are doing, and take ownership of the gifts God has given you.

Observe

Take note of your reactions without explaining or justifying

Welcome

Receive your experience with openness and without judgment

Name

Identify your underlying motivations

Untangle

Loosen and relax the source of the strain

Possess

Notice and receive what new thoughts and actions emerge.

What is one way you
want to grow?

Take the Fast Track!

Sign up for a FREE consultation today!

Coaching Sessions for Individuals and Couples

- Identify - a typing session
- Develop - use your type for growth and self-awareness
- Integrate - use your type to set and accomplish goals

Individual Pricing

- single session - \$110
- bundle Identify & Develop - \$600

Couples Pricing

- single session - \$160
- bundle Identify & Develop - \$900

Discount Code



valid through April 5, 2021

Q & A



Thank you!