

From Dr. Dan Siegel's book: Personality and Wholeness in Therapy: Integrating 9 Patterns of Developmental Pathways in Clinical Practice.

3 NEURAL NETWORKS X 3 PATTERNS OF ATTENTION = 9 TYPES

	Body Types			Heart Types			Head Types		
Motivation	Agency/ empowerment			Bonding/Connection			Protection/Certainty		
Dominant Emotion	Anger			Sadness			Fear		
Direction of Attention/Energy	Out	Both/ un- Awar	In	Out	Both/ Un- aware	In	In	Both/ Un- aware	Out
	8	9	1	2	3	4	5	6	7

3 NEURAL NETWORKS ACTIVATED

- Motivation for Agency - getting bodily needs met - network about embodied empowerment. Anger, frustration, irritation - body center types
- Motivation for Bonding -Sadness - separation distress - heart center types
- Motivation for Certainty -Fear - anxiety, terror, unpredictability/lack of protection - head center types

3 PATTERS OF ENERGY/ATTENTION ACTIVATED

- Energy and attention goes outward - 2, 7, 8
- Energy and attention goes inward - 4, 5, 1
- Energy and attention goes both directions - 9, 3, 6

3 X 3 = NINE ENNEAGRAM PATTERNS

