

# ENNEAGRAM TYPE 9

## Coaching Session #2

### GUT CENTER Instinctual Triad



- The Instinctual Triad or Gut Center contains **Types 8, 9, and 1**.
- This group shares similar assets and liabilities surrounding their **instincts**.
- They tend to engage in life and circumstances through their **gut instincts**.
- They do this out of a reaction to their **emotion struggle**, which is **anger**.  
*\*(Note: Type 9s are asleep to their anger and do not know this is their emotional struggle).\**
- The **common desire** they share and focus on is wanting **justice**.
- Below you will see how this type expresses these aspects.

### Type 9

- Healthy Nines are open, receptive, reassuring, and encouraging to others. They create a peaceful and harmonious atmosphere that enables others to flourish.
- Average Nines **resist both the external environment and their internal fears and anxieties**. They want their reality to be peaceful and free of conflicts and problems.
- They **suppress** their **anger** and their aggressive feeling to keep their outer and inner worlds calm and harmonious. They can suppress it so much that they lose their own sense of self.
- Nines try to control their inner and external world by ignoring whatever parts of it make them uncomfortable or in distress.

### 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.

### Reflection

- Do you feel the need to resist and control your external environment and your internal fears and anxieties? If so, what is your thought process when this happens?
- How does it affect others when you repress your sense of self and ignore anything that is upsetting or uncomfortable to you?
- What does your sensation of anger/rage feel like when a situation is out of control? What do you do in that moment? How can you become more aware of it and use it to propel yourself forward?

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## Their Hidden Side

On the surface, Nines appear to be the most easygoing, pleasant, and calm people imaginable. They seem to be always willing to accommodate without strong preferences of their own. But underneath this peaceful facade, they have a reservoir of anger and rage that they have hidden from themselves and others. What Nines really want is to have their own independence and autonomy (to not be bothered with). In fact, they do not want life itself to bother them. If life or people interrupt their calm and peaceful state, they will try to accommodate in hopes to keep everything peaceful so they can go back to their inner calm as quickly as possible. If they are constantly bothered or expected to accommodate, they will become irritated and resentful. They will not express their desire or how they feel, because they believe it will cause conflicts and discord. So they suppress their anger and simply go along to get along. They may eventually explode if others constantly demand of them and do not allow them to go back to their inner calm. Nines need to learn how to express their desires and ask for what they need.

## Relationship Issues

Many people are drawn to Nines as a life partner because they are affirming, comforting, supportive, and warm. Nines enjoy being connected with their partner and are easily adaptable to their partner's desires and needs. It may seem that Nines will fulfill the other person's desires without needing much in return. Nines seem uncomplicated, undemanding, and without needs of their own.

This is where problems begin to arise in a relationship with a Nine. Type Nines, of course, do have personal needs. If a Nine's needs are not being met, the Nine will begin to shut down and withdraw from the other person rather than risk communicating their needs and entering into a conflict.

Other issues for Nines in relationships include:

- They agree to things with no intention of following through.
- Instead of dealing with issues, they become emotionally unavailable and withdraw.
- Nines can be very stubborn and desire autonomy. They do not want to be bothered, yet simultaneously desire to feel connected and close. This causes confusion for others.
- Being agreeable to avoid conflicts.
- A Nine's deep well of anger rarely comes out, but it can erupt like a volcano. They can also display their anger by becoming completely numb.

## Growth for Nines

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 Nine (or anyone) becomes a believer, it's important to believe and trust in these truths:

1. **Your presence matters:** God created you and sees you. You matter to him and his unfolding purposes. He is calling you to wake up, show up, and bless the world with your full presence.
2. **Bless others by asserting yourself, voicing your opinions and desires:** God has given you the unique ability to see all viewpoints, yet he wants you to voice your own thoughts, feelings, and opinions. Your viewpoint matters, so assert yourself into life so everyone can be blessed with your viewpoint!

## Going Deep

- Do you typically go along to get along without truly expressing your deep desires and wishes?
- Do you have a deep well of anger inside because you feel overlooked?
- How can you begin to recognize that you are important and that your presence matters?
- How can you begin to voice what you really want and desire?

## Accepting His Invitation for You

- How can you start to remember yourself, love yourself, listen to yourself, and care for yourself in a God honoring way?
- He gave you a powerful spirit and voice to bring healing to the world. How can you begin to use your voice boldly and powerfully so that others are deeply blessed?