

True Nature vs Distorted Lens

Collective CONTRIBUTION

(Enneagram Holy Idea)

Mental FIXATION

(Enneagram Fixation)



True
Nature



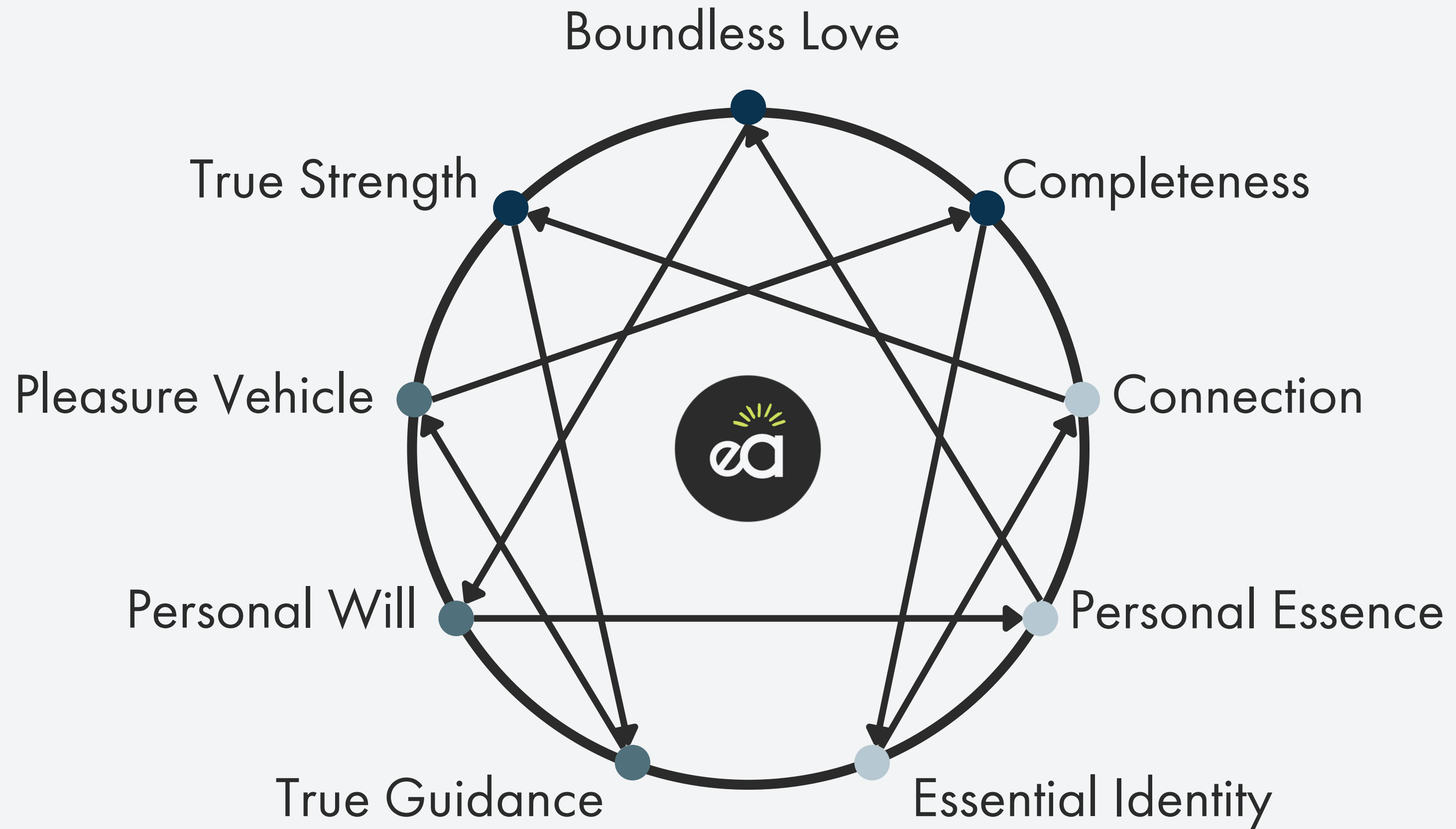
Essential ANTIDOTE

(Enneagram Virtue)

Emotional OBSESSION

(Enneagram Passion)





Enneagram 8

Collective CONTRIBUTION
Collective Truth

Mental FIXATION
Vengeance



True
Strength



Essential ANTIDOTE
Innocence

Emotional OBSESSION
Lust or Excess



Lust or Excess

"I need more."

- Speaking fast, loud or intense
- Doing too much, too fast
- Intentional power disputes
- Being excessively concrete
- Expanding your energy/presence



Innocence

"I am curious."

- Find ways to embrace a pause
- 10% rule - every idea is 10% good
- Expect the best
- Let go of outcomes
- Play without purpose



"Innocence is the playfulness of a child, allowing life to come and go without feeling the need to control the process or the outcome."

Enneagram 9

Collective CONTRIBUTION
Collective Love

Mental FIXATION
Indolence



Boundless
Love



Essential ANTIDOTE
Right Action

Emotional OBSESSION
Sloth or Distraction



Sloth or Distraction

"I need less."

- Speaking slow, quiet, nicely, last
- Going along and avoiding what's new
- Being overly calm and steady
- Playing the mediator
- Making others angry by not doing



Right Action

"I am confident."

- Do something for 1 minute
- Treat it like an experiment
- Making a list counts as distracting ...
unless you're going to do something next.
- Choose the task that holds resistance
- Practice just saying it



"Right Action is the movement forward with purpose knowing the most important piece of the puzzle to solve first."

Enneagram 1

Collective CONTRIBUTION
Collective Perfection

Mental FIXATION
Resentment



Completeness



Essential ANTIDOTE
Serenity

Emotional OBSESSION
Anger or Perfectionism



Anger or Perfectionism

"I need it perfect."

- Shorter/shallow breath
- Muscle tension - especially the face
- Saying, "I'll just do it"
- Using extra precise language
- Opposing own positive thoughts/feelings



Serenity

"I am realistic."

- 80/20 rule - is this "good enough"?
- Relaxation/body engagement practices
- Top/Bottom 5 from the day
- Pause before fixing
- Chase fun

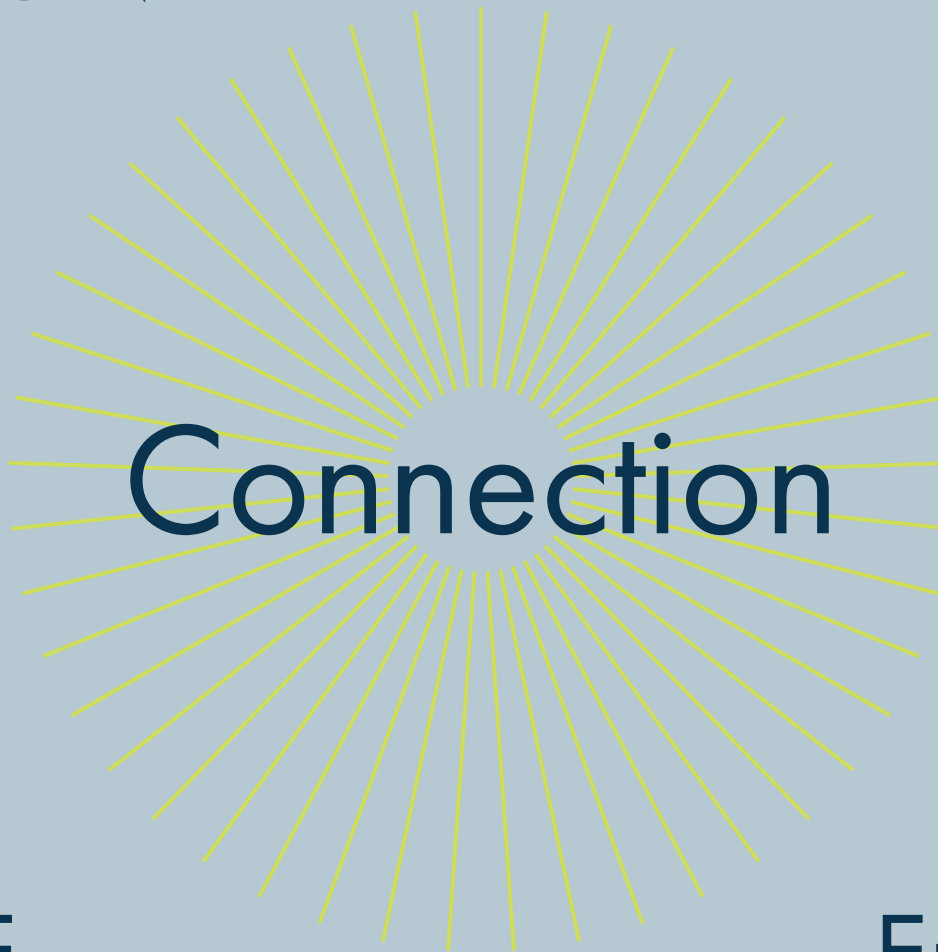


"Serenity is the ability to hold life
with a calm heart knowing
perfection isn't the goal of life."

Enneagram 2

Collective CONTRIBUTION
Collective Freedom

Mental FIXATION
Flattery



Essential ANTIDOTE
Humility

Emotional OBSESSION
Pride or People-Pleasing



Pride or People-Pleasing

"I don't need."

- Believing you know what someone needs
- Proactively offering help or advice
- Feeling extra happy/sad after an interaction
- Moments of quick action
- Turning down help or advice



Humility

"I am human."

- Practice asking for help
- Pause before helping or offering advice
- Notice when people solve problems
- Explore and name your own feelings
- Define self-care for YOU



"Humility is the acceptance of our own needs and the ability to trust others with them."

Enneagram 3

Collective CONTRIBUTION
Collective Harmony

Mental FIXATION
Vanity



Personal
Essence



Essential ANTIDOTE
Honesty

Emotional OBSESSION
Deceit or Performance



Deceit or Performance

“I need what you need.”

- Moments of success/failure or near success
- Noticing admiration of others
- Undertaking goals without assessing desire
- Going along with what other people expect
- Wearing appropriate emotions/expressions



Honesty

"I am me."

- Check in with yourself
- Top/Bottom 5 for the day
- Practice saying what you really think
- Notice emotions before action
- REST (without justification)



"Honest is the unfiltered view of humanity both inside and out."

Enneagram 4

Collective CONTRIBUTION

Collective Origin

Mental FIXATION

Melancholy

Essential
Identity



Essential ANTIDOTE

Equanimity

Emotional OBSESSION

Envy or Discontent



Envy or Discontent

"I always need."

- Concentrating more on what's missing
- Needing to be or feel intense, grandeur
- Staying or moving inward, withdrawing
- Becoming rigid around self-expression
- Being overly critical or overly admiring of others



Equanimity

"I am content."

- Notice what goes well, what's already here
- Name and release feelings
- Engage with nature
- Practice empathy and offer support
- Commit and complete tasks and projects



"Equanimity is the quieting of the inner world and the ability to find peace in the present."

Enneagram 5

Collective CONTRIBUTION
Collective Omniscience

Mental FIXATION
Stinginess



True
Guidance



Essential ANTIDOTE
Non-Attachment

Emotional OBSESSION
Avarice or Restriction



Avarice or Restriction

"I keep more than I need."

- Continuous search for knowledge
- Missing someone but not reaching out
- Observing/analyzing rather than participating
- Resistance to surprise and other emotions
- Avoiding intensity and abundance



Non-Attachment

Non-Attachment

“I am free.”

- Share before you're ready
- Initiate connection
- Engage with your body
- Say yes to spontaneity
- Let curiosity lead



“Non-Attachment is the trust in the
give and take of life.”

Enneagram 6

Collective CONTRIBUTION
Collective Strength

Mental FIXATION
Cowardice



Personal
Will



Essential ANTIDOTE
Courage

Emotional OBSESSION
Fear or Over-Protection



Fear or Over-Protection

"I need a guarantee."

- Over-identification with going with or against
- Moments of over-planning without action
- Answering a question with a question
- Being surprised when good things happen
- Avoiding finding certainty and making decisions



Courage

"I am choosing."

- Let excitement lead
- Breathe into bravery
- Move toward uncertainty
- Take physical action in moments of fear
- Notice moments of eye contact



"Courage is the movement forward
into the unknown."

Enneagram 7

Collective CONTRIBUTION
Collective Wisdom

Mental FIXATION
Planning



Essential ANTIDOTE
Sobriety

Emotional OBSESSION
Gluttony or Indulgence



Gluttony or Indulgence

"I need it all."

- FOMO
- Thinking "this will be the best"
- Engaging in multiple interests at one time
- Feeling amazed, thrilled, excited
- Not being able to stare at one person/thing too long



Sobriety

"I am present."

- Sit with moments of boredom
- Notice simple pleasures
- Practice the art of listening
- Pause before saying "yes"
- Top/Bottom 5 for the day



"Sobriety is the pleasure found in a moment of joy that is enjoyed all the way through."

Aware

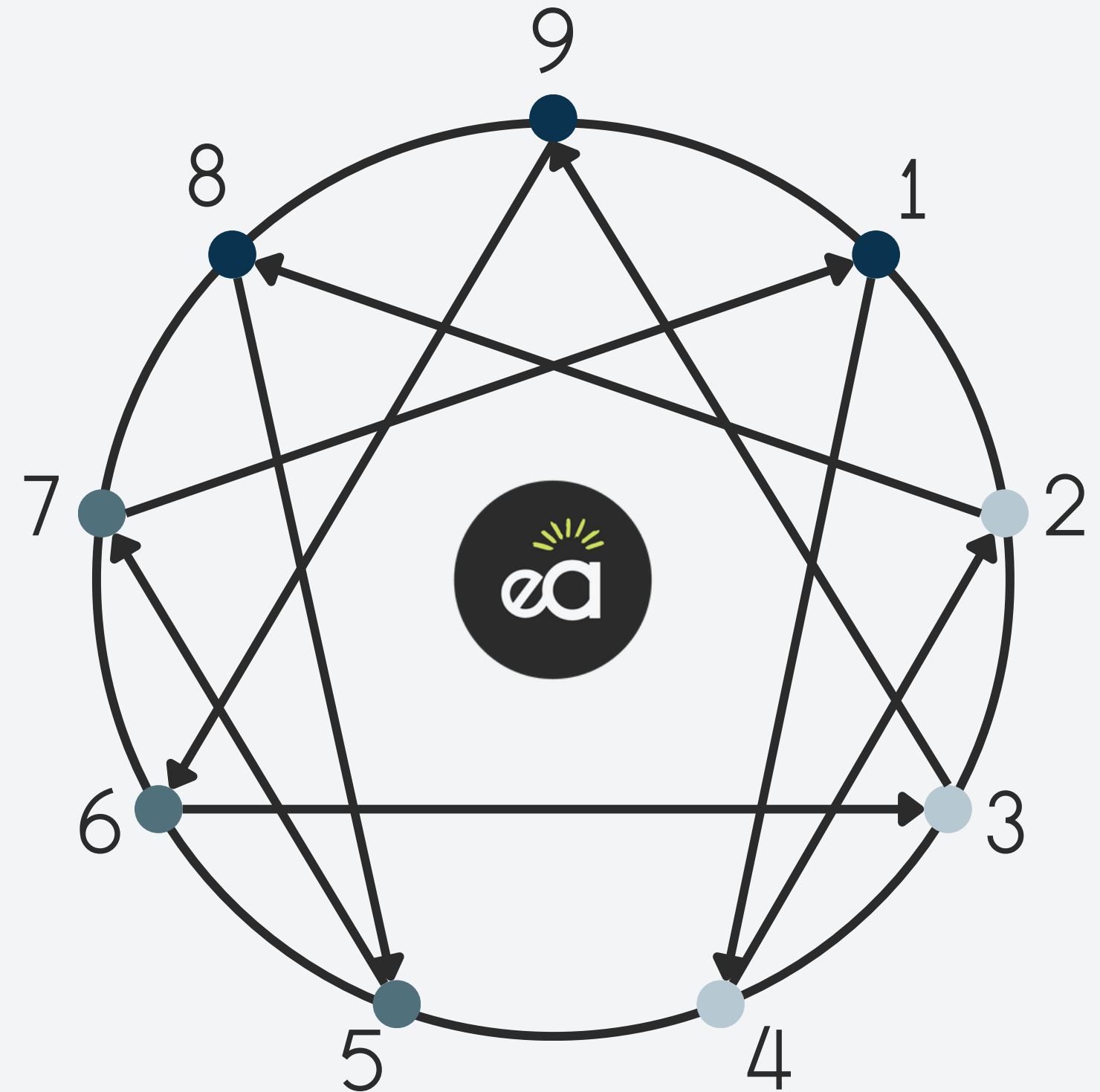
Noticing behaviours and reactions.

Accept

Releasing control and inviting non-judgment.

Expand

A new way of seeing and experiencing life.



True Nature vs Distorted Lens