

Enneagram Style 2 Summary

The Helper

At your best: “When Twos are healthy and in balance, they really are loving, helpful, generous, and considerate. People are drawn to them like bees to honey. Healthy Twos warm others in the glow of their hearts. They enliven others with their appreciation and attention, helping people to see positive qualities in themselves that they had not previously recognized. In short, healthy Twos are the embodiment of “the good parent” that everyone wishes they had: someone who sees them as they are, understands them with immense compassion, helps and encourages with infinite patience, and is always willing to lend a hand—while knowing precisely how and when to let go. Healthy Twos open our hearts because theirs are already so open and they show us the way to be more deeply and richly human.” Enneagram Institute

When Personality or “ego fixation” as its grip on you: Average to unhealthy Twos seek validation of their worth by obeying their superego’s demands to sacrifice themselves for others. They believe they must always put others first and be loving and unselfish if they want to get love. The problem is that “putting others first” makes Twos secretly angry and resentful, feelings they work hard to repress or deny. Nevertheless, they eventually erupt in various ways, disrupting Twos’ relationships and revealing the inauthenticity of many of the average to unhealthy Two’s claims about themselves and the depth of their “love.”

Focus of Attention: Maintaining positive connections by anticipating and addressing others’ wants and needs. 2s become good at reading others, being able to make connections and understanding emotions.

Key Motivations: Want to be loved, to express their feelings for others, to be needed and appreciated, to get others to respond to them, to vindicate their claims about themselves.

- Basic Fear: Of being unwanted, unworthy of being loved
- Basic Desire: To feel loved
- Enneagram Two with a One-Wing: “Servant”
- Enneagram Two with a Three-Wing: “The Host/Hostess”

Begin the quest to regain your authentic self: From Pride to Humility

1. Notice your patterns and create a little distance from it.
2. Be with your experience of the pattern with compassion and non-judgment.
3. Face your shadow: different images and roles that you took on to appear a certain way.
4. Get in touch with authentic feelings with compassion and then allow them to move on.

Notice the following patterns:

- Needing to be liked and shift to align with others and hiding parts of yourself you think they won’t like such as your opinions, preferences and feelings.
- Minimizing your own needs while seeking to please or meet the needs of others.
- Focusing on relationships and the tendency to view relationships/interactions as a reciprocal exchange - I’ll give you something if I get something in return.

- Needing to feel important, significant, needed. There is a tendency to base your self-worth on how useful you are to others.

Virtue/Value: Love - making the world a more loving place

Passion: Pride

Most 2s are surprised by this word that describes the passion of the 2. Pride comes in when the 2 style believes they know what is best for others or what should happen. Pride comes in when needs are denied and a superhero cloak is donned.

Awakened Capacity - Creativity Through Humility

"I recognize that everyone has needs, including me. The distinction between my needs and those of others melts away, and the needs of others are neither more nor less important than mine. As I let my whole self with my interests, needs, joys and hurts into my heart, I experience the authentic love that I had previously worked hard to get from others. My creative voice has space to shine through and be expressed. "- Deep Coaching.

Suggestions for growth

Use your Wings:

Use type 1s focus on self-discipline, structure and supportive routines to create self-care strategies. When 2s borrow the resourceful aspects of 1, they can observe reality more impartially and see situations more clearly, thus aligning action with more objective standards. Type one can help balance the emotional confusion and create more clear boundaries. The non-resourceful aspect of 1 can show up in a 2 as being critical of self and others and getting swept up in perfectionism.

Use type 3's resourceful features of being focused, effective, efficient including delegating and become a team player. The 3 style helps the 2 become adaptable and more easy going in a variety of settings. However, the non-resourceful aspect of 3 can mean more work and even less self-care. Two's with a strong 3 wing can become workaholics and very image conscious.

Arrows for growth:

Type 8: moving to type 8 can help 2s set clear boundaries, communicate directly and put their needs on par with others. Type 2s can lean into type 8s sense of empowerment enhancing self-esteem and self-efficacy without the need to please others. 8s tell it like it is - this will help cut through some of the confusion common in the 2. The less-resourceful aspect of 8 can show up as always needing to be strong and avoiding any vulnerability.

Type 4: A shift to the healthy side of Four helps 2s get in touch with their authenticity through their self-expressive nature. They get in touch with the creative source that is within and prioritize their own creative expression. Healthy 4s are in touch with their feelings without letting them weigh them down. Less resourceful 4 energy can show up as focusing on what you don't have, envy or getting overwhelmed by feelings.

Shadow: Avoiding rejection leads to the defense strategy of repression: putting aspects of the self into hiding including needs, emotions, creativity, opinions, your own agenda. Embracing your shadow means owning your tendencies and is the journey of embracing your authentic self.

Awareness Practice - observe yourself with no judgment and notice what feelings or insights arise:

- How has my attention and energy been going to others' needs?
- What do I really want and need? How do I support or nurture myself?
- How do I allow others to support me?
- In what ways do I feel or act as though I were indispensable? Do I take pride in being needed?
- In what ways do I alter or change myself to fit what others seem to want?
- How do I express humility?

Tips for Growth:

- Experiment with nurturing yourself - fill your cup
- Create a practice to quiet the mind - turning on the inner observer
- Find support to connect to your own heart.
- Practicing loving others by simply being with them, not doing anything for them.
- Explore what has meaning for you - what does your heart desire to experience or express?
- Before acting or responding, pause and ask: What does love require in this situation?

Growth Practices and meditations:

From Dr. David Daniels - **Basic Essential Practice**: From a grounded, receptive, openhearted, and non-judgmental stance, notice your urge to help and heal others along with the feeling that you know best what is needed fueled by your driving energy of pride or indispensability. This stems from your core belief that to be loved, valued, and secure you must fulfill the needs and desires of others and repress your own. Pull your active giving energy back inside yourself by taking slow, deep breaths into your abdomen and heart. You can then do the work of inquiry and realize that it's just as important to receive, as it is to give. And to nurture yourself as well as to nurture others. Experience what your own separate self truly desires. Remind yourself to notice that love and nurturance flow both from and to you and the freedom that goes with this flow. And remind yourself to notice how others respond when you allow yourself to receive as well as give and to take care of yourself.

Short Reflections for Reclaiming the Essential Quality

With openhearted kindness toward yourself, simply practice several times a day for a minute or so saying and living one of the following each for a few days at a time. Do these all with the receptive energy encompassed in the "may I." Recall that the higher quality or virtue for type Two is humility, which simply means being in the natural flow of giving and receiving in the present moment.

- May I learn to love myself separate from what I give to others.
- May I adhere to loving-kindness practice that focuses equally on myself as to others.
- May I realize that love is found in oneself which facilitates love for others.

- May I receive from others with grace and love knowing that this nurtures them as well as me.
- May I experience joy in others' well-being and happiness separate from my giving.

Prayer - Loving Lap, (type 2)

As I rest in your care, anchor me in my humility that I may know myself more fully, honoring my gifts as well as my limitations. I desire to be real, to know what is mine to do and not to do. Empty me of my need for external approval. Guide me toward receptivity, that I may participate more fully in my own life, offering myself compassion as well as others. Dissolve my pride, Holy One, that I may be more available to my own needs, and to the present unfolding of my life without agendas. Open my heart to the support of others. Remind me of my interdependence so that I no longer inflate my own abilities but am grounded in the reality of who I am. Grant me a willingness to be open to what arises, that I may find my freedom in your unconditional love. - Sandra Smith, Mdiv.

Loving-Kindness Meditation -

The following steps are a meditation for connecting with your soft spot and initiating the flow of unconditional love, also known as loving-kindness.

1. Begin by closing your eyes, taking a few deep breaths, and relaxing your body a little with each exhalation.
2. Imagine the face of someone who loved you very much as a child and whose love moved you deeply.
3. Remember a time when this person showed his or her love for you and you really took it in.
4. Notice the gratitude and love this memory evokes in your heart. Allow these feelings to well up and fill your heart.
5. Gently extend these feelings to this loved one.
6. Allow these loving feelings to overflow and gradually suffuse your whole being.
7. Extend this loving-kindness to all people and all beings everywhere.

May all beings be happy. May all beings be peaceful. May all beings be free from suffering.

References:

The Enneagram Guide to Waking up - Beatrice Chestnut, PhD and Uranio Paes, MM

Enneagram Spectrum of Personality Styles - Jerome Wagner, PhD

The Wisdom of the Enneagram - Russ Hudson and Richard Riso

Deep Coaching: Using the Enneagram as a Catalyst for Profound Change by Roxanne Howe-Murphy, EdD

<https://drdaviddaniels.com/growth-for-type-2/>