

THE
ENNEAGRAM
+ MARRIAGE
WORKBOOK

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Everyone wants to be understood, whether you're married or single. You want people to be able to put themselves in your shoes and meet you right there...

We don't have to be Type 4 idealists to want this...

We ALL have the desire to be known and to be loved just as we are. This is a human, God-given quality....

And let me remind you of this, you are indeed loved by God this way...

It's just that sometimes we want to be loved by another human like this, not just God, naturally...

And even as we try SO HARD to make up for it with our culture's leaning toward social media 24/7, there's STILL a pervasive increasingly lonely quality encroaching upon America in recent years.

In fact a Psychology Today study highlights that loneliness has pervasively doubled in our culture. I'm keeping this in mind, knowing YOU downloaded this workbook not only to understand your relationships better but also to help you to feel more connected with your people...

Maybe even to help you find a person that would suit you and make you feel that human safety over again or for the very first time.

If you're married, this guide will help you to relate better with your spouse and to understand how loved and special you are also. How?

This, my friend, is where the Enneagram comes in.

I love using this tool more than all of the others I've learned in my graduate degree and all of the marriage trainings and studies I have done over the years. Why?

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Because it's obvious almost from birth that babies have different personalities from one another. By the time we're full-grown adults it's more than obvious. Some are introverted, some love being together 24/7, others are wild and free spirited while others prefer things very straight-laced.

Why is this?

Well, obviously the world is a HUGE place and we need inter-working parts that can each carry their gifts to different parts of the world to create more scientific and human richness and harmony.

If you're spiritual you may have ready Scriptures about how we're called the Body of Christ for a reason, and we need all the parts working well together to thrive.

Guess what that means? When you do well, I do well, and vice versa. We all bless each other! It's exciting when we grow but it's also very exciting when other people grow! That's one reason why I've loved dedicating my life's work to the mental health and coaching fields.

I just love helping people to thrive, it brings me great joy! I feel really happy when my family and my clients (who are often like my family) are growing! Just to be a part of that, wow!!

So I'm excited for you now too! You're just joining this group of intentional people working on their marriage and using the Enneagram and other great marriage tools to do so...

BUT FIRST, WHAT IS THE ENNEAGRAM, ANYWAY?

The Enneagram is a personality typing tool that's been studied and created to help us understand the human species better. Each personality is simply numbered 1 through 9. Similar to MBTI (also known as the Myers-Briggs Type Indicator) and the Keirsey temperament sorter, the Enneagram has been studied for and by people of all backgrounds and cultures and has outlasted generation after generation because of its valuable human sorting facilities. It has been studied increasingly by so many Christians that it has been the subject of songs, comedy skits, and there are now thousands of Enneagram accounts popping up all over.

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WHY THE ENNEAGRAM?

The Enneagram is not *only* a great way of studying humans but it also helps us see our own and others' gifts quite clearly at their best.

And with 9 basic personality types, 27 possible subtypes, and various wings, tritypes and leanings (we'll get into all of this soon), there are so many even deeper personality types you can most closely identify with as well versus just your basic number.

Now that you've got the basics of what the actual Enneagram is, hopefully, as I outline the types for you in this workbook, one of them will really resonate with you. However, do your best not to view yourself as *ONLY* a type. When we focus *too* hard on our type and number we find ourselves fixed, limited, and boxed in or preoccupied and then we have lost freedom of choice and are under the control of not only a limited gifting but also the unhealthy habits of each type. Instead, the goal is to free yourself of the limiting perspective and learn to use your gifts wisely and to grow in even more giftings.

The reason for typing yourself is to learn what will make you thrive rather than play out neurotic trends. It's to lessen your human suffering, not characterize yourself and others in a comedic way (though some of the Enneagram memes out there *are* hilarious if you don't take them too seriously!).

As long as you're careful not to totally box people in, you can also use the Enneagram to help your family and coworkers to thrive as well.

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SO NOW WITH THAT...

HERE ARE THE FAMOUS AND BEAUTIFULLY COMPLEX 9 TYPES OF THE ENNEAGRAM

TYPE 1

Type 1's are often called the Reformer, or the Perfectionists of the world. 1's are often called reformers since they bring helpful changes and order to the world. A healthy 1 brings their gift of organization, energy, and goodness to the world. They create organized environmental systems for us to function within. At their best, they still add order but strive for excellence, not perfection and impossible standards. They struggle with being controlling, resentful and judgmental at their worst since they are often overworked and insecure.

1's not only spend their time serving others but also adding beauty and compassion to the world through various artforms and helping fields, embracing their own and others' flaws as something God, not them, may be the Perfect completer of in His perfect timing, which will not be until Heaven. They take joy in just being a part of it at all with this healthy mindset. 1's are why we have the cleanest hospitals, why our books are edited, and why our road systems are detailed.

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They are engineers, accountants, and quality reviewers, helping us to be strong morally and physically. This is because Type 1's are good at finding and correcting errors in the world. The cleansing and bringing order actually brings them a peace like nothing else, so they don't usually mind doing it. A 1 is thus great at correcting because of the current/present constant critic inside of them but they also do well to realize that trying not to judge others' pasts and gifts but to let go and to forgive self and others are huge works, and don't realize that they present will never be perfect so don't let it stop you from pursuing future dreams and goals with excellence and goodness versus perfection.

1's have a deep God-given drive that allows them to work longer and harder than everyone else, or at least it feels so. 1's must recognize everyone has not been gifted with the same gifts, energy or stamina they have.

They do well to recognize these are the gifts given to them from God that are not promised for even one more day. Then they can enjoy versus resent that they can do so much and also intentionally take time to view others' gifts that may complement theirs, such as the gift of relaxation that 9 brings.

They also share the traits of type 7 in health and type 4 in stress though they can choose to allow both of those shared lines to bring them health if they use the best traits of those types so for further study, a 1 should familiarize themselves with each of these types.

A 1 does best to take time to relax after the hard work is done. Most 1's have had a lot of responsibility since they were children whether self-inflicted or by choice and although some may say 1's can be critical, at the end of the day, a secret about 1's is that they're more critical of themselves than anyone else. If you are a person of faith, a verse 1's do well to reflect on is found in Romans 8:1, "There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death."

At their best, 1's can be visionary, artistic and fun, in addition to being organized and efficient, moral and logical.

IF YOU ARE A 1, WHAT ARE THE GIFTS AND SUPERPOWERS YOU CAN BE PROUD OF? WHAT TIPS WILL YOU TAKE WITH YOU FROM THIS KNOWLEDGE OF SELF?

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TYPE 2

2's bring their gift of helping others and adding love to the world. They also bring the gifts of compassion and beauty. 2's are passionate about protecting the helpless such as children and animals and fiercely show their care to others with their long bursts of energy.

In health, they allow others to receive their help and gifts with freedom instead of forcing their gifts on them and counting others' acts to them. 2's are such loyal spouses, sometimes even to an abusive partner, so accountability and therapy is good for a 2! They can be manipulative, seductive, and controlling at their worst, such as when they feel unloved, insecure and ashamed.

If you are a 2, we would say you're amazing interpersonally, a befriender, a helper, and an advocate for many. 2's love to be part of a team process, not necessarily always leading but they're happy if they're proudly working on a project they believe in. Their creativity and fun lends itself to most others warming up to quite quickly, as well as trusting them deeply with just about everything, especially their feelings which they can expect will be cared for and privately kept by a healthy 2. 2's care deeply and will help a friend in need just about anytime. They also share the traits of type 4 in health and type 8 in stress though they can choose to allow both of those shared lines to bring them health if they use the best traits of those types so for further study, a 2 should familiarize themselves with each of these types.

Sometimes also, if a 2 puts too much value on what others think of them, they can look with pride on their accomplishments and expect others to revere them for them since they view themselves through what others say about their worth.

If a 2 is unhealthy, their inner mantra is I'm OK if you're OK with who I am and if social media thinks I'm a champion. It can lead to unhealthy but ultimately empty pride that doesn't fulfill. It can lead them into manipulating others into loving them back when another person may not want as close of a relationship as they want. This can push away the very people who wanted to be close to them because of their amazing gifts.

Better is to not count the back and forth as much and to give where the Spirit leads, freely and without expectation knowing God will meet all of your needs. Find friends who generally reciprocate too, versus only people to rescue.

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2's also have another special gift. They are gifted with their intuitions about what would be helpful to others in the neighborhood, at church, or friends and extended family.

The spouse of a 2 may sometimes say, "You're signing us up for too much. We can't help the whole world!" or "I can't meet all your needs" frequently to a well-meaning, but 2 lacking boundaries. 2's need to stop thinking about just relationships and to remember that they can't judge someone's past or control how they relate to them but just do their best and to remember to prepare for future endeavors not just current feelings.

As they develop healthy boundaries, 2's will also take time for self-care but it's very difficult for them to say no so sometimes they forget about the self care piece of loving, the part where Jesus says to love yourself well also.

2's are loved, too, and worthy of taking some much needed time for them the way they love others so readily. This verse, Psalms 139:13-14 is important to remember here for the 2 who is open to God's love, "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."

If you are a 2, what are the gifts and superpowers you can be proud of? What tips will you take with you from this knowledge of self?

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TYPE 3

3's bring their gift of achieving and bold truth-speaking to others in the world. Their workplace savvy gets every job or task done, including complex processes.

A type 3 finds worth through leading others in a work setting, performing well, often write stellar reports and love trends and data. In health, they start to trust God instead of referring to an "idealized" mate to meet all of their needs. They must find non-addictive ways of calming themselves from their frenetic achieving. A 3 does well to occasionally move from the hunt and chase of corporate thinking to a softer volunteer organization to use their gifts. This still stimulates their strong and fast-paced, competitive minds but in a more well-rounded and caring fashion.

At their worst 3's cut corners and can be unaware of their own feelings or disbelieve others really love them at their core, thereby scrambling to get needs met in addictive ways or through flashing their achievements. In this mad scramble for approval and love, 3's can come across as brash, harsh and deceitful. Some 3's say they felt most prized for their achievements as a child or didn't get much affection, so they now express emotions very reticently and feel most secure when they are achieving or showing off.

3's love being in the spotlight and are very popular and quite witty! Many type 3's do not experience many feelings besides anger and joy regularly, since they aren't as willing to read their own deeply buried and vulnerable emotions the way they can perceive others'. They are SO good at this in fact, that they really need to sit with what is present needs in their family today and not just prepare everything for the future. They also need to learn from their past when deceit has hurt their relationships and vulnerability will be better suited for growth in the future. They also share the traits of type 6 in health and type 9 in stress though they can choose to allow both of those shared lines to bring them health if they use the best traits of those types so for further study, a 3 should familiarize themselves with each of these types.

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Since 3's tend to pick up on things pretty easily, they often take the lead, even if it means cutting corners on unnecessary parts. Sometimes 3's wear deceit as a defense mechanism and shadow side but that's when they feel unsafe with someone. Often thought of as chameleons, 3's may wear the mask of whoever they want to connect with, to project connection and to win love.

None can argue that 3's at their very best are a voice of reason, unafraid to speak up for the truth, and excellent at calling people to the carpet when they are taking advantage of others. A great scripture for a spiritual 3 to remember is found in Ephesians 4:15, which says we are called to speak the truth in love, as well as Proverbs 15:1, "A soft answer turns away wrath."

When implemented, these words will be life-giving to family and friends that a 3 wants to have the loyalty of and longs to be truly loved by and connected with. A 3 who exudes these traits becomes absolutely irresistible so that won't be hard!

If you are a 3, what are the gifts and superpowers you can be proud of? What tips will you take with you from this knowledge of self?

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TYPE 4

4's find their pleasure by seeking and expressing beauty in the world, often called "The Idealist" or "The Romantic." They are compassionate and good at going to the dark, emotional places with people. They want real conversations and depth with others.

Often 4's create various art forms for the world to fully understand or view as a lens to see God's beauty. 4's can be quite moody, jealous and sullen, looking at the grass on the other side as though it's so much greener and brighter than their own blessed, though different, life. Their relationship tendencies are to find someone that helps them to create an identity they feel is finally worthy of notice, which was somewhat muddled growing up for some reason or another.

In health, 4's recognize that they didn't "miss the memo," that the grass is not always greener on the other side, that they are not inherently flawed or victims, and they rest in bringing their intuitive beauty and deep compassion wherever they go. They also share the traits of type 1 in health and type 2 in stress, though they can choose to allow both of those shared lines to bring them health if they use the best traits of those types. For further study, a 4 should familiarize themselves with each of these types.

Type 4's also have a deep sense of right and wrong. They are a safe place for those needing to process raw and misunderstood feelings. At their best, 4's find beauty even in painful circumstances, instead of wallowing in self-pity. Their biggest work is reminding themselves that they are not only their hurt feelings and that they can choose to step outside of those into a healthier thought life. They also need to move from only what is past, to present and future. They must also realize that they don't have to label themselves as unique/different to be worthy of love. They are already unique, deeply loved, and not irredeemably deficient. Instead of focusing on the missing tragic flaw they often feel is at the center of their person that disqualifies them from belonging in the world, they do well to focus on their rich and wild interior life, and to continue sitting with others in their pain.

A 4 can express the depths they carry through art, activity, and healthy solitude where, if they can open themselves up to a God who allows pain into the world, they can be reminded to "take every thought captive to the obedience of Christ," (2nd Cor 10:5). They need to believe that they can choose to think more positively.

If you are a 4, what are the gifts and superpowers you can be proud of? What tips will you take with you from this knowledge of self?

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TYPE 5

5's are the researchers, often called, "The Investigators" of the Enneagram. They bring their gifts of intensely focusing on projects and pursuing brilliance and information of all types. They are also able to work and find enjoyment from the quiet recesses of their own minds.

They are not always introverts but most 5's are, since they have limited energy or interest in conversations. They enjoy just sitting back and watching at times, exploring, viewing the world in front of them or resting. By their bird's eye view, they learn a myriad of interesting facts and thereby when they step into it, they offer vision and a quick wit to the world.

They research and learn all they can until they not only discover but to master as many things about the world as possible.

The self-sustenance of a 5 can be off-putting to would-be pursuers of friendship or love. This complete self-reliance is often a defense since 5's are fearful of being overwhelmed and have been so in the past with fatigue and or emotional troubles from others. As such, they spend a lot of time thinking, which can take care of many of their needs, but 5's need to know that accessing feelings is important, too.

At their best, a 5 can share their constant thirst and retention of knowledge with others and take needed introvert breaks for fulfillment, re-emerging when ready to share their wealth of knowledge, bravely putting fear aside and engaging with the world. They also share the traits of type 8 in health and type 7 in stress though they can choose to allow both of those shared lines to bring them health if they use the best traits of those types so for further study, a 5 should familiarize themselves with each of these types.

Type 5's high intelligence can make them arrogant and highly annoyed with people, especially people who try to take them to places they don't want to go. 5's like to be quite free, able to do things independently and have wonderful focus. They love working alone on projects and can save money like nobody's business. Since 5's don't want to have to rely on anyone for anything they rarely ask for their needs to be met. If a 5 does find someone worthy to risk and to love, they will give up their time freely, deeply and liberally.

It's just that they feel overwhelmed and tired by the idea of having to give in too many places so they can present as shut off and emotionally distant, when it's truly anxiety of others becoming too emotionally needy and the 5 is feeling unable to manage it.

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5's do well to remember and to reflect on the past but not to let it inform their current and future life where they can set boundaries when overwhelmed versus giving up on others.

Thankfully, a healthy 5 will only retreat or withdraw long enough until it is safe to come out again and their cup is once again overflowing. When a 5 needs to let go and is open to faith, a great verse for a 5 to meditate on, as they release trust to God, is 2 Corinthians 12:9, "But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me."

If you are a 5, what are the gifts and superpowers you can be proud of? What tips will you take with you from this knowledge of self?

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TYPE 6

6's are guardians of their closest relationships, bringing their gift of creating security, courage and wisdom to their friendships and situations. They revel in being extremely loyal to their favorite people and in detailed contingency planning for all kinds of emergencies.

A 6 is the man or woman on the plane with every possible medical supply in their carry-on or the man fluidly leading his team on workplace safety since he's thought through all possible emergency preparation steps himself already as a natural coping mechanism.

A type 6, due to their anxiety, can be wary and distrustful of others. To combat this thread of insecurity, they link or merge with perceived safe authority figures, and thereby create multiple escape-hatch options for themselves. In extreme cases, instead of becoming anxious, a 6 can become counter-anxious (counterphobic) and defy or reject even healthy authorities and sources of wisdom, like the Bible. A counterphobic 6 may try to find security in substances or dangerous group activities that allow for a temporary distraction or marital affairs.

However, instead of those things ultimately bringing the security and soothing a 6 was trying to gain this way, these kinds of counterproductive behaviors may cause a 6 to ironically lose credibility and even good relationships and experiences ironically because of their fears. This downward spiral can be avoided by processing their fears safely, grieving their losses, and accessing logical tools, healthy emotional outlets, and by doing healthy bodywork. In health, courage and generosity of a 6 to friends and those they serve, despite their fear, exceeds that of any other type.

As a 6, it's important you clear your thoughts of worry so you can reflect on past, future, and present needs that are real and will distract you and remind you both of blessings and goals. They also share the traits of type 9 in health and type 3 in stress though they can choose to allow both of those shared lines to bring them health if they use the best traits of those types so for further study, a 6 should familiarize themselves with each of these types.

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A blessing and a struggle of 6's is that they will find the problem or loophole with every plan. At their best, however, they are the person who is prepared for every worst case scenario, who is always ready to help a friend, and who is willing to deal with their anxiety courageously so they don't have to live in fear. Those who are fortunate enough to have a healthy 6 as a friend will find a wise, loyal and trustworthy person.

Type 6's love to be safe and secure above all things. They are distrustful unless trust is strongly earned and even then may be doubtful and suspicious of the loyalty and trustworthiness of others. It's important that 6's learn to stop asking and checking with authority figures and trust their own instincts and inherent wisdom that God has given them too, if they seek Him.

A 6 with a life with God does well to remember the important verse in 1 Corinthians 12:8, "For to one is given the word of wisdom through the Spirit, and to another the word of knowledge according to the same Spirit."

If you are a 6, what are the gifts and superpowers you can be proud of? What tips will you take with you from this knowledge of self?

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TYPE 7

7's are the enthusiasts of the world, bringing their gift of joy with them to their families, friends and vocations. Their joy comes from within and without, from the everyday wonders in nature, from the beautiful and optimistic energy they often feel inside, and from their vivid imaginations, where they spend a lot of time taking care of their own emotional needs. Most 7's try to take care of their own emotional needs because they've learned long ago in childhood not to be a nuisance to others, and in some cases, learn that others are not available anyway for nurturing, especially since when a 7 gets anxious, they tend to need a lot of it.

7's also love ideas and new experiences, and because of their desire to be stimulated, often rooted in anxiety, they can be quite gluttonous with those activities. Their challenge is they can flit from thing to thing, avoid finishing worthy projects, trying to avoid facing the deep feelings of life, endings, and anything they cannot reframe into a positive. They do this because they are afraid they will be alone and overwhelmed, and they will try to do anything to escape the pain and anxiety of reality and difficult-to-process-emotions. This is a great short-term strategy for avoiding pain, but in the long run, if the pain is left unprocessed, it leaves a 7 holding a lot of plates up, exhausted, scattered, and in more pain than they would have been in had they just processed it in the first place. They also share the traits of type 5 in health and type 1 in stress though they can choose to allow both of those shared lines to bring them health if they use the best traits of those types so for further study, a 7 should familiarize themselves with each of these types.

A healthy 7 doesn't scatter but follows through and become focused on a strong finish and endings are seen as consistent individuals, no longer viewing the completion of a task or race as a scary or negative event since they're managing their anxiety in better ways. They find that not only can they can get through the pain and the unfinished business but that they can also encourage others in their pain and still share their joyous laughter wherever they go.

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Although Type 7's love laughter, fun, exercise, new restaurants, high fashion, and pretty much "all the things!" a healthy seven, who can embrace painful feelings can slow down too, knowing they truly thrive when they get rest. As such, the home life of a healthy 7 can be very simple, and they may enjoy introverted time quite frequently to give their "energizer bunny battery" a reset. They also need to look at the past and present versus just the future, "what's next" for true balance, which even if it hurts to look, will guide them to healthy direction and not ultimately hurt them.

If they don't let go of the bustling calendar of fun things sometimes in exchange for dealing with the hard things of life, all kinds of anxious gluttony can become a real vice, overeating, addictions, over exercising, overworking, and just overdoing in general.

A 7 with a faith life does well to remember Matthew 11:28 here, that God is available to listen to their pain and can offer solace and help even when a 7 is out of commission or overwhelmed with unpleasant emotions, "Come to me all you who are weary and burdened and I will give you rest."

If you are a 7, what are the gifts and superpowers you can be proud of? What tips will you take with you from this knowledge of self?

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TYPE 8

8's are the strong leaders of the world, often called, "The Challengers," since they're wonderful at protecting themselves and others from the threats around them. Like 6's, they can sense a threat, but they will boldly take it down as well on their own, if necessary.

An 8 in charge of a group will push others to their maximum capacity, defending and rooting for the perceived underdogs, often whom they consider their family members they have to protect at all costs. 8's forge bold paths, dauntless in the face of any given foe.

At their best, they are fearless leaders, generals of families or armies, leading people into worthy battles and trusting a few people who have proved themselves, even forgiving those who have let them down in the past.

At their worst they can be domineering, controlling and wild in anger, deceitful and lustful of all good things, overindulging. They are future oriented to time, so it's important they look at the present so they don't lose current relationships, and also remember that the past of others' is something they cannot fully judge. 8's don't seem to be afraid of just about anything or anyone, at least not on the surface. In fact, in the body triad which we'll talk about soon, the most easily reached limbic system response of an 8 is overt anger. No one is going to catch an unhealthy 8 being vulnerable about other emotions. 8's learned as a child that being vulnerable would not get them respect or take them to higher places of survival, often an important coping strategy for a child raised in a traumatic, difficult or rigid setting. It's not that they want to fight, it's just that their guard is up to boldly defend their causes and it's just not in their passionate nature to withdraw from a challenge. They also share the traits of type 2 in health and type 5 in stress though they can choose to allow both of those shared lines to bring them health if they use the best traits of those types so for further study, an 8 should familiarize themselves with each of these types.

People are so blessed to have a protective 8 to love them. The 8 has great energy, more than any other of the types typically, and will live life to the full. An 8 does well to remember that even if it isn't always wise to trust man, since they have often lost a lot of that due to their root issues, a loving and good God is available to help them through each and every trial. Their joy and passion will be balanced as they seek God finally become vulnerable to Him. Psalm 118:8, "It is better to take refuge in the Lord than to trust in man."

If you are an 8, what are the gifts and superpowers you can be proud of? What tips will you take with you from this knowledge of self?

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TYPE 9

The type 9's of the world are called "The Peacemakers" because they bring their gifts of offering calm and fun domesticity to the world. They do this in the most gentle and kind and unobtrusive ways possible, not asking others for more than their share, and often deferring to them.

A 9's core wound or issue was feeling that they weren't always seen or heard, whether through active trauma, or just having an overly busy parent, being a middle child in a large family, or perhaps not meshing with a parent's personality very well. At any rate, because of this they may naturally slide into the background in a group setting but that's a tragedy, not only because 9's miss out but because the rest of the world misses out on the bubbly fun, truth-telling, peace, detail, and sharp wit of a magnetic and multi-talented 9.

Plus, 9's actually love being welcomed and included, most actually being very much extroverted at the core. When they're not in a lively routine or when they're not being heard, they can grow sleepy from sitting on unexpressed anger. At their worst, 9's can be lacking goals, vision, and narcotize to food and television since they don't feel like what they're doing has any focus or balance.

At their best they have the keen ability to feel what others are feeling on all sides of issues so they are able to be good diplomats and excellent teachers and amazing parents. Staying centered in their bodies and releasing anger in healthy manners are important steps for a nine. This often looks like making lists, building routines, and working out. This helps them not to tune out or get resentful of the past, since they are often past oriented. They also share the traits of type 3 in health and type 6 in stress though they can choose to allow both of those shared lines to bring them health if they use the best traits of those types so for further study, a 9 should familiarize themselves with each of these types.

Because 9's do feel what others are feeling quite naturally, they aren't judgemental at all. This can lead them to be avoiders of conflict, sometimes forgetting that peace comes through conflict. When they show up for their life and choose healthy directions to go versus complacency and stagnation, they come back from the cave or turtle sleep of retreating in conflict. We tell 9's that it's OK to retreat for a half hour or up to two hours maximum, but to remember they are blessings to the world and have more true fun and lively living when they show up again. 9's exude naturally the scripture that it's good to consider one another as better, in Phil 2:3 but they also do well to remember to love others as themselves (Matthew 22:39).

If you are a 9, what are the gifts and superpowers you can be proud of? What tips will you take with you from this knowledge of self?

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As you reviewed each type carefully, we're sure you found that you had elements of many of the types, not just one. However, as we mentioned earlier, try to identify with one more than the others so you can focus on the growth tips for that type more than any as well. We do our growing up step by step, remember, and after you've succeeded in one area, you can feel free to move into the next. If we are healthy in all nine areas, we bring a more complete picture of a healthy and balanced individual and follower of God.

LET'S TALK ABOUT HOW YOU CAN LOVE SOMEONE OF EACH TYPE!

If you love a 1, remember their biggest needs in the relationship are finding time to make the world a better place. This is not only their desire, it is their gift. You too, will be on the road to improvement if you chose to partner with a 1. Sometimes that even unconsciously why you picked them, because you knew they would keep you on the straight and narrow. Also remember living with a 1, that they are in the anger triad. They are thinking about the present life circumstances but often with anger and criticism turned both inward and outward. Why aren't I better? Why aren't they better? Encourage self-care and try to remember when your 1 is trying to reform you, it's because that's their gift. However, if it's in your reach, steer them to their art, bodywork, and thinking about other things besides critical aspects. Also, steer them toward fun as a reward after medium to large segments of hard work!

If you love a 2, remember their biggest relationship need is nurture of the relationship. This is also their gift in the world that they nurture so well, and they are feelings, heart-based so they will often know what you're feeling even if you try to hide it. They feel that in order to receive love, they must be giving, and sometimes they even manipulate to try to get someone to give back to them. It isn't out of cruelty but a desire to genuinely find love. Encourage your 2 in their chosen love language (not just yours) and try to help them to feel safe by regularly depicting love tokens and assuring them that they are first in your heart, especially if you happen to be someone who does not show it outwardly all the time.

If you love 3, remember that though they show a rather tough facade, they desire a very close and loyal bond, specifically because most of the time in the life of the three, their nestles nurturing bonds were lacking, although in some cases, they had an overabundance of nurture. In either case, they feel best when they know where their spouse is at all times and when their spouse is giving them strong attachment feedback. They are in the heart feelings triad of personalities so like the 2, they truly feel others' feelings. When they feel you have retested or cut them off, in their security, their shadow side is deceit. They may turn to this to get needs met but often won't tell unless they feel super safe with you and that you won't leave them, their worst fear. They are also called the achiever because apart from their romantic relationships, they do an amazing job of speaking the truth in love and leading a fine and gun team at work.

ENNEAGRAM + MARRIAGE

If you love a 4, remember that when they feel uncertain about the relationship, they will test you to see if you love them. They are most excited to share with you and will often bring up issues to see your emotional responsiveness. They want to know if they are deeply loved and remember past wounds so showing them you care deeply is of the highest value to them.

If you love a 5, remember that they are doing the best they can with their limited energy and awareness of their own feelings. In the withdrawing stance, they often look to history to determine what will happen ahead, and in history they have often been overwhelmed with the world, help them, even if they have trauma or illness in the past the world, one day at a time but honor their story and journey and if they can't share feelings so be it, honors their thought process and asks them to share that because we now thoughts often led feelings.

If you love a 6, remember that they are in anxiety triad and often for a loss of self or relationship. They are often worried that they can't trust themselves because something in their past made them feel though they were not safe.

If you love a 7, remember that they are in the anxiety triad, and though it may not seem as though their joy ever has a landing place, it does, and it's very helpful for them to have a safe place to process feelings verbally with God or a counselor, or you, as well the first find time to themselves. They're big-picture thinkers and share joy and process with people, but they also don't always know how to settle down and if either open so you may get frustrated with them at times.

If you love an 8, remember, they are going to love you hard and long and loyally if they feel you can be trusted. This is, however, a rather big if because most 8's know, they have often lost trust at an early age and are on their guard. However, they are excellent about sharing their frustrations, also in the anger triad and not extremely bothered by showing their stamina and power in a disagreement, This is, indeed, the gift of the 8, to show that power.

If you love a 9, you have found someone who is known to be the most gentle, peaceable, and others focused. This energy spent merging with others' needs, however, makes them very tired, they often sleep to their own. If you have to rouse them or give them attention, consider yourself lucky if they will move in the direction you want, since they will honestly care more about you and the relationship than themselves. However, encourage them to get their own schedule and own order, since they are good at so much and their giftings includes remnants of each type.

(Keep reading for even more tips for each type after we discuss wings and subtypes!)

ENNEAGRAM + MARRIAGE

THE HEART, HEAD, AND BODY TRIADS

Now that you've got your Enneagram type securely set, you can also take a moment to notice which way you react first with, your head, your heart, or your gut. Type 2's, 3's, and 4's typically react first with their *feelings or heart*, Type 5's, 6's and 7's usually react first with their *thinking or head*, and Type 1's, 8's and 9's often react with their gut instincts about people, *feeling it in their bodies*.

If you're in the heart triad, this is very positive in the sense that your heart can often tell motives very well, since it's a gift and your superpower of reading others. Since you also react with shame when you're not in health, sometimes you react off feelings only, giving your power and even your very self to others too easily, neglecting thinking things through logically and often wisely. *If you're a 2 you try to help the world to find your worth, as a 3 you try to earn your worth through work and achievements and as a 4, you try to show the world you're invaluable because of your creative and different style.*

Instead of falling naturally into this, the Bible said instead of trusting your heart, "Trust the Lord with all your heart, leaning not into your own understanding," in Proverbs 3:5. *Try allowing wisdom and thinking into your strategies of getting healthy so you're not basing everything off of feelings*, which will surely ebb and flow. Enjoy that the good parts of your heart helps you some, but don't give it all the power. Jeremiah 17:9-10 says this, "The heart is more deceitful than all else And is desperately sick; Who can understand it? I, the LORD, search the heart, I test the mind." Let God help you think clearly and create in you a clean, trusting heart toward Him first before you give it over to anyone else. Only He can fill it or satisfy in the complete way, as He is your Maker and wants you to wisely follow Him before any person. He wants you to seek His approval, not theirs. As Matthew 6:33 says, "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."

1. What do you think God means when He said when you seek Him first, all these things will be added to you?

2. What do you think God means when He says we cannot fully trust the heart?

3. How can you let your heart and instincts guide you but also personally start thinking things through logically more? In our experience, getting it out of the head (in imagination, child brain) and more spoken or written (adult, real world), helps quite a bit. If you're in the heart triad, what will you do to strengthen your mind?

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If you're in the thinking/head triad, you experience reactive thoughts before anything else typically. Since I (Christa) am in this triad, I can think of an emergency within a moment's notice and I'm already picturing how to respond with my mind. I am thinking it all through and the thoughts are sometimes stressful and creates anxiety. As a 7, I could reframe then to temporarily push all negative thoughts away. If I were a 6, I would find a way to secure myself, and if I was a 5, I would try to reduce my possibility of feeling things by pushing away from everyone and seek inner knowledge to help me through.

Better than allowing only these temporary fixes, those of us in the thinking triad need to face our fears, like a 6 often does, but instead of only trying to create security (which this world cannot always give), we need to seek God for peace, pouring out our disappointments to Him through accessing our feelings as well.

Contrary to 2's, 3's and 4's who are great at examining the feelings of others and themselves (3's struggle on the latter), the head triad members thinkers often leave the heart out altogether and become very mechanical or slower at grieving something that needs to be dealt with. *They need to be reminded that as long as they don't give feelings full power, even if they don't feel very practical to express, it's very healthy to allow them in for a short time.* They may even allow themselves five minutes a day to not only think of or worry about but to process negative feelings through writing, speaking or crying. Then fear is decreased and joy, wisdom, and focus will be renewed more wholly, and not scattered or sinful. The Bible verse 1 Peter 5:7, is a great one to remember. Cast all your anxiety on him because he cares for you. Your mind needs a release, through emotions and also through the body. Workouts help in this latter aspect, of course, as with all types.

1. How can you let your thoughts and instincts guide you but also personally start allowing God to heal your heart as well, trusting in Him? In our experience, letting it out with a safe person like a counselor or coach is a good place to start, as is a private journal where you can reflect and release. If you're in the head triad, what will you do to release your fears?

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The final triad is the anger or body/gut triad. If you're in this anger triad, as a 1, 8, or 9, you experience frustration first, even if you don't always tell others about it. If you're a 1 or a 9 however, you don't really even feel like admitting to yourself and others that you're stressed and angry. Perhaps you weren't given attention or you thought anger was an unhealthy emotion that should be concealed. At any rate, it does need expression, just not all the time.

As a 9, you get tired or sleepy, narcotizing pain through TV or food. As a type 8 you prepare to meet the challenge with your anger directly. No one will find you vulnerable to it, even though sometimes you do need to temper it. And if you're a 1, you repress anger, a "bad" emotion, and you don't let anyone see it till the anger is thick or you're so angry it comes out as passive or active rage.

Those in the body triad do well to remember that instead of letting your gut instinct provide you with ALL of the information about what's right and wrong, try to allow your thoughts to logically slow you down and to create a truer picture than just a simple black and white photo. Add color by considering other people's gifts that differ from yours, and perhaps remembering when they didn't care for you, if imperfectly.

Accessing your heart is huge also, showing feelings to a few safe people regularly. You are so strong and guarded from hurts, but you need healthy releases and the people in your life need to see your heart not just your anger, which even if you think it doesn't show (8's and 1's), it does. Since you store and react to stress in the body, working out, massage, or whatever other meditative or helpful bodywork you enjoy is so critical for your release and success. In Jesus' culture, people could walk and work their feelings out more naturally, whereas now our only exercise, if we desire, is finger exercises on our phones as we work from home, order take out, and drive in automatic cars.

A great verse to remember that will help you to express more openly, and not repress things till you burst in sin, overdo, or narcotize out is this, "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies." This is found in 1 Corinthians 6:19-20. Take care of your whole body, including your heart and your mind as well.

How can you let your instinct and gut responses guide you but also personally start allowing God to heal your heart as well, trusting in Him and opening your heart to people who have proven to be safe, though imperfect? In our experience, letting your bodily stress out in a safe format also helps as does sharing things with a safe person, such as a Type 2 who will listen with love. If you're in the body triad, what will you do to release your stress?

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THE SUBTYPES

Your Subtype matters just as much as your Enneagram type for your marriage and for your personal balance. Your goal should be to know your strongest and then to challenge yourself to allow the others both in as well as you are giving in a variety of ways and trusting God or your biggest security which will come from not only self care but healthy community and service. I can't stress the need for balance here enough!

Let me briefly examine the three subtypes with you:

Self-preservation: Whatever your dominant type number, if you are self preservation subtype dominant, you are most concerned with seeing to it that your personal wellness and safety needs are met, and likewise this need probably surfaced because your family dominated with this subtype or because these needs, at some point, were not met. However, in order to receive you must give and you must take this in faith that it is a necessary aspect of life so being caring and giving in your one on one relationships and being part of giving in a group is also an important part of life balance and also safety for you, for when one falls, the other gets up. Try to get your spouse to agree to help you find groups you feel safe with, so you're not too reclusive.

Intimate or 1:1 (also called Sexual sometimes): Whatever your dominant type number, if you are intimacy subtype dominating, you love one on one relationships best and feel safest when getting plenty of quality time from your spouse and closest relationships. You want to feel seen and exclusively loved and heard and may or may not include the sexual connection aspect not this bonding desire. However, as much as this brings safety to you, you must also balance time with a larger group for other forms of safety and balance so you don't take a condensed or obsessional quality to your relationships, and similarly you must get self care so you're not dependant on your mate and closest people for all of your needs, which will exhaust them eventually and create too much drama between you.

Social: Whatever your dominant type number, if you are social subtype dominating, you feel most comfortable and safe when you have groups backing you, family or societal groups, church, school, etc. You know there is safety in community and this is, of course, a good thing in general. However, in your marriage you must see to it that you don't sabotage your spouse and your own intimacy or your self care but overscheduling or demanding your children and spouse be like this also for their best area of wellness since not everyone is wired this way. Try to form alliances, then, with people, you all agree are safe, and the ones your spouse does not agree with, try to limit their influence over you unless your spouse is in a place of gross unhealthy. It is best if you can find groups that you both agree with in life to find your safest balance here.

ENNEAGRAM + MARRIAGE

WHAT ARE WINGS?

Just as a bird balances their wings to fly the most fluidly, whatever types you rest nearby on the Enneagram are your wings that you must balance. For instance, if you're a 5, you sit near 4 and 6, so these are your wings. For future Enneagram studies, see which of these you most desolate with so you can access a balance of both. If you're a 5 wing 6 for instance, you do not express feelings as much as you are thinking word, since you lean into the troubleshooting and problem solving of 6 as well as the focus and research of 5. So then, when you need empathy and feelings for life, leaning into your 4 wings means, even if it takes a few days, trying to learn to access failing and trying to put yourself in the shoes of others, going deep with people into their pain just for a little while. The "wing work" is good for every type because the ultimate goal is that you can relate with each type and this is a very natural place to start, your wings. If you're on either end of the Enneagram 1 or 9, your wings are just the first or last number. So if you're a 1, you have wing 9 and wing 2, and if you're a 9, you have wings 1 and wing 8. So as you can see, you'll find the wing number are next door to you on the physical Enneagram charts you've seen.

After that thorough analysis, you definitely know about your type. But knowing is only half the battle. Here are some final great strategies for staying near the healthier side of yourself depending on whatever type you are:

Type 1: Good therapy or stress reducing techniques: Serenity prayer, going outdoors on a nature walk and noticing "imperfections" are part of the changing seasons, learning to set boundaries on workload, bodywork, resist being a critical parent to self and other adults, adding fun.

If you love a 1, remember that you cannot be perfect for them, remind them that you will always seek excellence in your personality type and gifting and that you have a different gifting than them. Let them know you're never going to give up on self-improvement but that you don't want them to judge or critique you. Help them to understand framing things more positively, and realize that their very gifting for seeing errors makes this VERY hard for them.

Type 2: Good therapy or stress reducing techniques: Try to not overbook with friends but see when your spouse is available to you and visit with them, not just "do" for them. Just be. You are loved as you are do try to remember you do not have to rescue everyone all time time, and you don't need to give all the time or manipulate or control to get someone to give back to you. Don't be overly proud but be humble, avoiding seduction or codependency as tools to getting your needs met. Instead, allow clear forthright discussion, God-esteem and self care to be your guides.

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If you love a 2, remind them to use their thought life to guide them sometimes, and to let the Holy Spirit to lead them to what is theirs to do so they don't overbook, or let their feelings exclusively guide. Remind them to revisit the past for cues and look to the future for your plans not just perseverating on right now, and judging feelings as more important than thoughts. Also, when they ask for validation, try to give it, they are doing their best and sometimes insecurity crops up.

Type 3: Good therapy or stress reducing techniques: Find happiness within yourself versus a partner's judgement of you. I realize this is not a well known fact but trust me, it's HUGE for a 3, as is making sure you invite your spouse (which will take vulnerability) to love you for more than just your achievements. As a 3, also find friends who will encourage you to have fun and relax but also not force you away from your competitive job and lifestyle too much. Avoiding deceit in relationships is huge as you are great at starting relationships with your charm but being in just one and being true to it is the work of a 3... Being more open to God and with safe people about your trust concerns and vulnerabilities, especially your spouse will help.

If you love a 3, encourage them in, being softer, speaking the truth in love, apologizing after being harsh, and giving them space and encouragement to access sad feelings for a few minutes a day and releasing and not giving in all the time to you as their mate. Remember they need to feel safe before they can release the truth because at some point in their earlier lives, the truth was NOT safe. Healthy time to self is very important to a 3 where they aren't working even if it's tough at first or done for just five minutes at a time.

Type 4: Good therapy or stress reducing techniques: Allow your depth and passion, your justice and your art to bring beauty to your life. Don't expect others to meet all of those needs or to be able to redo the past you so often reflect on. Instead give God, the only Perfect One, first place in your life. Balance your introvert and extrovert needs, not staying bottled up or in mourning for too long. Remember, God loves you when jealousy stirs, so allow in fitness and bodywork to get you moving and also direct your thought life to what may be in store in the future even if it does not match your ideas of the past. Instead enjoy those memories and look ahead to being more with intention and direction. Temper your passionate anger and apologize as needed with sincerity and patience.

If you love a 4, remember that they don't always feel OK so sometimes they try to evoke emotions just to see if you love them. Don't abandon them here but encourage them to find time with God and to do their body work and to take some space while also assuring them of your love.

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Type 5: Good therapy or stress reducing techniques: To avoid going to scattered or obsessive modes, work on fewer projects with more depth and focus. Allow just a few safe others into your inner world and thought life regularly for balance, but not everyone (of course!). Sometimes you have to draw away from self-preserving fears and tendencies and give out of God's love versus felt energy. When energy permits more, seeking knowledge but then bravely putting it to work loving others, risking healthy relationships, reducing fantasy and overthinking, and by giving your mind breaks through meditation, moderate exercise and releasing of feelings.

If you love a 5, remember it takes them a few days to come up with how they are feeling and they don't want and can't do the same level of socializing as you can, but that their love delves deep and most but be put into constant testing and question if it is to remain deep. You picked them for their focus and stability, so do not demand what they can't give but enjoy them when they do have the energy and mental space as they love helping when they can and are also, you may have noticed, at the root, also very helpful!

Type 6: Good therapy or stress reducing techniques: It's important for you as a 6 to access your heart not just your thoughts. It's also important to choose (which you can do with your rights) to not fear God's complete abandonment at any loss, checking on paranoid thoughts logically before sabotaging relationships by over asking for support when you can internally comfort yourself sometimes. Do not become rebellious against the good in your life to "protect" yourself.

If you are a 6/love a 6, schedule (or encourage them to) set worry to a limited time to worry versus letting it run your schedule. Also encourage fitness to make sure you're working out to get a mind break. Also, if you have a faith life, do a Bible memory about fear and courage, not avoiding healthy risk but planning healthy security and then completing your goals, not controlling or nitpicking others because of your own struggles.

Type 7: Good therapy or stress reducing techniques: 7's do well with fitness and exercising, but you may have to be creative or learn to enjoy mat work which would be great for your core and your multiple appetites. Also, save the fun for rewards after hard work increments. Stick to one or two bigger ventures a year versus scattering your interests too broadly and not being a master at anything. Complete things well before moving on. Be present and stay in the moment of activity or emotional connection, if necessary allowing kinetic touch or doing something with your hands to relax you such as crochet, braiding, walking, etc.

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If you're with a 7, (or are a 7) encourage moderate eating and activity versus gluttony, and be a gentle reminder that acknowledging that pain will not kill you and is part of life. Offer your 7 freedom and they will choose to love you time and again with much loyalty!

Type 8: Good therapy or stress reducing techniques: As an 8, make sure when you need your retreat time that you tell the people closest to you that it is not because you don't love them that you're retreating but you just need to collect yourself. If possible, try to be vulnerable enough to say that you are hurt but trying to process it. Also remind them frequently that your protection is because you love them but I also want you to work hard not to control your spouse with that abundant love. Otherwise they see it as you must not like them very much or are selfish when you're overwhelmed, and see your caring as control.

If you love an 8, a good growth practice to remind your 8 of is being self-controlled versus gluttonous, being kind and not demanding, and trusting God verses following only their gut that can sometimes deter them from integrating their heart and thoughts.

Type 9: Good therapy or stress reducing techniques: As a 9, making lists for your everyday tasks is an essential practice that keep you moving and on a healthy path. Make sure to stay present in the body, to address important issues of anger when it's an area of "right action," or otherwise issues that are very important to you. Also, this is of utmost importance, make sure you repeat yourself until heard. Don't give up. You are important but your peers sense your peace and often tune your needs out, and hear me out, unintentionally so you have to speak up. You ARE worth it. Stay in the body and fight for attention as needed, and when anxiety from loss or transition hits, use it as momentum or do exercise or express your pain to release it.

If you love a 9, remember to take time out to listen to them, remember when they get loud they are feeling either unheard or anxious and address those particular issues as best as you can even though they may be asleep to it. They are not aversive to your help but those daily lists will help and they will try to put you first so you have to let them know their body work, lists, and gifts are important to be seen. This is a big task, I realize but you always have possibly the sweetest of all types so please see to it that you try to honor this aspect.

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WHAT'S NEXT?

- So now that you're trying to actively be at your best, who can you ask to both love you and hold you accountable on the journey toward Enneagram growth? Perhaps a mentor, a discipleship partner, a Bible study group, or your spouse or a counselor.
- Name the person or a few people you'd like to reach out to about this. Check in with them via text, email, or phone! If they can't, try the next person on the list! Although your January is likely easy to fill, keep going for February and March, printing off the calendars below to mark off some intentional time in the next months to be accountable to yourself as you grow!
- Stay tuned also for our *Just My Type Online Course* release in Feb if you want to work directly with me as your couples or individual coach!
- Listen to my weekly tips via podcast on iTunes or Spotify at Enneagram & Marriage, too!

February



SUNDAY

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TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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March



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MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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