

Enneagram Polarities: I AM/ I AM NOT

- **One:** Good/Bad, Responsible/Irresponsible, right/ wrong
- **Two:** helpful/selfish, needed/ needy, indispensable/ useless
- **Three:** successful/ failure, productive/ inactive, competent/ incompetent
- **Four:** special/ typical, remarkable/mundane, feeling/ unfeeling
- **Five:** Wise/ foolish, witty/ dull, aware/ oblivious
- **Six:** loyal/ disloyal, trustworthy/ rebellious, persistent/ flaky
- **Seven:** free/ rigid, stimulating/ boring, fun/ serious
- **Eight:** powerful/ impotent, self-sufficient/ needy, challenging/ wimp
- **Nine:** peaceful/ frantic, easy-going/ driven, harmonious/ conflicted

Reflection Exercise: Reconcile a list of polarities about your type using the Law of 3

1. Make your own list of polarities for your type with a I AM and I AM NOT lists
2. How can you reframe the 'I am not' items?
3. How can you make friends with the opposite of what you have attached to?
4. What benefit could that have for you?

For example: Type 9

I am peaceful, easy-going and harmonious. **I am not** frantic, driven or conflicted.

Reframe: I am energetic, motivated and set boundaries with people in my life.

Befriend: I accomplish my own goals, I state my opinions and let people know when they have crossed a boundary.

Benefit: I feel better in my body because I am not holding or suppressing my anger or stifling my desires/goals. I have healthier relationships based on honesty.