



# FINDING YOUR ENNEAGRAM

# Glow

by

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ENNEAGRAM + MARRIAGE

MICHAEL SHAHAN\_THERAPY

ILLUSTRATED by ALAINA POMPA, RAY OF LIGHT SHOP

HE'S RUBBING  
OFF ON YOU!

SHE'S SURE GOT  
YOU TRAINED!

When you start to hear teasing like this, it usually means your relationship is getting serious. You and your new love both chuckle and groan a bit, knowing that falling in love has gotten the best of you. The fires of love have ignited and you're sparking so well together!

Some of the ways we rub off on one another are good, while others are, shall we say, less endearing. There's undoubtedly a powerful alliance when we marry, something more than just  $1+1=2$ . It's true metaphorically as well as physically. Physical bodies link as one and personalities begin to inextricably affect one another. Sometimes these influences can cause us to hurt each other and require us to face the consequences of our actions. However, with time and intention, we become better at helping one another through the tough moments. At our best, we champion each other to fulfill our dreams. As King Solomon reminds us, "When one falls down, the other helps them up." (Ecclesiastes 4:10).

Just the other morning, my husband Wes woke me up a little after 6 am asking if I would like to join him for a run. I knew he wanted to greet the neighborhood with open arms, fitness, and praise for a new day before the unforgiving Florida summer sun rose.

I also knew his personality type vibes were at work. Since he's an Enneagram 1 who values hard work above almost anything else, I was delighted that he was energized for some self-care and bodywork. I could almost hear his brain saying to him, "It is right and good to start your day with exercise."

As I, Christa, am a self-preservation 7, I typically find myself thinking about how much energy I'll need for the things I want and need to accomplish on any given day. As much as I knew it may cost me time and energy to run, I also knew it would mean a lot to him and would be a fun way to connect with each other before the kids were up and he left for work. So despite my pillow and blanket cozily calling my name, I joined him. Because of that wonderful start together, I had more energy than I'd had in days and I realized the beautiful way his type 1 personality had influenced me.

## MICHAEL'S STORY

Michael, co-writing here also has a similar story. My wife is a 1, and if I know anything about 1s, I know they are incredibly hard workers! If they say they are going to do something, they will do it. But me as a 9...? Not so much. I tend to stay away from doing anything that seems hard. I tell myself that I'm lazy and that I'm not capable of doing great things. This belief in my own incapability is rooted so deep, it took me almost nine years of marriage before I began to truly believe something my wife has been telling me the whole time, "You can do hard things."

She has been saying that to me for years, and all I would ever do is roll my eyes. I honestly never even truly believed that SHE actually believed that about me. I thought it was just a blanket encouraging statement that she used with me. But the last year or two of my life, I'm beginning to really take that idea to heart. I CAN do hard things. I've DONE hard things. And all the while, she has been patiently reminding me of that truth for almost a decade.

Sometimes I think glow can take years and years to finally rub off on you or your partner. It can be an incredibly slow process to receive things wholeheartedly from our partner because we are so stuck in our ways! Even so, I want to encourage you to let down your guards and allow your partner to influence you and build you up in new ways all the time.

Lastly, Alaina, who's done the beautiful art not only for this mini-workbook but also for each of our 45 type pairing workbooks, can relate in her 7-9 marriage.

## ALAINA'S STORY

When I first learned about the Enneagram, I completely misidentified myself as a 9. I'm very relaxed and comfortable with a slow pace of life, I don't mind evenings in and appreciate the comfort of a predictable routine (the freedom from having to make decisions). But when I started to look at what motivates these types of behavior and some of the common pitfalls for each type, something didn't quite fit.

After some investigation, I discovered that I'm a 7. How could I mistype an high-energy, spontaneous, enthusiastic 7 as a 9? You can thank my mellow, go-with-the-flow, steady 9 of a husband for that. After twenty-five years of marriage, his influence has calmed down my highly distractable spirit. His patience and peaceful spirit have helped me to learn to rest and to be still when life gets complicated. This titration is fun and energizing for us, although neither one of us likes to make decisions all that much.

In essence, as you can see here and in your own relationship as well, our spouses have certain ways of moving efficiently through the world, just as we have our own preferred habits. In relationships we make compromises so that we can be agreeable to one another, but here's the amazing part. Often, those little acts of compromise, paired with hard work and sacrifices, really do become a part of who we are and really do bring health to us. As we become more harmonious, our relationship also becomes stronger because of these added healthy influences.

While we are still two people with our own unique colorings, our blending together has both softened and sharpened us. We are now a beautiful new hue neither of us was before. As our reflections fall on each other, the world gets to see and receive from our beautiful gifts together too, which we like to call your **Enneagram Glow or Glow Up!**

## GET GLOWING!

A glow gives steady light without the harshness of a flame, and that's exactly what you want for your marriage, to illuminate without burning one another in the process! While we're always growing on multiples levels, we've noticed that the couples we've worked with or known also tend to glow with most of their partner's main Enneagram type's giftings.

### For instance:

A 4 and 7 couple share a glow of adding both beauty and fun to the world.

A 1 and 6 couple glow with goodness and safety.

A 8 and 3 couple adds a glow of power and poise to their community.

And a 9 and 1 couple can glow with a wonderful balance of rest and hard work.

The ways we can shape one another still surprises us over the years, as Michael and Alaina noted and I can relate. You won't often catch a 7 looking vulnerably into their spouses eyes but despite that, when I recently got my photos back from our photographer I saw the most vulnerable look toward Wes on my eyes, and it shocked me. I'm so glad Wes brings that to me, as it's changed me over the years. Despite being in the fear triad and my own 6 and 8 wings tugging me not to trust, the goodness and dependability of my 1 husband is softening me.



## HOW HAS YOUR PARTNER INFLUENCED YOU?

Here are a few questions for you to think or journal about or to talk about together with your spouse or partner as you refine your Enneagram Glow. Set aside at least fifteen minutes to talk about this. Try to be as positive and helpful as possible.

What are the best traits we each bring to the relationship from our personality types?

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Are there other great things we bring to the relationship even outside of our types?  
What are they? \_\_\_\_\_

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How have you seen our gifts work well together to bring something to the world  
(projects, kids, adventures, helping someone, friendships)? \_\_\_\_\_

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If we know our subtypes (social, self-preservation, or one-to-one), how do those uniquely help bring our shared light into the world? (ex: "We're both social so we love to lead community events," or "He encourages me to be a little less shy and I appreciate that because I lean hard toward self-preservation.").

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What is something we have to each be aware of with our specific Enneagram Glow, so that we don't miss something important (ex: "We are both head types and we miss our fitness," or "We both go by feelings so we forget to think through our problems.").

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What's one way I/we will intentionally try to grow in our relationship considering our strengths and areas for growth?

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What is one area I/we will try to collectively serve our family and the world with our unique Enneagram glow? How can I/we make sure to stay replenished, too?

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What is something that is important to my partner, that has become important to me over time?

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In what ways can I serve my partner, especially considering his/her Enneagram number? Especially ways that I would never think of needing due to my own type!

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How do our Enneagram types compliment each other? What part of our glow comes from our biggest differences? \_\_\_\_\_

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## WANT TO GROW EVEN MORE IN YOUR SPECIFIC PAIRING?

I love to help couples find the best ways they can share their unique glow in the world. I've partnered with Alaina Pompa of Ray of Light Designs to create relationship booklets and special art for each of the forty-five Enneagram type pairings. Marriage and family therapist Michael Shahan also contributed helpful tools for dealing with trauma. If you'd like to see how your types rub off on each other in a more detailed way you'll find it here.

## Your Enneagram Glow Guide

Your Downloadable Enneagram Glow Guide Includes:

- An illustrated poster celebrating your unique pairing's Glow.
- How your relationship dynamic influences the world.
- How to stoke the fires of intimacy for each type in your pairing.
- Conflict management tips for your unique pairing.
- Tips for when you hit road blocks
- Specific date night ideas and tips for your types.
- And SO much more!!

### GLOW GUIDES AVAILABLE AT:

[www.EnneagramandMarriage.com](http://www.EnneagramandMarriage.com) or [www.RayofLightShop.etsy.com](http://www.RayofLightShop.etsy.com)

