



Module 3

The Enneagram



Introduction...

- We've been exploring emotions and feelings – in this module we are going to step back and put this in the wider context of how we relate to the world
- Some people been finding working with their emotions challenging – this module should help put things in more context



Enneagram intro...

- The Enneagram is a model of 9 different personality types
- A lot more info in the pre-course materials to CT 1
- Model of the world – we do not see the world as it is, we see our projections of it



What is your model?

- The Enneagram gives an amazing model to help understand how both you and others see the world
- We are looking at types *in* people, rather than types *of* people
- It is really helpful to try on different models and see how the world would be from that perspective
- In this module we are going to focus on the crux of each enneatype, and so less of the “positive”!



Enneatype 1

Perfectionist

- There is a right way and a wrong way
- Life is about being on the right side of the equation
- Judgmental of themselves and others
- “Bad” emotions get pushed into the shadow

Areas to focus: embrace the shadow and that which is “imperfect” in self and others



Enneatype 2

Helper

- Relate to the world through other people
- Desire to be seen as loveable, “there for others” and will override their own feelings in order not to disappoint
- Tend to lose themselves in the merging, and then put unrealistic expectations on others

Areas to focus: staying in contact with self and to learn to look inside rather than outside



Enneatype 3

Achiever

- You are loved for what you do not who you are
- How things look to the outside is more important than how they actually are on the inside
- Driven to achieve constant moving goals in the future, rather than being settled and grounded in the present as it is here and now
- Always on the go and doing – human doing rather than human being

Areas to focus: penetrate the images, slow down, and feel what is behind the image presented to the world



Enneatype 4

Romantic

- Feeling intense emotions is at the core of everything
- Tend to be in touch with a “longing” for something that is always missing
- Critical to be “seen” and understood – not the same as being agreed with
- Feel most alive when they are lost in drama and emotional intensity

Areas to focus: acting and dramatising emotion is not the same as really feeling it, separating from the mental stuff feeding emotions, and clarify what is really going on



Enneatype 5

Observer

- Relate to the world through knowledge and ideas
- Get lost in needing to know and understand, rather than feel and experience
- Strong drive to be self-sufficient and preserve what appear to be limited resources (emotionally, financially, etc)

Areas to focus: learn to feel feelings, loosen overly mental focus and come “closer” to the world



Enneatype 6

Questioner

- Strong tendency towards fear and anxiety
- Fundamental belief that the world is not a safe place
- Can also flip to counter-phobic, so oscillate between hiding from fear and facing it

Areas to focus: developing inner feeling of holding and safety, grounding in body, connecting with true strength



Enneatype 7

Adventurer

- Move away from negative feelings and towards positive
- Always looking to the next adventure and positive things in the future
- Avoid feeling difficult feelings and emotions, instead get caught up planning and focusing never ending list of new things to experience

Areas to focus: keeping it simple, learning to stay with difficult feelings, reigning the impulse towards adventure



Enneatype 8

Controller

- Need to feel and be seen to be strong and in control of self and others
- Avoid inner feelings of weakness and powerlessness
- Tends towards feelings of anger, especially when not feeling strong and in control

Areas to focus: allowing feelings of weakness and vulnerability, give other people more space, not acting out feelings of anger



Enneatype 9

Peacekeeper

- Driven by the need to listen to everyone's feelings and viewpoint, and harmonize with them all
- Lose themselves in others and find it very hard to know their own truth
- Afraid of their own anger as well other peoples

Areas to focus: listening to own feelings, expressing them, and ensuring they are heard



Homework

- Spend some time “sitting” with each of these maps of the world
- More important to get a feel for your own model of the world than to have the “right” label for it
- Spend some time considering how this relates the key people in your life, and also how you relate to their model of the world
- Get your questions ready!!