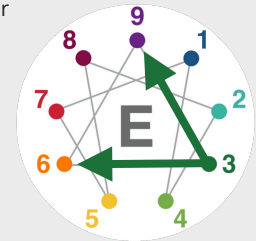


ENNEAGRAM TYPE 3

Coaching Session #4 - Childhood Patterns & Defense Mechanisms

Childhood Pattern

- A Type Three child most likely inferred the message that it was not okay for them to have their own feelings or identity. They sensed or were told they needed to set aside their real self and become whatever kind of person the important people in their life deemed as successful and admirable.
- The wounding message that Threes inferred in childhood was, "You are what you do." This caused them to become fixated on achieving, performing, excelling, and showing off their accomplishments.
- A Type Three child will conform to what their family or culture says is the preferred image, even if this means that they have to discount their true self. They believe this is necessary to gain the recognition they long for.
- These children ultimately fear that their parents, friends, coaches, and other important figures will overlook or forget them if they do not excel in every area of life. This means they have to be the best athlete, straight-A student, and likable kid.
- Children who are Threes will wake up in the morning knowing what they need to wear to make a good impression. They are socially adept and know which kids they need to be with to gain the status they are craving.
- They tend to show off and will exaggerate their accomplishments in order to get applause and respect from others. If they don't tell you about what they accomplished, then they can't receive the praise they seek.
- They are focused and competitive because they believe only winners are loved.



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.

Reflecting on Your Childhood

- Give examples of how you have strived to be the best in childhood. What areas of life did you primarily focus on being the best at? Did you ever try things that you knew you wouldn't be good at? Why or why not? Did you ever sense that you got the acknowledgement that you were striving for?
- While trying to successfully achieve your goals, do you set aside your feelings in order to stay focused on achieving the success you desire? Do you find it hard to tap into your emotions even as an adult?

Childhood Messages

Wounding Childhood Message:

(The message we were hearing or thought we were hearing while growing up.)

"It's not okay to have your own feelings and identity."

The Message Your Heart Longs to Hear:

(The message the gospel answers for us.)

"You are loved for yourself."

Going Deep Within Yourself

What emotions and thoughts surface when you read these two messages above? Dig deep and express what is really happening in your heart. Become in tuned with yourself.

Defense Mechanisms: Identification

- Threes fear being rejected for being themselves so they identify the admirable qualities people desire and become that instead of being their authentic self (they shape-shift).
- Approval and being admired by others is a substitute for what they really desire – being loved for simply being themselves without needing to accomplish anything. They believe that identification is the answer.

Core Weakness: Deceit

- Threes deceive themselves into believing that they are *only* the image they present to others.
- Threes live for the eyes of others so that they can get the approval and admiration they are starving for.
- This causes them to shape-shift and become whatever they sense is required to get the approval they need.
- They will perform for others by putting on a false persona and eventually believe this persona is their real identity. They have forgotten their true self under the weight of all their achieving masks.
- They spend an enormous amount of energy and attention on shaping their persona by being attractive, developing themselves, and achieving success.

Going Deep with God

- How does the gospel and your relationship with God counter the messages above?
- What is the message that God is telling you? What has he secured for you?
- How does it feel to know and hear this from him?

Reflection Time

- Give 3 examples each of how you use identification.
- We use our defense mechanism because we believe it has "worked" for us over the years. How have you used yours and how have you seen it "help" you through out the years? How does it actually cause you harm?
- Give 3 examples of how deceit clouds your reality of yourself. How has deceit played a major part in your life?
- What would it look like to be authentic and genuine knowing that you are loved not because of your own achievements but because of Christ's achievements on your behalf?
