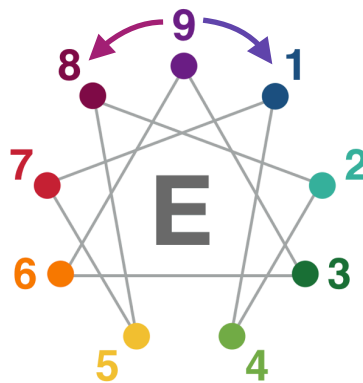


ENNEAGRAM TYPE 9

Coaching Session #3 - Wings & Levels of Health

Type 9's Wings

Wings are the two personality types on either side of the main personality type. For instance, the wings for Type Nine are Type Eight and Type One. One of the wings is usually (but not always) used more than the other and brings a new dimension and depth to the main type. Think of them like salt and pepper. They add flavor and more complexity to the main type. The main type dominates how a type perceives and experiences life, but the wings do influence the main type.



Type Nine with Eight wing – 9w8 “The Dreamer”

They are more outgoing, assertive, anti-authoritarian, and may vacillate between being confrontational and conciliatory.

Type Nine with One wing – 9w1 “The Idealist”

They are more introverted, orderly, idealistic, critical, emotionally controlled, focused, cerebral, and compliant.

Type 9

The Peaceful Mediator

Core Fear: Being in conflict, loveless, shut out, discordant, overlooked, or inharmonious.

Core Desire: To have inner stability and peace of mind (deteriorates into stubborn neglectfulness).

Self-Image: I am a good listener, kind, agreeable, quiet, patient, calm, steady, and enduring.

Core Weakness: Indolence - Desire to be unaffected by life. Unwillingness to arise with the fullness of one’s vitality to fully engage with life.

Message Your Heart Longs to Hear:
Your presence matters.

Which wing do you use more? _____

How does this wing add to your main type? How does it impact your relationships, work, and everyday life?

How does the other wing influence your main type? How can you utilize it more to create more balance?

Enneagram Type 9 Levels of Development

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1. At their best, Nines are fully living out their identity in Christ when they become self-possessed, autonomous, and fulfilled. They have great equanimity and contentment because they are present to themselves. Paradoxically, being one with themselves enables them to form more profound relationships. They are intensely alive and fully connected to themselves and others.
2. They are deeply receptive, accepting, unselfconscious, emotionally stable, and serene. They are trusting of themselves and others, at ease with themselves and life. They are innocent and simple, patient, unpretentious, good-natured, and genuinely kind.
3. Nines are optimistic, reassuring, and supportive. They have a healing and calming influence. They have an amazing ability to harmonize groups by bringing people together. They are excellent mediators, synthesizers, and communicators.

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4. As they begin to wander away from knowing they are Christ's beloved child, they begin to fear conflicts. They become self-effacing and accommodating, idealizing others and "going along" with their wishes. They agree to things they do not really want to avoid any kind of conflict. They tend to fall into conventional roles and expectations.
5. They can be active yet disengaged, unreflective, and inattentive. They do not want to be affected, so they become unresponsive and complacent, walking away from problems and sweeping them under the rug. Their thinking becomes hazy and ruminative with mostly comforting fantasies so they can tune out reality. Emotionally lazy, they are unwilling to focus on problems.
6. They begin to minimize problems, appease others, and do whatever is needed to have peace. They can be extremely stubborn, fatalistic, and resigned, as if nothing could be done to change anything. They can also get into wishful thinking and magical solutions. Others can become frustrated and angry by their procrastination and unresponsiveness.

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7. When they have forgotten that they are Christ's beloved, they start to believe they are an orphan alone in life. At this level, they can be highly repressed, undeveloped, and ineffectual. They feel incapable of facing problems, so they become obstinate and dissociate themselves from all conflicts. They can be so passive and neglectful that they can be dangerous to themselves and others.
8. Wanting to block out of awareness of anything that could affect them, they dissociate to the point where they eventually cannot function. They become completely numb and depersonalized.
9. They finally become severely disoriented and catatonic, abandoning themselves and turning into shattered shells. Multiple personalities is a possibility at this level. Unhealthy Nines generally correspond to the Schizoid and Dependent personality disorders.

Going Deep — Describe what you are like when you are healthy, average (auto-pilot), and unhealthy. Give examples for each.

HEALTHY

AVERAGE

UNHEALTHY
