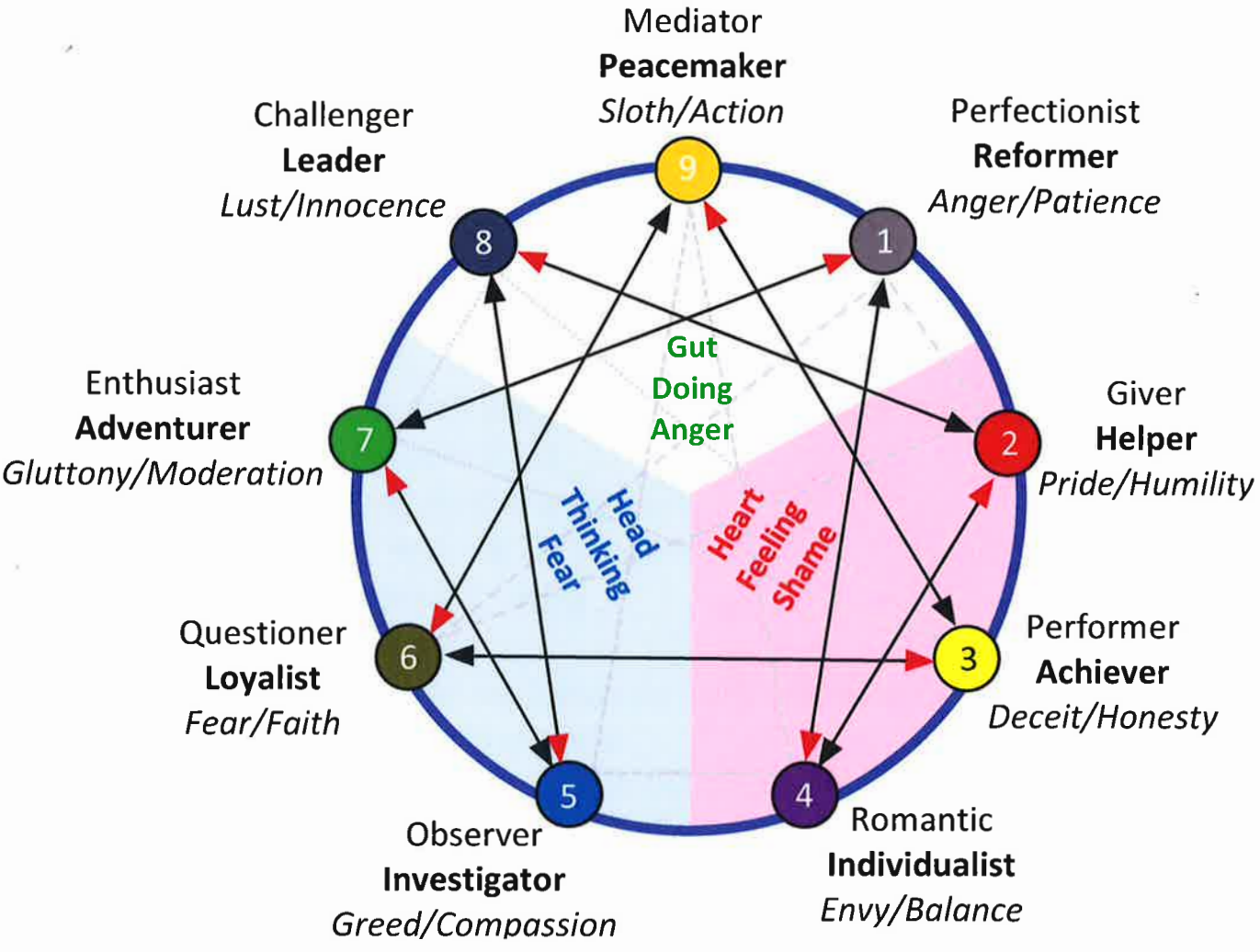


THE ENNEAGRAM



Stress ▶ Security ▶

△ Aggressive 3-7-8 △ Dependent 1-2-6 △ Withdrawing 4-5-9

Three Stances: (Center of Intelligence that is repressed)

Dependent - 1,2,6

Very concerned with what others think & their expectations

Withdrawing - 4,5,9

Slow to act; often don't complete projects

Aggressive - 3,7,8

Comfortable taking charge

Three Triads: (Center of Intelligence that is dominant)

Heart/Feeling - 2,3,4

2 = externalizes feelings; focuses outside of self

4 = internalizes feelings; focuses inwards

3 = forgets feelings

When you encounter life, your first reaction is to ***feel something***

Head/Thinking - 5,6,7

7 = externalizes thinking

5 = internalizes thinking

6 = forgets fear

When you encounter life, your first reaction is to ***think and plan***

Gut/Doing - 8,9,1

8 = externalizes doing

1 = internalizes doing

9 = has forgotten/ignores his anger

When you encounter life, your first reaction is to ***do something***

SNAP

Stop

Notice

Ask

Pivot

TYPOLOGY of Personality

TYPE ONE The Perfectionist

Ethical, dedicated and reliable; motivated by a desire to live the right way, improve the world and avoid fault and blame

TYPE TWO The Helper

Warm, caring and giving; motivated by a need to be loved and needed, and to avoid acknowledging their own needs

TYPE THREE The Performer/Achiever

Success-oriented, image-conscious and wired for productivity; motivated by a need to be (or appear to be) successful and to avoid failure

TYPE FOUR The Romantic/Individualist

Creative, sensitive and moody; motivated by a need to be understood, experience their oversized feelings and avoid being ordinary

TYPE FIVE The Investigator/Observer

Analytical, detached and private; motivated by a need to gain knowledge, conserve energy and avoid relying on others

TYPE SIX The Loyalist

Committed, practical and witty; worse-case-scenario thinkers, motivated by fear and the need for security

TYPE SEVEN The Enthusiast

Fun, spontaneous and adventurous; motivated by a need to be happy, to plan stimulating experiences and to avoid pain

TYPE EIGHT The Challenger

Commanding, intense and confrontational; motivated by a need to be strong and avoid feeling weak or vulnerable

TYPE NINE The Peacemaker

Pleasant, laid back and accommodating; motivated by a need to keep the peace, merge with others and avoid conflict

Enneagram Number	Preferred & Dominant Center	Support Center	Repressed Center
ONE	Doing	Feeling	Thinking
TWO	Feeling	Doing	Thinking
THREE	Feeling	Thinking / Doing	Feeling
FOUR	Feeling	Thinking	Doing
FIVE	Thinking	Feeling	Doing
SIX	Thinking	Doing / Feeling	Thinking
SEVEN	Thinking	Doing Completing	Feeling
EIGHT	Doing	Thinking	Feeling
NINE	Doing	Thinking / Feeling	Doing

3-6-9 Take in info & domin ctr but do NOT use doing to process information

Enneagram Bibliography & Resources

12-5-22

The Road Back to You – Ian Morgan Cron & Suzanne Stabile

The Road Back to You Study Guide

The Path Between Us - Suzanne Stabile

The Path Between Us Study Guide

The Journey Toward Wholeness - Suzanne Stabile

The Journey Toward Wholeness Study Guide

The Enneagram Journey Curriculum available through Life in the Trinity Ministry; 12 week study

The Wisdom of the Enneagram: The Complete Guide to Psychological and Spiritual Growth for the Nine Personality Types – Don Riso & Russ Hudson

Understanding the Enneagram: The Practical Guide to Personality Types - Don Riso & Russ Hudson

The Complete Enneagram: 27 Paths to Greater Self-Knowledge – Beatrice Chestnut

WEBSITES

<https://suzannestabile.com>

<https://www.lifeinthetrinityministry.com>

The Table = LTM subscription service; \$15/mo with over 200 hours of teaching, access to past lectures, Know Your Number teaching, etc.

<https://subscriptions.enneagraminstitute.com/subscribers/create> -subscribe to receive a daily e-mail about 1-2 enneagram types

TEACHING VIDEOS

All resources posted in the Life in the Trinity Ministry store:

<https://www.lifeinthetrinityministry.com/store>

Know Your Number mp3 - purchase at link above for LTM Store

Know Your Number workshop Recording by Suzanne Stabile – can rent from Vimeo

<https://vimeo.com/ondemand/enneagram/414563543>

PODCASTS

The Enneagram Journey podcast with Suzanne Stabile:

<https://www.theenneagramjourney.org/podcast>

That Sounds Fun podcast with Annie F. Downs, especially her series in 2019, 20, 21: *Enneasummer*

<https://www.anniefdowns.com/podcast/enneasummer-2019-suzanne-stabile/>

SOCIAL MEDIA

Instagram –

@suzannestabile

<https://www.instagram.com/suzannestabile/>

@enneagramparents

Joey & Billy Schwee (Suzanne Stabile's daughter & husband)

@integratedenneagram

Seth Abram

@hudsonruss

Russ Hudson

Facebook/Meta -

-Suzanne Stabile <https://www.facebook.com/search/top/?q=Suzanne%20Stabile>

-Life in the Trinity Ministry <https://www.facebook.com/search/top?q=life%20in%20the%20trinity%20ministry>

Suzanne's Book Recommendations/Mentions from 2022 Enneagram Cohort
(In no particular order)

Specific Book's She Mentioned or Recommended:

- *The Interior Castle* Teresa of Avila/Mirabai Starr
- *Be Here Now* by Ram Dass
- *The Power of Now* by Exhart Tolle
- *Ambiguous Loss* by Pauline Boss
- *Healing Through the Dark Emotions* by Miriam Greenspan
- *Walk in a Relaxed Manner* by Joyce Rupp
- *Callings* by Gregg Levoy
- *The Wise Heart* by Jack Kornfield
- *Living Prayer* by Robert Benson
- *Let Your Life Speak* by Parker Palmer
- *Jayber Crow* by Wendell Berry
- *Seeking Peace* by Mary Pipher
- *The Sun & Moon Over Assisi* by Gerard Thomas Straub
- *The Soul of Shame* by Curt Thompson
- *The Soul of Desire* by Curt Thompson
- *Peace is a Practice* by Morgan Harper Nichols
- *Consolations* by David Whyte
- *All is Grace* by Brennan Manning
- *Pay Attention for Goodness' Sake* by Sylvia Boorstein
- *Don't Just Do Something, Sit There* by Sylvia Boorstein

Anything By (ones she referenced a lot):

- Richard Rohr
- Thich Nhat Hanh
- Henri Nouwen
- James Finley
- Thomas Merton

Authors she mentioned/quoted, but no specific book:

- Brian McLaren
- Pema Chodron
- Sandra Maitri
- William James
- Brene Brown
- Raymond Tafrayte
- Howard Kassinove
- Morgan Harper Nichols
- Susan Piver
- John O'Donohue
- Anthony de Mello
- David Steindl-Rast
- Mary Oliver

Enneagram authors she references/prefers (non-trendyagram):