

Enneagram Personality Types

Type 2 – The Helper

Strengths and Natural Essence: Caring, generous, loving, enjoy helping others, warm, nourishing, empathic

Catastrophe: “I’m not needed”, “I’m not loveable”.

Basic Fears: Afraid of not being needed by others, afraid that true self would be rejected, fear of conflict, not being liked being.

Common Traits: Putting others needs ahead of one’s own in order to receive affection, giving with hope of receiving care from others, finding self-worth by being needed by others.

Achilles Heel: Giving for purpose of receiving love and care back can create co-dependency and non-authentic love and one ends up missing the most important love (love and care for oneself).

“The type two represents the archetype of the person who seeks to please others as a way to evoke affection. The drive to win others’ approval through indirect methods, such as seduction and strategic giving, is a way to obtain emotional and material support without having to ask for it. This strategy also provides a way to try to get others to take care of you while still defending yourself against the pain of having someone important reject a direct request to meet a need.”

– Beatrice Chestnut (from *The Complete Enneagram*)

Wanted Image: Giving, generous

Wake-Up Call: When you realize you’re looking to others for love, care and approval when it should be coming from oneself.

“The sadness at the core of the heart type personalities reflects their feeling of not being loved for who they really are and their grief over having lost touch with their real selves. They’ve disowned who they really are and created a specific image to try to get the love (or approval) they need. Self-awareness for the Two’s involves recognizing how much of their giving reflects insecurity about their own perceived worth and lovability, rather than a simple desire to help without expectation of reward.”

– Beatrice Chestnut (from *The Complete Enneagram*)

Path of Transformation: Love and care for oneself - learning about your true self (your true desires, preferences, needs), loving yourself as is and caring for yourself so that all giving is authentic in nature and nothing is expected in return.

Questions for Growth

1. How do you deny your own needs and preferences out of fear of not being liked and accepted?
2. Can you notice situations in which you give to others in hopes of receiving love and care back?
3. Can you notice situations where you adapt and merge with others preferences and needs, possibly denying your own true feelings?
4. Are there times when you keep your true feelings buried in attempts to create an “idealized” self to show to the world?
5. How do you think your personality type (Two) affects you in negative or self-sabotaging ways?
6. What are the strengths and positives of your personality type? In what ways can you let go of the Two’s self-sabotaging thoughts and behaviours to better grow and bring out your natural essence and strengths?

Tips for Transformation

- **Connect with your own needs and desires and choose to fulfil these yourself.** Monitor if you're looking to others to fulfil your need of love and being worthy.
- **Connect with your intentions when helping others.** Are your intentions to genuinely offer help and love without needing anything in return or are you hoping to be perceived in a certain way to gain love, approval and a sense of worth?
- **Practice saying “no” when you're unable to meet people's needs.** Work on doing this guilt-free and practice filling yourself with love and feelings of worthiness as you also create boundaries and separation from others.

Activities for Transformation

>> Connect with your true feelings

Two's frequently repress their true feelings or “undesirable” feelings such as anger or irritability in fear that this will spoil their image. Consequently, Two's deny their true self and their true needs and ending up feeling disconnected from themselves and even others. Practice tuning in to your emotions, accepting emotions and working with those emotions without being concerned about how it's affecting your image or the love you receive from others.

>> Connect to caring and loving yourself

Practice nurturing yourself and not looking to others to fulfil your needs of love and care. When you do this and when you feel fulfilled on your own, you're able to serve from a genuine place of love without needing anything in return.

>> Affirmations

When you find yourself with doubt about yourself and/or your environment, connect and use grounding and trusting affirmations:

- “I'm practicing loving and caring for myself without needing anything in return”
- “I accept my true self - all my feelings, desires and preferences without needing to be accepted and liked by others”
- “My needs are valid and I practice meeting these needs myself. I practice communicating needs to others when appropriate”
- “I serve others out of genuine love for them”

>> Strengthening the Root Chakra

When Two's are unhealthy they typically have deficient root chakras related to not feeling like their needs were met in childhood. Throughout the program, pay attention to the meditations and activities that support strengthening the root chakra. Practice feeling supported and grounded through a connection with yourself. Know that you and the Universe are capable of meeting your own needs. By strengthening the root, you'll be able to subsequently strengthen and empower the chakras above. Start by doing the Grounding and Receiving Love meditation from Intro Week 1 daily.

>> Strengthening the Solar Plexus

With a deficient root chakra, often comes a deficient solar plexus and resulting low confidence in one's thoughts and actions. While strengthening the root chakra to feel grounded and safe, it's helpful to work on strengthening the solar plexus and increasing self-esteem and confidence so that a type 2 can begin to feel secure in themselves and have the confidence to voice their preferences, needs and desires instead of wearing a mask and acting in certain ways to be liked and loved by others.

>> Strengthening the Throat Chakra

Two's can work on connecting inward and practice voicing their true thoughts, desires, needs and opinions. Practice showing up as a more authentic version of yourself instead of denying your true self in order to feel loved by others. Practice feeling love and acceptance for yourself and you'll feel more confident voicing your truths regardless of how others might respond.

>> Challenging thoughts

Notice when your thoughts go into victimhood, entitlement or wanting things from others. Practice challenging these thoughts and refocus on how you can serve, support and comfort yourself.

>> Tapping on feelings of unworthiness and not feeling needed

Themes a type 2 can focus their tapping practice on include: feelings of unworthiness if they are not helping others, feelings of unworthiness as their true selves, feeling like your needs are not being met by others, anger and irritability that come up when your needs are not being met by others or others aren't reacting in a desired way, anxiety about not being loved and cared for

>> Connecting with your wounded inner child

In module 6, we'll be looking at the different "personalities" of your wounded inner child. Type 2's often have experiences from their past that made them feel like their needs were too much. They've learned to act in certain ways in order to get their needs met and to get the love they crave. We'll be connecting with these different personality structures and offering them the love, support and guidance they crave and need.

To read more about the Enneagram and the Type Two (The Helper), see *'The Complete Enneagram; 27 Paths to Greater Self-Knowledge'* by Beatrice Chestnut.