

Inquiry Questions:

- Make a list of your I AM/I AM Not phrases that relate to any Ennea type that is part of your personality.
- Rephrase - how can you rephrase the I AM NOT phrase to something beneficial or positive. What is missing when you ONLY focus on being the phrase in the I AM column. What's the consequence or cost?
- Befriend: How can you make friends with the opposite that frequently you have judged?
- Benefit - what benefit can I gain by this incorporating this energy or quality?
- Reclaim: What would you need to reclaim to come to balance and wholeness?

WOUNDS ----->WISDOM (WORTH)