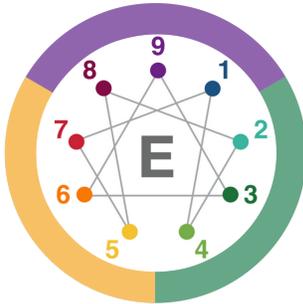


ENNEAGRAM TYPE 3

Coaching Session #2



HEART CENTER Feeling Triad

- The Heart Center or Feeling Triad contains **Types 2, 3, and 4.**
- This group shares similar assets and liabilities surrounding their **feelings.**
- They tend to engage in life and circumstances through their **feelings.**
- They do this out of a reaction to their **emotional struggle**, which is **shame.**
- The **common desire** they share is wanting **significance and identity.**
- Below you will see how this type expresses these aspects.

Type 3

- Healthy Threes have the desire and will to improve themselves, motivate others to be their best, and adapt to any given situation. They have a healthy sense of self and can remain positive for a long period of time.
- Average Threes, however, **know how to adjust their self-image** to the particular needs of any given situation and attempt to do so by removing their own feelings and true identity to be admired.
- They learned to become whatever successful image was called for in each situation they experienced in life. In doing this, they were rewarded for their performance, charm, and accomplishments.
- This required them to put their own feelings and identity aside, which caused them to lose touch with their own feelings and core self.
- They feel it is necessary to **gain the admiration** of others **to avoid feeling shame.**

Type 3

The Successful Achiever

Core Fear: Failing, being incompetent, inefficient, exposed, worthless, or unable to appear successful.

Core Desire: To be valuable, admired, and respected (deteriorates into chasing after success).

Self-Image: I am successful, efficient, competent, focused, and productive.

Core Weakness: Deceit- Deceiving themselves into believing that they are only the image they present to others through success and achievements.

Message Your Heart Longs to Hear: You are loved and valued for being you. You do not need to achieve my love.

Reflection

Do you find yourself adjusting your self-image to meet the needs of any and all situations to appear successful and be admired? How have you put your feelings and true identity aside to be able to accomplish all your goals, get the admiration you desire, and avoid feelings of shame?

Their Hidden Side

Threes do an amazing job giving off the persona that they have it all together. But beneath the surface, Threes have deep anxieties about their personal value. They feel that if they can't maintain a certain position or image in life, they will be devalued, rejected, and tossed aside as worthless. Thus, they are under constant pressure internally to have it all together, to not need much intimacy or personal support, and, above all, to always perform at maximum efficiency.

People would generally never suspect the degree of emotional vulnerability and insecurity that Threes conceal beneath their likable, smooth, and efficient personas. In truth, although Threes seem to have social ease, there is a great deal of loneliness inside. They believe they should not need help or support.

Threes try to avoid their feelings of shame, isolation, and inadequacy. But for them to grow, they need to allow these feelings to arise so they can realize they are loved and secure in simply being themselves.

Relationship Issues

Threes have charming and magnetic personalities that easily attract other people. Others find them appealing because they are usually well put together, enchanting, and know how to behave appropriately in any given situation. Also, many Threes value cultivating their personal presentation so they are attractive and dynamic. They work at being in good physical condition.

They want their partner to be proud of them and their accomplishments, so they are often drawn to people they believe will appreciate and affirm them. The problem is that Threes fear that many parts of themselves may be less than outstanding or even unacceptable. Fearing potential rejection, they will prevent others from getting too close to them.

Significant relationship issues include the following:

- Presenting a favorable image instead of their authentic and genuine self.
- Fearing that people only want them for their looks or abilities, they put all their efforts in being the best.
- Being a workaholic as a way to gain recognition, affirmation, and respect. This is also a way of avoiding intimacy with their spouse.

Growth for Threes

The good news of the gospel is that Jesus Christ came to earth to save those he called (his valuable and loved sheep). When a Type Three (or anyone) becomes a believer, it's important to believe and trust in these truths:

1. **You are valued:** God values you so much that he sent his only beloved son to live perfectly so you can have his perfect accomplishments as your own. He also died so that all your short-comings are deleted and no more. You are seen as valuable and cherished in the eyes of your Father.
2. **You are loved:** God created you to only be you and not a fake image or persona. He is calling you to rest in who you truly are and trust in his love for you without fearing what others think. Focus on only what he thinks of you...he simply loves you! So come, trust him, and be your authentic self today.

Going Deep

- Beginning with someone you trust and are close to, become vulnerable and express how you avoid feelings of shame, isolation, and not being good enough.
- For you to grow, you need to allow these feelings to arise so you can begin to realize that you are loved and secure in simply being yourself.
- What was it like to share such authentic and genuine emotions and thoughts with someone? How do you feel?

Accepting His Invitation for You

- What is it like to realize that in the eyes of God you are valued and loved for simply being you and not for your accomplishments?
- What does it feel like to know that all you need is Christ's accomplishment that he accomplished perfectly for you?
- How does this change your life perspective?
- Describe a time in your life where you felt God's pure unconditional love for you. What was it like to know you are loved for being simply yourself?

