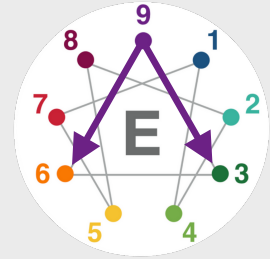


ENNEAGRAM TYPE 9

A Brief Overview

Overview

- Nines are kind, patient, steady, flexible, accepting, relaxed, unself-conscious, agreeable, content, comforting, and idealizing.
- Nines get into conflicts by being passive, resigned, stubborn, not wanting to be bothered, emotionally unavailable, complacent, unaware of their own anger, inattentive, and passive-aggressive.
- At their best, Nines are awake to themselves and to life, engaged with life and others, moving in their right action and calling, dynamic, inclusive, steadfast, healing, imaginative, serene, exuberant, and passionate.
- They strive to be accommodating, agreeable, natural, and comfortable. More importantly, they want to be calm, peaceful, and, if at all possible, avoid conflict of any kind. They see themselves as being open-minded, unassuming, and easy-going. They want others to see them as selfless, humble, approachable, content, and bringing harmony wherever they go.
- Nines get along with most people because they desire harmony, union, and connection with others. They are unassuming, gentle, and thoughtful. They bring a sense of calm and peace to any situation and make others feel comfortable. They are nonjudgemental and can see all points of view, allowing them to be very empathetic.
- The problem comes when they focus too much on others and forget about themselves. They merge with the thoughts, feelings, and agendas of others, which causes them to fall asleep to their own thoughts, feelings, and agenda. They fear that waking up to themselves and asserting themselves will bring conflict or distance with others. They would prefer to go along to get along.
- Nines prefer to focus on similarities rather than differences. They dislike being drawn into conflicts and avoid being pressured to react. They suppress their anger and neglect their own needs in order to avoid the discomfort that comes with conflict. This can cause them to not pursue their gifts and passions in life. They may not even be able to know what they truly desire because it has been suppressed for so long.
- When a Nine does awaken to their passion and calling, they can accomplish a great deal in their pursuit. Nines are not likely to self-promote and would much rather others see their gifting and affirm them without asking for it. Others often underestimate Nines since Nines do not brag about their successes. People can be shocked and amazed when Nines quietly accomplish a great deal.



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.

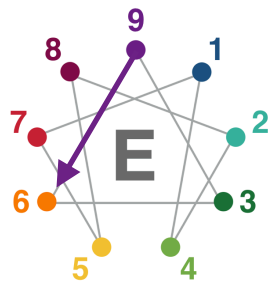
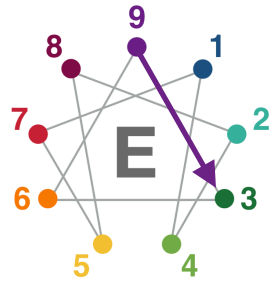
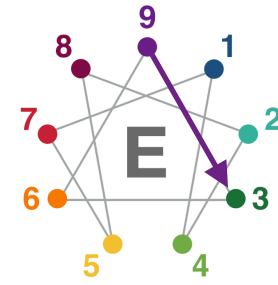
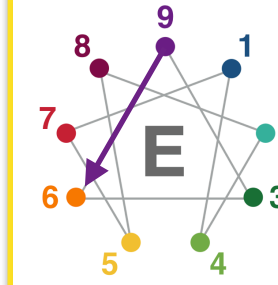
Message Your Heart Longs to Hear: Your presence matters.

Why did you decide to get Enneagram Coaching?

What are your coaching goals and desires?



Our Personal Internal GPS — Lines & Arrows

Under Stress <i>What we are like when we are under stress.</i>	Security Point <i>The way we behave with those we are totally secure with.</i>	Growth Point <i>When the Holy Spirit enables us to begin to transform and grow.</i>	The Missing Piece <i>After we begin to grow, we can transcend to this level.</i>
			
<p>Type 9 moves toward Average to Unhealthy Type 6</p> <ul style="list-style-type: none"> • They become anxious and worried. • They become testy and defensive. • Their mind starts racing and their internal anxiety increases. 	<p>Type 9 moves toward Average to Unhealthy Type 3</p> <ul style="list-style-type: none"> • With trusted others, they demonstrate their value, worth, and can even brag about their superiority. • They may do busy work to feel productive and distract themselves from more important matters. 	<p>Type 9 moves toward healthy side of Type 3</p> <ul style="list-style-type: none"> • They become more self-developing and energetic. • They learn that the peace they seek comes from showing up, asserting themselves in life, and blessing others with their full presence. 	<p>Type 9 moves toward healthy side of Type 6</p> <ul style="list-style-type: none"> • Nines need to learn the most from the high side of Type Six by learning how to rely on themselves and grow in adversity.

Reflection Questions

Moving toward Type 6

- Describe a time when you became worried, anxious, testy, and defensive.
- What would it look like to surrender your worries to Christ and allow your body to become at rest again so you can have courage to move forward into the action you know is right for you?
- What would it look like to access the high side of Type 6 and push through difficulties in life with courage and perseverance?
- Describe a time when you wanted to give up because you felt worried and overwhelmed but you persevered. What did that feel like?

Moving toward Type 3

- When around those you are secure with (mainly your family), do you brace about yourself and demonstrate your value more? Give examples.
- What kind of “busy work” do you tend to do when you are actually trying to avoid something that you do not want to do? What are you avoiding and why?
- What would it look like to access the high side of Type 3? How can you acknowledge that you are important and what you offer others is valuable?
- How can you grow in understanding and knowing that you are God’s beloved and that your presence matters? How can you show up in life today?

Internal Message

Each of us has an internal record player that says many things to us. One message you receive often is:

“If everyone around me is good and okay, then I am good and okay.”

Contradiction

- How can you be sure that everyone you are around is really okay? Is there some way you can truly measure this?
- In what ways can you tell if they are really okay? Can they be lying or faking it?
- Why is your well-being dependent on the well-being and happiness of others?
- It is impossible to make others happy. This impossibility causes Nines to shut down.