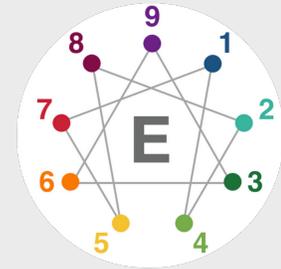


ENNEAGRAM TYPE 9

Type 9 Coaching Session #5 - Continuing Transformation

Implications of Grace for a Type Nine

- The message the gospel says to you is: **"Your presence matters."** You will grow into your redeemed self when you let go of the false belief that you don't matter, your presence doesn't matter, or your voice doesn't matter. You will begin to transform when you know, believe, and trust that God created you with a very special place in the world. Your place is crucial in the unfolding of his purposes.
- When you embraces your value and worth as God's beloved child whom he came to rescue, you will believe that your presence matters and live this out in all you do.
- When you wake up to who you really are (your likes, desires, passions, and opinions), you will become self-possessed and independent. As you are growing, you'll experience a truer peace and liberation when you assert yourself more. This is the opposite of avoiding conflict, yet it brings you the peace you seek.
- Now that you are fully awake to yourself, alive, exuberant, and self-possessed, you will enjoy deeper and more satisfying relationships. Relationships will be more of a two-way street because you will be sharing more of yourself instead of always merging with the other person. This will bring life and deep dimension to your relationships. You will begin to see how your presence is a blessing to others.
- Move from hiding yourself to accepting your value as Christ's most beloved; it is an amazing transformation. You bring radiance, joy, and real peace to everyone and everything. Your presence does matter!



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.

Going Deeper

- Give an example of when you let go of your Core Fear and Core Desire, saw your true value, and asserted yourself with confidence.
- What feelings, thoughts, or body sensations arise when you think about becoming self-possessed, assured, and confident that your presence matters?

Knowing You Are Loved for You

- Now that you have learned that your presence, voice, passions, desires, and opinions DO matter, I want you to spend some time processing your inner world.
- What are your passions, desires, likes, and opinions (no one else's)? No one is going to see what you write, so I want you to freely express yourself. Go for it and find yourself and your great value!

How Have You Grown?

In five sessions, we have learned about your:

- Triad: Gut Center - Anger & justice.
- Arrows:
 - Move toward high side of Type 3 - Self-confidence, self-value, self-asserting.
 - Move toward high side of Type 6 - Having the courage to move forward in your right action.
- Hidden Side: Huge well of suppressed anger.
- Relationship Issues: Disengaged, passive-aggressive.
- What growth looks like for a Nine: Right action.
- Wings: 9w1 "Idealist" and 9w8 "Dreamer."
- Levels of Development: Healthy, average, unhealthy.
- Childhood Patterns: Connected (or desire to be) to both parents.
- Defense Mechanisms: Narcotization (disassociation).
- And more...

Going Deep

- Identify at least one area in your life - a relationship, a place, a time - in which you felt that your presence mattered and you asserted yourself with confidence.
- Picture yourself in this setting or with this particular person. How did it feel? How can you remember this feeling and live in this truth in your daily life now?

Reflection Time

- What is your most important take away from these five sessions?
- What are three other very important things that you learned about yourself that you will continue to work on this year?
- What do you desire to know more about?
- What else do you need help with?
