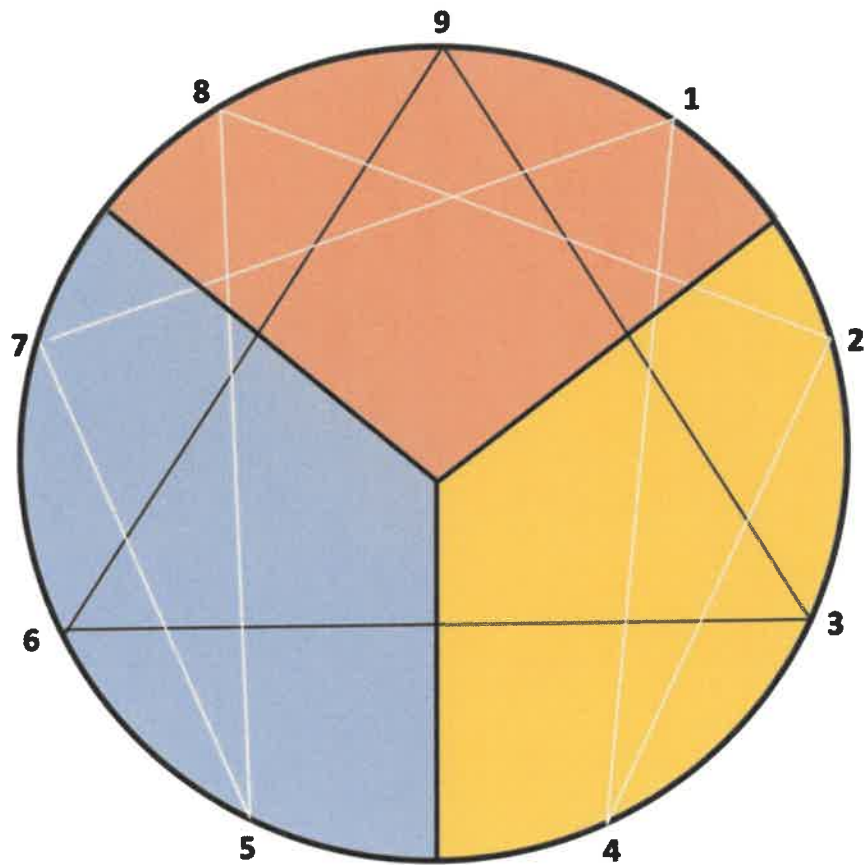


Enneagram Sessions



CONNECTIONS CHURCH - STATESBORO

TRIADS

STANCES

EXTRAS

Things an Enneagram Would Never Do
His Grace is Enough When...
How to Love Me Well
Speaking Styles

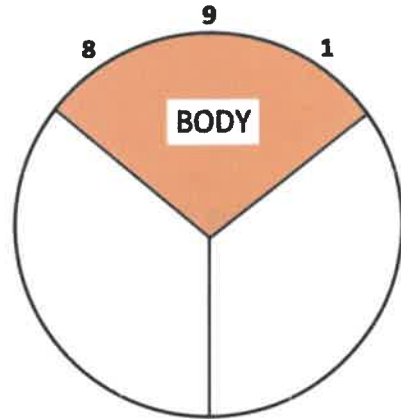
ENNEAGRAM TRIADS

GUT/BODY TRIAD -RELATIONSHIP TO ANGER

- 8 - Natural Emotional Expression
- 9 - Buries It and Then It Appears Passively
- 1 - Displays as Frustration or Annoyance

Justice-Seekers

- Desires Control of One's Environment
- Makes Decisions Based on Gut Instinct
- Focused on Taking Action or Inaction

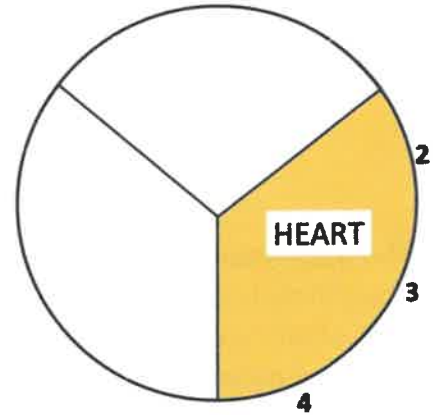


HEART TRIAD – RELATIONSHIP TO SHAME, ALL CREATE AN IMAGE OF:

- 2 - Being Likeable, Generous, and Helpful
- 3 - Being Confident, Successful, and Charismatic
- 4 - Being Unique, Special, and Different

Creates Significance

- Relates to Other People Emotionally
- Experiences Sadness for Not Fully Being Who They Are
- Cares What Other People Think of Them

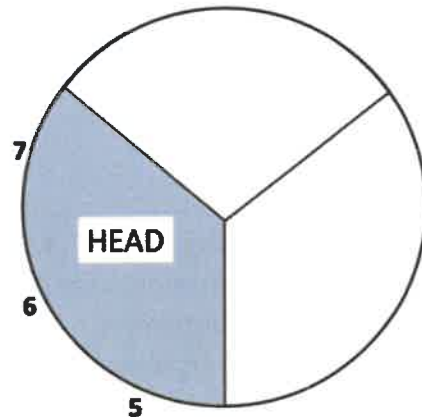


HEAD TRIAD -RELATIONSHIP TO FEAR

- 5 - Fears Being Intruded on and Expending Energy
- 6- Fears Fear Itself and What Could Go Wrong
- 7 - Fears Being Limited or Held Back

Desires Security

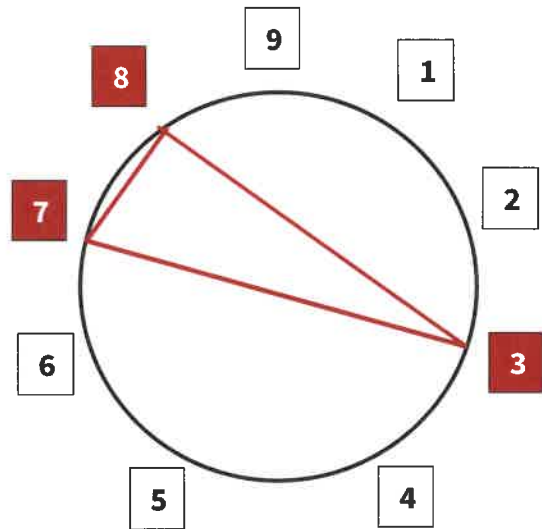
- Spends time thinking and processing
- Enjoys planning
- Likes to Research Things and Generate Ideas



ENNEAGRAM STANCES

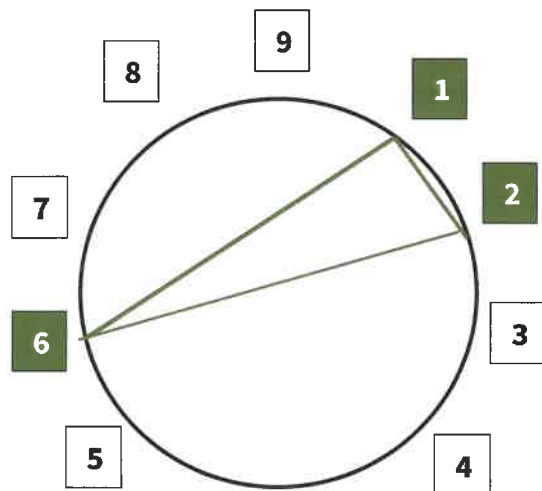
The Aggressive Stance (3, 7, 8):

These people are happy to be in charge of others; they put their agendas first. They can be seen as moving against others.



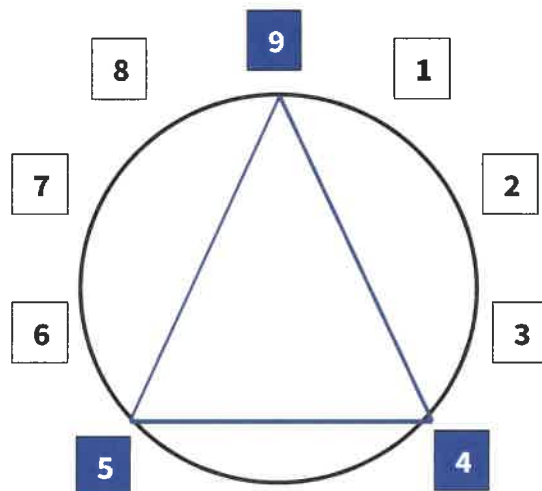
The Dependent Stance (1, 2, 6):

These people are very concerned with others' expectations; they are loyal and dependable. They can be seen as moving toward others.



The Withdrawing Stance (4, 5, 9):

These people are slow to act; they may be shy or introverted. They can be seen as moving away from others.



Things an Enneagram Would Never Do...

TYPE 1

Not do something right the first time
Go to the grocery store without a list
Break the rules
Be quiet about their opinion

TYPE 6

Jump into something without thinking it through
Be anything but a realist
Make a decision without consulting with others
Go into something completely unprepared

TYPE 2

Not respond to a text message
Forget someone's birthday
Be okay without a "thank you"
See a need and look away

Dependent Stance

TYPE 7

Have a boring job
Tell a story in a linear sequence
Stay in when their friends are going out
Turn down an invitation

Aggressive Stance

TYPE 3

Leave a task unfinished
Complete a large project and tell no one
Think that someone else does it better than them
Start something they knew they weren't good at

TYPE 8

Beat around the bush
Be quiet about their opinion on something
Easily relinquish control
Pretend they like you if they don't

TYPE 4

Have surface level relationships
Exactly what someone else is doing
Run away from negativity
Throw away old photos or memorable items

Withdrawing Stance

TYPE 9

Start a debate
Confront someone face-to-face
Decide something immediately
Cut someone off when they're speaking

TYPE 5

Miss an opportunity to tell you that they know something
Jump into something without researching first
Start small talk with a stranger
Throw a huge party

GUT/BODY TRIAD
HEART TRIAD
HEAD TRIAD

HIS GRACE IS ENOUGH WHEN...

TYPE 1

- I'm not.
- The plan fails.
- Past mistakes come back to haunt me.
- I'm not sure I believe that He has plans to prosper and not harm me.
- I didn't have "Stellar" day.
- The plan fails.
- I don't feel like I've worked enough to deserve it.
- My to do list and work seem overwhelming.
- I feel helpless/hopeless in the face of injustice.
- I haven't extended grace to others.

TYPE 2

- I feel lonely.
- I feel like I failed someone.
- I can't take care of myself.
- I'm still learning to accept myself.
- I try to take the reins of caring for others and reject His love because I think I'm unworthy.
- I can't take care of everyone else.
- I have nothing to give.
- I'm crying on the bathroom floor and feel like I can't get up.
- I lose a friendship and feel rejected.
- I don't feel like I'm doing enough.

TYPE 3

- My life plan isn't mapping out.
- I'm confused and discouraged.
- I don't finish a task.
- I don't get it right and hurt others.
- I don't get through all the tasks on my list for the day.
- Depression sidelines me.
- All my friends are getting married and I'm still single.
- I feel like I can do more.
- I fall short and don't meet the expectations I set for myself.
- I struggle to believe I don't have to work for it.

TYPE 4

- I feel overwhelmed by the pain of the world.
- It seems like no one really likes me.
- I feel like things should be different.
- I feel like I'm not enough.
- I feel like a terrible person and I am a mess.
- Things seem chaotic.
- I make the same mistake.
- My emotions are all out of balance.
- It feels like the world is one step ahead of me.
- He throws you a curveball and you're really scared to catch it.

TYPE 5

- I am overwhelmed with the unknown.
- The bank account number is low.
- I don't think I know enough to pursue something new.
- I am emotionally overwhelmed and want to just "turn it off".
- I can't comprehend it.
- I feel unqualified.
- I have more questions than answers.
- I get stuck in overthinking.
- My budget is in the negative (sending my anxiety through the roof).
- Everything that could go wrong does.

TYPE 6

- My anxious mind tells me every reason it's not going to be okay.
- I fail in my head so I don't follow through.
- I don't understand why.
- I have a hard time giving up control.
- I get more concerned about what others think of me than what He thinks of me.
- I am lacking in trust.
- I feel like the world got flipped upside down.
- Everything that could go wrong does.
- I'm simply crossing off a checklist unmotivated and not passionate.
- Someone near me is sick.

TYPE 7

- Pain feels inescapable.
- I feel like quitting.
- I can't process it.
- The world shuts down and I can't escape.
- Sorrow is starting to invade the space your joy sits.
- I don't allow my feelings to move me towards Him.
- I can't be present.
- I am not full of joy.
- I am sad.
- I feel utterly alone.

TYPE 8

- I can't fix everything around me.
- I am weary from the never-ending fight for truth and justice on this side of the glory.
- I am too weak to shelter and protect others and myself.
- I try to control everything and not let Him lead.
- All I can do is pray.
- I am not strong enough for those I love.
- I'm struggling in my friendships.
- I accidentally snap on someone.
- I feel like I can't live up to expectations.
- I'm angry.

TYPE 9

- I feel insignificant and small.
- It takes me time to muster up energy for the task at hand.
- I'm not as far as I feel I should be.
- I forget my purpose/worth.
- I'm feeling stuck and not making progress.
- I find myself trying to return to old habits.
- I try to numb my feelings rather than taking them to the Lord.
- I don't stick to the plans I've made.
- My fears are greater than I can count.
- I let someone down.

HOW TO LOVE ME WELL

TYPE 1

- Take your share of the responsibilities, so I don't end up with all the work.
- I'm very hard on myself, so reassure me often and tell me that I'm doing good.
- Let me know when you value my advice.
- Be as fair and considerate as I am.
- First, listen to my concerns, then help me lighten up by having fun.

***"Above all, love each other deeply because love covers over a multitude of sins."
1 Peter 4:8***

TYPE 2

- Let me know the specific things you appreciate about me.
- Take a real interest in my problems, even though I will try to focus the attention back to you.
- Tell me I am important to you and what you love about me.
- If you need to point out something negative, please be gentle and say a few affirming things. I am sensitive to criticism.
- Enjoy sharing fun times with me.

***"I have loved you with an everlasting love; Therefore, I have drawn you out with kindness."
Jeremiah 31:3***

Type 3

- Tell me that you like being around me.
- Let me know how proud you are of me and my accomplishments.
- Please don't interrupt me while I am working.
- Give me honest by not excessively critical or judgmental feedback.
- Help me keep my surroundings harmonious and peaceful.

***"I urge you to walk in a manner worthy of the calling with which you have been called, with all humility and gentleness, with patience, bearing with one another in love."
Ephesians 4:1-2***

HOW TO LOVE ME WELL

TYPE 4

- Give me plenty of compliments. They mean a great deal to me.
- Help me love myself and see my significant value.
- Respect my unique abilities in having good intuition and vision.
- Please realize that I may not want to be cheered up when I am melancholy.
- Don't tell me that I'm too sensitive or overreacting.

“Neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.”
Romans 8:39

TYPE 5

- Be independent and not clingy.
- Speak briefly and straightforward.
- I need a lot of alone time to recharge my energy and process my feelings and thoughts.
- Please understand that my need to recharge alone is not a sign that I do not like you. I recharge so I can rejoin and participate again.
- I don't like surprises, intrusions on my privacy, too many emotions, needy people and obligations.

“See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!”
1 John 3:1

TYPE 6

- Be direct and straightforward with me.
- Listen to me carefully and please don't judge me for my anxiety.
- Reassure me that everything will be okay and show me that you support me.
- Laugh and make jokes with me.
- Acknowledge that I am loyal, responsible and supportive.

“There is no fear in love, but perfect love casts out fear.”
1 John 4:18

HOW TO LOVE ME WELL

TYPE 7

- Give me companionship, affection and freedom.
- Engage with me in stimulating conversations and laughter, and be enthusiastic and spontaneous with me.
- Listen to my stories and grand visions.
- Accept me the way I am. I don't like to be told what to do or be restricted.
- Please remind me to "savor" the present moment since I am typically looking forward to the next exciting event.

"So now faith, hope and love abide, these three but the greatest of these is love"
1 Corinthians 13:13

TYPE 8

- Stand up for yourself and for me.
- Be confident, strong and direct.
- Notice that I am tender and have a vulnerable side behind my strong exterior.
- Acknowledge the contributions that I make but don't flatter me.
- I often speak directly and assertively. Please don't automatically assume it is a personal attack against you.

"Love does not delight in evil but rejoices with the truth. It always protects, always trust, always hopes, always perseveres. Love never fails."
1 Corinthians 13:6-8

TYPE 9

- Be patient with me, and don't rush me.
- Tell me and show me that my presence matters.
- When I speak, I can meander, so it means a great deal when you listen until I am finished talking. This shows me that what I have to say is important to you and that I matter.
- I enjoy discussions but dislike confrontations.
- I tend to focus on others so take the time to focus on me.

"And above all these, put on love, which binds everything together in perfect harmony."
Colossians 3:14

SPEAKING STYLE BY TYPE

AT YOUR BEST, YOUR COMMUNICATION STYLE IS...		BE AWARE, THAT SOMETIMES YOUR COMMUNICATION COMES OFF AS...
TYPE 1	Precise, Direct, Clear and Oriented Towards Fairness and What Is Right	Too Detailed, Critical, Legalistic or Closed Minded.
TYPE 2	Friendly, Demonstrative, Focused on Others, Supportive and Quick to Give Guidance	Intrusive, Nagging, Overly Helpful or Manipulative.
TYPE 3	Diplomatic, Engaging, Outcome-Focused, Fast-Paced and Confident	As Insensitive, Impatient, Restrictive and Concerned with Your Personal Agenda.
TYPE 4	Expressive, Personable, Introspective, Oriented Towards Possibilities	Moody, Self-Absorbed, Unsatisfied, Emotionally Intense and Dramatic.
TYPE 5	Content-Focused, Objective, Articulate, Observant and Analytical	Insensitive, Aloof, Lacking Compassion and Distant.
TYPE 6	Thoughtful, Concerned, Engaging, Supportive and Information-Oriented	Overly Concerned, Contrarian, Anxious, Controlling and Pessimistic.
TYPE 7	Fast-Paced, Energizing, Visionary, Enthusiastic and Optimistic	Scattered, Self-Absorbed, Indifferent to Others' Input and Prone to Make Excuses.
TYPE 8	Direct, Authoritative, Energetic, Confident and Justice-Oriented	Confrontational, Intense, Intimidating, Controlling and Oppositional
TYPE 9	Easy-Going, Friendly, Non-Confrontational, Receptive and Inclusive	Passive, Indecisive, Absent-Minded and Unclear About One's Direction or Position.