



Enneagram Type 3 Handout

“Love takes off the masks we fear we cannot live without and know we cannot live within.” – James Baldwin

“What brings order in the world is to love and let love do what it will.” – Krishnamurti

What is the Enneagram? The Enneagram is a dynamic psycho spiritual symbol that creates a map for personal and spiritual growth. It draws on many different systems of knowledge including psychology, cosmology, and symbology. It is a highly accurate typology that describes nine distinct personality styles. It helps us to “wake up” to ourselves by revealing the habitual patterns and blind spots that limit our growth and transformation.

It is based on 3 centers of intelligence and each type has one center that is dominant:

- The head center – thinking, analyzing, planning, imagination. Types 5,6,7
- The heart center – feeling, connecting, relating, emotional intelligence. Types 2,3,4
- The body center – their knowing comes from a gut sense and experience life through the senses. Types, 1, 8 and 9.

Type 3:

The Achiever

Success-oriented, pragmatic type: Adaptable, excelling, driven and image-conscious

Basic Fear: of being worthless

Basic Desire: to feel valuable and worthwhile

2 wing - the charmer

4 wing - the professional

Description: Successful, well liked, have developed their talents, make contributions, are role models.

As children, learned to perform in ways that garnered praise and positive attention (or avoided negative attention). Chose activities that were valued by parents and peers. Not allowed to have feelings and just be themselves.

Core: Feel alienated from self. Heart’s desire is left behind due to external focus.

Begin the quest to regain balance and your authentic self through the following:

1. Notice your patterns
2. Face your shadow: different images and roles that you took on to appear a certain way. Patterns that keep you focused on being successful or efficient.
3. Get in touch with authentic feelings.

Notice the following patterns with compassion and neutrality:

1. Shape shifting to impress others: Notice how you adapt yourself to meet the situation. You read your audience to get a sense of what they value and identify with or take on ideal image of what they consider valuable. Watch for subtle way in which you shift your persona to match what others view as admirable. Are you a different person at home than at work or other contexts? Begin to ask yourself - who am I really?
2. Notice if you build an identity around being successful at whatever you do. How you work hard to accomplish tasks and meet goals. You like to set a pace to get results quickly and efficiently. Perhaps you don't choose to do something if you don't think you can succeed at it which is about avoiding failure.
3. Prioritizing doing over feeling: perhaps you find it difficult to slow down and just be. With all the doing 3s tend to have difficulty being with emotions. It is hard to do less.
4. Shutting off awareness of emotions - you unconsciously fear they will make you less productive. Perhaps you have a hard time trusting you will be loved for who you are and how you feel and not what you do.

4 Wing -

- Connecting with your own emotions and valuing all your emotions including pain.
- Connecting with your uniqueness aside from successful image.
- Express yourself through creativity and other forms of expression

Arrows of growth and expansion

We can borrow from other types for qualities that are needed to balance us. Type 3's tend to borrow from 9s and 6s. This forms the inner triangle in the enneagram symbol. These are called the arrows and can be accessed during stressful or relaxed circumstances.

Move to Type 9 Resourceful side:

- Slow down and relax and tune within
- Meet challenges in a calm way
- Listen to other's points of view
- Look for collaboration - follow other's agendas
- Can also move to low side of 9 – Indolence, withdrawal or avoiding conflict or failure

Move to Type 6 Resourceful side:

- Feeling secure - can be courageous by sticking with deepest values and commitments, even unpopular.
- Explore potential problems that may arise as you consider a task or goal. Question what's happening before you jump to your next task. Give yourself permission to explore fears and anxieties with compassion.
- Stay loyal to self and mission whether family, community or personal.
- Low side of 6 -Be alert for self-doubt and fear. Use self-doubt as way to get in touch with younger parts of you.

Working with Shadow:

- Slow down pace of doing and engage in relaxing activities that don't involve goals or tasks.
- Welcome emotions
- Expose all the ways you have lied to yourself - what are the reasons behind the illusions that seemed necessary at the time. Reflect on various roles/personas you took on at different times in your life. It's good to note the pay-off and also the cost of taking these on.
- Do something that risks damaging your self-image. (something you know you aren't good at for example) or expressing opinions and taking a stand that may alienate someone.
- Nurture relationships with people who appreciate the "real you".
- Ask 3 people who know you well what they like about you.

Suggestions for Growth -

- Learn to tell the difference between the false self and your true self. Know and state what you really want and how you really feel - to self and others. Accessing a deeper truth - the truthfulness inside yourself and the heart's unwillingness to be what you are not.
- Stay in touch with your heart and the truth of what is happening inside you in the moment.
- Enjoy the experience of just being aligned with your truth.
- Value your inner sense of worth over your need for praise or recognition from the outside.
- Identify what you truly want and like.
- Collaborate with others and let them take the lead.
- Do only what is necessary.
- Recognize your heart's capacity to touch and influence people emotionally.
- Acceptance of people who don't like or value you - no need to impress them to get their approval.
- Pause your day to connect with someone you appreciate.

Prayer for Type 3: Source of Hope

Create in me a refuge for accepting myself, a place where I am fully known and loved. Dissolve my pretenses that diminish my genuineness. Empty me of the masks and facades that blind me to who I am, that keep me deceiving myself and others. Guide me deep, slow me down, open my heart, so that the great love within me flows naturally with no need to impress or support an image. Teach me to honor my fear and doubt, to remember the hesitant one within me that I

push aside to keep up my impressive performing. Remind me to allow this one to have a voice in my life that I may receive her/his wisdom. Divine Lover of my being, be my foundation as I journey to my heart and express my feelings—my sadness, my anger, my delight—those emotions I hold in check to protect my image of the moment. For I am a lovable and loved being and offer gratitude for those in my life who see me real and love me.

Type 3 and Flow

In his book *Flow: The Psychology of Optimal Experience* (1990), Mihaly Csikszentmihalyi concluded that happiness is not a fixed state but can be developed as we learn to achieve flow in our lives. "The best moments usually occur when a person's body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile."

When we focus our attention on a consciously chosen goal, our psychic energy literally "flows" in the direction of that goal, resulting in a reordering and harmonizing within consciousness. This higher state of consciousness makes what would seem too difficult effortless and allows us to advance into new achievements in sports performance and all the arts.

The flow state is like a moving meditation. Action and awareness merge when the athlete, artist or performer becomes totally absorbed in what they are doing. They have all the skills necessary and are able to stretch their abilities to meet the challenge, while focusing attention on the task at hand. Time seems to fly. It can also feel like there is no time.

An example of this can be seen in the martial arts or watching the Olympics. The competitor seeks to lose all distractions of ego, fear and self-referring thoughts, immersing themselves completely in the activity. This state allows the chi (energy) to flow through the individual and support the movement or task.

The flow state applies to dancers, athletes, writers, teaching, artistic creativity, and just living in a state of inspiration (in spirit)

1. Relax the eyes and use your breath. Clear and calm the mind and body.

2. Power vs. force. Ask to use God's (or Jesus', Buddha's, the universe's, whatever feels right to you) energy and not your own. Feel the power of the entire universe operating through you.

3. Posture. It's extremely important to have good posture so that the energy can flow fully and freely. In yoga it's referred to as your "back body." This will create better balance, enhance sports performance, and may help conserve energy. When performing, keep your shoulders back, chest lifted, and let your heart open. Allow the neck and lower back to relax and use the abdominal muscles to support the back. This helps prevent injuries and is the body language of confidence.

4. Meditation. Program for success: Get out of your own way and merge with your highest visions of yourself. Mind, body and spirit come together naturally as one reality. Through meditation you may connect to your full creative power. This gives you the ability to shift into an altered state at will.

Through consistent training you can program the mind to tune out distractions, whether internal (nervousness, fear of failure) or external (crowd noise, other competitors, weather conditions) without holding on to them or paying any attention to them.

5. Appreciation. Get into the flow of whatever you are doing. This can include cleaning, caring for your pets or plants, or at work. Send appreciation to the wonderful things that have shown up in your life and that you get to love and nurture. As you do this you may notice solutions to situations naturally arise as well as new creative ideas and insights.

When in this state of grace or flow state, you are in your natural state of well-being. You may notice how divine order and harmony carries into all areas of your life by:

* Working in complete harmony and cooperation with everyone you interact with.

*Drawing the highest and best from people.

*The right people, places and things show up.

* Financial abundance flows easily.

* Aches and pains are gone, the body and mind feel balanced.

Remember a time when you were in a flow state, when you were in the zone and at the top of your game.

In this state of presence, everything flowed naturally and easily without effort.

In this un-self-conscious state you felt competent, effective, and confident. Action flowed naturally from you.

From this resourceful state, what action will you take?

From DrDaviddaniels.com

Basic Essential Practice: From a grounded, receptive, openhearted, and non-judgmental stance, notice your zeal for efficiently accomplishing tasks and goals, and to give and receive approval and recognition for doing rather than for being. This stems from your core belief that to be loved, valued, and secure you must perform, accomplish, and succeed. Recognize how your go-ahead driving energy can take you away from your own true feelings. Notice and pull your driving energy to accomplish back inside yourself by breathing down and in with slow breaths. You can then do the work of inquiry and realize that love comes from being as well as from doing. From this place of self-observation, you can notice your pace and pressure to accomplish. Then with each breath focus on slowing and easing the tightness and constriction accompanying the impatience to move forward into doing. In slowing your pace, you actually expand your pace. Then your heart can be receptive to your own and others true feelings. Remind yourself to notice that everything is not dependent on your effort. And remind yourself to notice how others respond when you allow yourself to slow your pace and open your heart.

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 Three is veracity, meaning being present to self and others and allowing your own true feelings to manifest in the present moment.

- May I cultivate stillness, letting things and feelings be as they are.
- May I expand my range of pace to include a slower pace, allowing for my true feelings to manifest.
- May I allow greater patience, just letting things be.
- May I cultivate my own feelings and allow my heart to open to self and others.
- May I have compassion in the face of suffering for myself and others.

Read the Velveteen Rabbit

References: The Enneagram Spectrum of Personality Styles – Jerome Wagner, PhD
The Enneagram Guide to Waking Up – Beatrice Chestnut, PhD and Uranio Paes, MM
The Wisdom of the Enneagram – Riso and Hudson