

**ENNEAGRAM
+ MARRIAGE**

Seasons
OF
Marriage



Introductory Note

In early marriage, couples often approach their spouse with eyes of hope and excitement for how their spouse will heal their deepest wounds. This isn't a bad approach, since often in marriage we do help one another to heal. However, when we expect our spouse to heal all of our wounds – most of which started long before they entered the picture – we are let down.

Instead, use this seasons of marriage guide to find your type and to remember this:

*Your wounds are not your fault,
but it is your personal responsibility to find healing.*

Christa

Seasons of Marriage

Objective	This resource is designed to help you understand the inner dialogue of each stage of marriage, especially as it pertains to the Enneagram type of you and your spouse. It also offers an avenue for reflection regarding how to best navigate the seasons of marriage.
Task	<p>Find your Enneagram type in the pages that follow. Review the sample dialogue summarizing the different mindsets your type typically exhibits through the various seasons of marriage. Use this, in tandem with your personal experience, to identify your current season. Complete the reflection questions.</p> <p>If they are willing, have your partner engage in this exercise as well. Use the reflection questions and sample inner dialogue as a starting point for discussing the highs, lows, and action steps for your current stage.</p>

Type 1

What They Tell Themselves	
In Early Marriage	"I have found a good person who will be my teammate. I will fix any of their flaws over time. They have great potential."
In Middle Marriage	"I am angry with them because I have found them to be lacking the drive and morals I need them to have."
In Later Marriage	"I love them for who they are. I give my partner and myself grace when we fall short."

Type 1 Reflection Questions

1. What relationship stage do you think you're in? <i>Beginning, middle, or long-term?</i>

2. Given your unique story, what mindset and action steps will help you to navigate this season better?

3. What step will you take today?

Type 2

What They Tell Themselves	
In Early Marriage	“They will make me feel I am valuable”
In Middle Marriage	“They have not shown me I am as special as I deserve. I must manipulate them into appreciating me.”
In Later Marriage	“I am worth it whether they realize it fully or not. I have learned my own value. I have self-care and healthy friends who can fill in the traits I’m seeking that my spouse does not possess.”

Type 2 Reflection Questions

1. What relationship stage do you think you’re in? <i>Beginning, middle, or long-term?</i>

2. Given your unique story, what mindset and action steps will help you to navigate this season better?

3. What step will you take today?

Type 3

What They Tell Themselves	
In Early Marriage	"I will show them I can dazzle them with my achievements. For this, they will love me."
In Middle Marriage	"They are not impressed, even after all I've done. I will find someone else who will be impressed and appreciative."
In Later Marriage	"My spouse loves me even when my performance is down. I have learned who I really am underneath my performative facades, too."

Type 3 Reflection Questions

1. What relationship stage do you think you're in? <i>Beginning, middle, or long-term?</i>

2. Given your unique story, what mindset and action steps will help you to navigate this season better?

3. What step will you take today?

Type 4

What They Tell Themselves	
In Early Marriage	"They will make me feel I am special and beloved."
In Middle Marriage	"They have not always made me feel special and beloved. I remember when they let me down and I dwell on that lacking."
In Later Marriage	"I am special, whether they see it or not. We still have a special and blessed connection."

Type 4 Reflection Questions

1. What relationship stage do you think you're in? <i>Beginning, middle, or long-term?</i>

2. Given your unique story, what mindset and action steps will help you to navigate this season better?

3. What step will you take today?

Type 5

What They Tell Themselves	
In Early Marriage	"They will find my knowledge and resourcefulness enough."
In Middle Marriage	"They are asking too much. It is more than I can give. I will retreat."
In Later Marriage	"I can set healthy boundaries when I'm truly spent. I can be brave when I have the strength."

Type 5 Reflection Questions

1. What relationship stage do you think you're in? <i>Beginning, middle, or long-term?</i>

2. Given your unique story, what mindset and action steps will help you to navigate this season better?

3. What step will you take today?

Type 6

What They Tell Themselves	
In Early Marriage	“They will be loyal and I will be able to trust them.”
In Middle Marriage	“They let me down. I must coerce them. If that doesn’t work, I will find someone else to lead me.”
In Later Marriage	“They really are there for me in the ways that really matter. They are my person after all. I have also found I can trust myself.”

Type 6 Reflection Questions

1. What relationship stage do you think you’re in? *Beginning, middle, or long-term?*

2. Given your unique story, what mindset and action steps will help you to navigate this season better?

3. What step will you take today?

Type 7

What They Tell Themselves	
In Early Marriage	“They will be able to make me happy.”
In Middle Marriage	“They are sad or angry with me. They don’t fill my need for joy, therefore, I will escape into a happy place.”
In Later Marriage	“We can’t always make each other happy. However, I can slow my frenetic pace, face my pain about this, and enjoy much of our life together.”

Type 7 Reflection Questions

1. What relationship stage do you think you’re in? <i>Beginning, middle, or long-term?</i>

2. Given your unique story, what mindset and action steps will help you to navigate this season better?

3. What step will you take today?

Type 8

What They Tell Themselves	
In Early Marriage	“They will accept my influence and have my back, too.”
In Middle Marriage	“They were disloyal to my influence. I don’t need their allegiance to find goodness and love in marriage. I will find it elsewhere or establish dominance over them.”
In Later Marriage	“I can love them even though they have let me down in one way or another.”

Type 8 Reflection Questions

1. What relationship stage do you think you're in? *Beginning, middle, or long-term?*

2. Given your unique story, what mindset and action steps will help you to navigate this season better?

3. What step will you take today?

Type 9

What They Tell Themselves	
In Early Marriage	"They will empower me, move me, and always hear me."
In Middle Marriage	"I am now and always will be unseen by them."
In Later Marriage	"I can find my own voice. I can show them grace, even when they don't see me. I can be loud if I need to be."

Type 9 Reflection Questions

1. What relationship stage do you think you're in? <i>Beginning, middle, or long-term?</i>

2. Given your unique story, what mindset and action steps will help you to navigate this season better?

3. What step will you take today?