

Stress Triggers for Each Enneagram Style

Type One

- Not doing it, right
- Other peoples' incompetence
- Too many improvement projects going on, competing priorities
- Things not going according to plan

Type Two

- Feeling unappreciated or uncared for
- Taking on too much for others - ignoring my own needs
- Feeling any hint of rejection
- When people tell me to take care of myself

Type Three

- Falling short of expectations
- Any obstacles to achieving my goals
- Taking on too much - ignoring my true feelings
- Not being recognized for my accomplishments

Type Four

- Feeling left out or abandoned
- Feeling misunderstood or not being able to express myself
- Others having what I want, which leads me to feel deficient
- Too many mundane tasks

Type Five

- Too many demands on my space and time
- Having to make decisions without enough information
- Too much stimulation, as in being in a busy crowd or other kinds of stimulating environments
- Emotional buildup

Type Six

- Not being able to rely on those I put trust in
- Making decisions without information
- Endless efforts to create a sense of safety and security
- Too many commitments that I feel obligated or loyal to

Type Seven

- Situations that limit my freedom or get boring (lacking variety)
- Saying yes to too many people or activities
- Other people who are stuck in negativity
- Boring jobs or tasks that I ignore and so they pile up

Type Eight

- Loss of power or control
- In-action or delays in my agenda being accomplished
- Feeling like I am being manipulated
- Perceiving or experiencing injustice and not being able to take action

Type Nine

- Any perceived or potential for conflict
- Making decisions
- Being treated as un-important
- Been pulled in multiple directions - too many people to please or harmonize

5 Ways to De-Stress for Each Enneagram Type

Type One -

- Get physical exercise - let the life force be free!
- 9w -Relax, soften and meditate on acceptance - the serenity prayer
- Practice “good enough”
- +4 -Get in touch with authentic feelings through journaling or talking with a trusted friend
- +7 -Make plans to have fun

Type Two

- Prioritize and take responsibility for your self-care
- Turn within - Journal your feelings and needs
- Wait for others to ask for help
- +4 -Start a creative project just for you
- +8 -Practice setting healthy boundaries - I do my thing, you do yours and that is OK:)

Type Three

- Slow down and restore energy - try taking something off your plate
- +4 - Set aside time to be with your authentic feelings
- Drop the mask and try something creative and new, risking failure
- +9 -Slow down, find your true center, rest in Being
- +6 -Face your challenges with courage and realism, knowing you can handle it

Type Four

- Mobilize your energy and practice mindfulness and daily gratitude
- +2 -Volunteer for a cause you feel passionate about
- Get exercise outside in nature
- +1 -Focus, prioritize, and get mundane tasks done early
- Reach out to a friend and share your feelings

Type Five

- Mobilize your energy - get physical exercise in nature
- Share your feelings with someone you trust, making your needs known
- Reset your nervous system by shutting down external mental stimulation

- +7 Connect socially, using humor and imagination to discuss issues
- +8 Make a difference or take action about something you feel passionate about

Type Six

- +9 Cultivate inner safety -Do a daily breath practice to relax the nervous system
- Question your thoughts - is it true?
- +9/5 -Question thoughts and open to different perspectives
- Trust your competence based on past achievements and take confident action
- 7w - What could go right? Use humor and plan something fun

Type Seven

- Arrive in the present moment - claim and savor the joy that is present
- Journal your feelings with compassion
- Ground your busy mind with exercise and nature
- +1 Practice focusing on just one thing at a time
- +1 Become disciplined and motivated to tackle difficult tasks, one at a time

Type Eight

- Physical exercise to discharge extra energy
- Start a self compassion practice
- Share your feelings with a trusted friend
- Step back from action to clear your mind so you can see life more objectively
- +2 Nurture and care for someone else, a pet or your garden

Type Nine

- Journal your feelings and desires
- 6/8 Speak your truth, embracing your opinion, even if it creates some conflict
- Practice grounding exercises, becoming fully present in your body
- 6-Become loyal to yourself, your presence matters
- 3-Start your day with a to- do list, taking action on your priorities