

TYPE ONE

Spiritual Transformation

If you're a One, you believe the only way you'll know peace on the inside is if you perfect everything on the outside. It's not true. That tranquility only comes when you surrender your compulsive need for perfection and stop stifling your emotions, particularly your anger. Don't hide your true self behind the veneer of perceived perfection. A person does not need to be perfect to be good. That's worth repeating several times a day until it gets deep down into your marrow.

One's journey toward wholeness will have to include befriending their inner critic. As our One friend Richard Rohr says, "what you resist, persists" - which in this case means that Ones shouldn't bother telling their inner critic to shut up as it only gives it more power. Many Ones say it helps to give the critic a funny name so that when it goes on the attack, they can say something to it like, "Cruella, thanks for helping me navigate the world as a kid, but as an adult I don't need your help anymore." Or Ones might simply laugh and tell Nurse Ratched to turn down the volume.

Ones do well to remember there's more than one right way of doing things. Serenity means live and let live. Life isn't always either-or, black or white, right or left. Brene Brown sums up the healing messages Ones need to hear:

"You're imperfect, and you're wired for struggle, but you are so worthy of love and belonging."

REFLECTION

TEN STEPS

To Transformation for Ones

1. To awaken self compassion, try to capture in a journal the typical things your inner critic says to you and then read them aloud.
2. When your inner critic activates, smile and tell it you hear it and appreciate how it's trying to help you improve or avoid making mistakes but you're taking a new path to self-acceptance in life.
3. Resist the urge to give other people to-do lists or to redo their tasks if you think they haven't met your standards. Instead, catch the people you love doing things right - and tell them how much you appreciate them for it.
4. When you are ready to dive right in to correct an injustice or right a wrong, first ask yourself whether the passion you feel for that issue is really misplaced anger about something else.
5. Let your Seven and Nine friends help you learn how to relax and have fun. The work will still be there tomorrow.
6. If you find yourself procrastinating, think about the reason why. Are you reluctant to get going on a task or project because you're afraid you won't be able to accomplish it perfectly?
7. Pick up a hobby you enjoy but are not especially good at doing - and just do it for the love of it.
8. Forgive yourself and others for mistakes. Everyone makes them.
9. See whether you can catch yourself measuring yourself against others to see who does a better job, works harder, or meets your definition of success.
10. Be aware of how you receive criticism from others, and try to accept it without being defensive.

REFLECTION

TYPE TWO

Spiritual Transformation

As is the case with every number, what's great about Twos is what's not so great about Twos. When people give too much, help for the wrong reasons, or serve others for selfish reasons rather than because they're called by God, their giving becomes calculating, controlling, and manipulative.

Twos have long been afraid that people will reject them once they discover the Twos have needs and unattended sorrows of their own. Twos live in service to the lie that the only way to win love is through hiding the screwed-up, vulnerable people they really are behind the appearance and activity of a cheerful, selfless helper. Like all numbers in the feeling triad, they believe that if they show their true selves to the world, it will lead to rejection. The healing message for the Two is:

"You're wanted."

Twos' needs matter, and they can begin now to learn how to directly express their real feelings and desires without undue fear of humiliation or rejection.

All Twos have to learn the difference between self-interested and altruistic giving. Self-interested giving expects payback, whereas altruistic giving comes without any strings attached. As the saying goes, "When you give and expect a return, that's an investment. When you give and don't expect anything back, that's love."

Thankfully, with a little self-knowledge and self-awareness, Twos can learn to give to others free of charge. If you're a Two that means you give exactly what's yours to give - nothing more and nothing less. If your friend Isabelle is buried at work and you babysit her kids but she doesn't reciprocate when you're in a similar crisis, then it won't matter to you because you had no expectation she would.

REFLECTION

TEN STEPS

To Transformation for Twos

1. Rather than hinting at your needs or leaving it to others to figure them out, try telling them directly.
2. Internally take a deep breath and start over when you catch yourself trying too hard to present a likable image or flattering others to win their approval.
3. Don't reflexively say yes to everything. When someone asks for your help, say you'll get back to them with an answer once you've had time to think about it. Or just experiment with saying the word no. It's a complete sentence.
4. When the urge to rescue or help overwhelms, ask yourself, Is this mine to do? If you're not sure, talk it over with a trusted friend.
5. When you realize you've fallen back into the typical behaviors of your number, gently ask yourself, What would I have to feel if I wasn't flattering or meeting this person's needs right now?
6. Whenever possible, perform acts of anonymous service.
7. Twos toggle back and forth between having overly inflated and overly deflated view of themselves and their value to others. Remind yourself you're neither the best nor the worst. Just you.
8. Don't push away feelings of resentment or entitlement when they arise. Instead, view them as invitations to look inwardly with kindness and ask, what most needs attention in my life right now?
9. Don't beat yourself up when you catch yourself moving too aggressively toward others or overwhelming them with your emotions. Congratulate yourself for spotting it and dial it back.
10. Two or three times a day, ask yourself, what am I feeling right now? and what do I need right now? Don't worry if you can't supply an answer. It takes time to develop self care muscles.

REFLECTION

TYPE THREE

Spiritual Transformation

Being a Three and living in America is like being an alcoholic living above a saloon. In our success - and image - obsessed culture they are more revered and rewarded than any other number on the Enneagram. Is it any wonder spiritual work is hard for them? Because the adaptive strategies of their personality work so well and for so long, they might not start working on themselves spiritually until midlife, or when they fail and can't cover up.

Inevitably, as Threes awaken spiritually and become self aware, they will feel naked and ashamed. There's no getting around it. In that moment, what they need is a kind but strong friend who will call them back to the truth of who they are, should they start marketing and packaging themselves for mass consumption again. Actually, we all need at least one friend who can encourage us in the struggle to become ourselves. It's not work one should do alone.

We all need to hear we are loved for who we are, but Threes need to hear it until the day comes when they look in the mirror and see not an image so much as the reflection of a son or daughter of God. The healing message for Threes is:

"You are loved just for who you are."

REFLECTION

TEN STEPS

To Transformation for Threes

1. It's important for every number to develop a practice of silence, solitude, and mediation, but it's particularly essential for Threes since you place such high value on activity and production.
2. Find a spiritual director to accompany you on your journey to reclaim your authentic self. It's hard to walk the path alone.
3. Challenge your definition of success, and craft a new one based on your feelings, desires, and values, not those inherited from your family or culture.
4. Don't wait until you have an affair, become an alcoholic or are the youngest person in your family to have a heart attack to ask the question "Who am I if I'm not my persona?" Do it now.
5. Material success and being real are not mutually exclusive. Success is great if the person responsible for it is the real you.
6. Take an inventory of who you are and what gets sacrificed while you are frantically racing to cross the finish line first -- spouse, kids, health, friendships.
7. Take a vacation and do not bring work with you.
8. Try being just another bozo on the bus. Resist the temptation to take the leadership rein or be the center of attention. Instead, try being a collaborative team member who wants to help others shine and succeed.
9. Have at least one close friend with whom you can be real and vulnerable. As a Three, you probably have a lot of friends, but make sure some of them are people who can love you when you're a complete disaster.
10. Reach Richard Rohr's books *Falling Upward: A Spirituality for the Two Halves of Life* and *Immortal Diamond: The Search for Our True Self*.

REFLECTION

TYPE FOUR

Spiritual Transformation

All their lives, Fours have felt different and separate from others. Is it any wonder they came to believe they could only recapture the love they yearn for by becoming unique and special? Their sense of identity has never been quite stable, as they're tried on one after another like suits looking for the right fit. Fours shouldn't be angry with themselves, since everyone has peculiar, counterintuitive strategies for getting their needs met.

So first, Fours need to hear this loud and clear: there's nothing missing. It may be hard to believe, but God didn't ship them here with a vital part absent from their essential makeup. Fours arrived on life's doorstep with the same equipment everyone else did. The kingdom is inside them too. Everything they need is here.

As part of the Feeling Triad, the Four's journey toward spiritual health and vitality will involve doing some work in this realm. They must learn how to regulate and stabilize their emotions. It's hard at first, but Fours must figure out how to observe and detach from their feelings rather than exaggerate them, wallow in them or act them out impulsively. To do this, Fours need to cultivate what's called equanimity, a sorely ignored virtue in the Christian tradition. Equanimity refers to the ability to remain emotionally composed and steady regardless of what's happening around us. Remember, feelings are like waves on the surface of the ocean. Don't attach or identify with them but with the vast ocean beneath them. More than once in life I've had to say to myself, I am not my feelings.

Fours shouldn't worry about settling for having ordinary, medium sized emotions. Regular feelings don't make Fours any less special, and once they get their emotional house in order, balancing highs and lows, they'll find they actually can form and hold on to relationships with others more easily. With prayer, meditation and self-knowledge, Fours' needs to be unique will mellow. For Fours, an important healing message is:

"We see you. You are beautiful. Don't be ashamed."

REFLECTION

TEN STEPS

To Transformation for Fours

1. Beware of self absorption. Listen to others when they share stories of their own suffering and realize it is not just you.
2. Watch out you don't instigate a drama or crisis with family or friends when your emotions start to feel run of the mill. All the world is not a stage and you're not Shakespeare.
3. Go out of your way to find and express appreciation for what's present and unique in the people you love rather than always focus on what is missing.
4. Offer yourself the gif of unconditional self-friendship as you work to unwind lifelong feelings of shame and inferiority. Never give up on yourself.
5. Don't wallow in suffering, but figure out what's causing it and do what you can to heal it.
6. Keep an eye out for envy! You never come out ahead when you compare yourself to other people.
7. Stop fantasizing about the ideal relationship, career, or community and getting stuck in longing for it. Instead, work hard for what's possible and see it through to completion.
8. Don't look for beauty and meaning only in the extraordinary or unusual but in the ordinary and simple as well.
9. When the past calls, let it go to voicemail. It has nothing to say to you.
10. Don't embellish and get swept up in your feelings. In the words of Jack Kornfield, "No emotion is final."

REFLECTION

TYPE FIVE

Spiritual Transformation

When it comes to spiritual work, Fives have an advantage over the rest of us. They don't cling to their ego with as tight a grip. Their love for solitude makes them natural contemplatives. They are attracted to simplicity, forming fewer attachments to worldly things and letting go more readily when they do. People of other numbers who are on the road to spiritual transformation might envy the Five's inner calm and detachment.

When they exaggerate it, however detachment ceases to be a virtue. For Fives it risk developing into disconnection from their feelings to prevent injury and depletion. It makes them cold, aloof, and relationally unavailable - observers rather than participants in life. From a Christian perspective that's not detachment. "The ultimate goal of detachment is engagement," writes David Benner. "We detach so we can re-order our attachment and then, aligned and cooperating with the inflow of Grace into our deepest self, we can allow love to pass through us to touch and heal others in the world." To mature spiritually, Fives will need to learn this pattern of detaching in order to engage.

Fives need to practice connecting to their emotions in real time. A person can't celebrate Christmas on Monday and not feel it until Friday! One Fours master attaching to feelings and then letting them go, they can teach others how to do it, because the rest of us get entangled in our feelings way too much.

Fives who seek to be free of their default patterns should recognize how often their actions are driven by fear. Like Sixes and Sevens, Fives' deadly sin is fear, and they're motivated by a desire for security. Aware that they have limited resources, they wonder how much information, how much affection, how much energy, how much privacy, how much money, how much anything they can afford to give away and how much they should conserve for themselves.

"There is more than enough to go around in life. You can depend on us."

REFLECTION

TEN STEPS

To Transformation for Fives

1. Allow your feelings to arise naturally and experience them in the present moment, and then you can let them go.
2. Recognize when you're succumbing to a scarcity mentality by hoarding affection, privacy, knowledge, time, love, money, material possessions or thoughts.
3. When something occurs that seems to elicit emotions in other people, try to feel with them in the moment rather than saving those feelings to process later.
4. Try sharing more of your life with others, trusting they won't misuse that information.
5. Venture out of your comfort zone and share more of who you are and what you have done with others.
6. Try to remember that you don't have to have the answers for everything. You won't look foolish, just human.
7. Call a friend and offer to hang out, for no reason at all other than to enjoy each other's company.
8. Allow yourself some material and experiential luxuries. Buy a new mattress! Travel!
9. Take up yoga or another activity that will connect you with your body. Overcoming the disconnect between your body and head will be life changing.
10. Even when you're unsure of yourself, jump into a conversation rather than withdrawing from it.

REFLECTION

TYPE SIX

Spiritual Transformation

On the path to spiritual growth, Sixes need to hold two conflicting things in tension: they live in a culture that's never going to let them feel safe, and that they are safe.

How do any of us feel safe in a world where, when we turn on CNN, we see a perpetually alarmed news anchor named Wolf coming to us live from a Situation Room telling us to stay with him because in sixty seconds he will be bringing us "breaking news"? When I was a kid, breaking news meant someone had their finger on the nuclear button. Now it means Kim Kardashian has threatened to post a picture of her back bumper and break the Internet. Our insurance ads show an unsuspecting man being T-boned at an intersection while a spokesman warns, "Trouble never takes a holiday; neither should your insurance." I don't even want to think about what will happen if I outlive my retirement. If I'm a Four and this stuff freaks me out, I can't imagine how a Six might feel. Sixes are prone to internalize these messages of fear and imminent disaster, so it's vital for them to recognize this pattern and think twice before permitting their anxieties to take over their lives.

Sixes need to be encouraged to doubt themselves less and trust themselves more. They are stronger and more resourceful than they know. They've just been going about transformation in the wrong way. They think the antidote to fear is courage, but they can never seem to muster enough to do the job, so surely that's not the answer. What they need to develop is faith, which is different from courage in that it doesn't require certainty. Faith asks Sixes to believe and trust in something or someone that is bigger than they are, who will always have their back, who will never leave them but instead will be there to support them in times of crisis.

Sixes need to believe the spiritual truth that they are ultimately safe. This doesn't mean they're magically protected from disaster or calamity, just that from an eternal perspective this Story ends well. For this message to sink deep down into their bones, they will have to decide that God is either in control or He isn't, and:

"Even if everything doesn't work out as planned, things will be alright."

REFLECTION

TEN STEPS

To Transformation for Sixes

1. A regular centering prayer or meditation practice is vital for every number, but particularly for Sixes. Your mind never stops working. It's filled with voices expressing vacillating opinions, doubts about other people's trustworthiness, imagine worst-case scenarios and questions about your own ability to make good decisions.
2. Be alert for unhealthy tendencies in your relationship with authority. Are you blindly following or reflexively rebelling? You'll want to find a more nuanced and conscious middle way.
3. To develop self confidence and trust in your inner guidance system, keep a record in your journal of those times when you made and enjoyed the fruit of good decisions or survived the fallout of bad ones. Either way, you're still here!
4. Practice accepting compliments without deflecting them or being suspicious of the motivations behind the praise.
5. When playing the role of devil's advocate and pointing out the potential flaws in other people's ideas and plans, be sure to acknowledge the positive dimensions of it as well. You don't want to develop a reputation for being a wet blanket.
6. Limit your exposure to the 24 hour news cycle or to books and films that unnecessarily reinforce your anxious or pessimistic view of life. (Frankly, let's all do this.)
7. Be alert in the early days of a relationship to see whether doubtful thoughts and feelings arise about your partner's commitment to you. What's causing you to alternately question or cling to them?
8. Learn to recognize the difference between legitimate fear and free-floating anxiety, and ascribe different values to them.
9. Memorize and repeat Julian or Norwich's beautiful prayer, "All shall be well, and all shall be well, and all manner of things shall be well."
10. The contrary value to the deadly sin of fear isn't courage but faith, which is a gift. Pray for it.

REFLECTION

TYPE SEVEN

Spiritual Transformation

What would we do without Sevens? They bring so much joie de vivre to our lives! Who else can awake our childlike wonder, rescue us from taking ourselves too serious or help us appreciate the miracle of life quite like Sevens can?

But here's a hard truth: pain is unavoidable. On the road to spiritual transformation, Sevens have to learn how to embrace and steward their suffering rather than run from it. As Michel de Montaigne once said, "he who fears he shall suffer already suffers from what he fears." In other words, Sevens' strategies for avoiding pain create more suffering for them. Until they learn this, Sevens are like addicts who will have to keep upping the dosage of fascinating ideas, novel experiences, and self-generated pleasant feelings to repress the ones they want to keep outside their conscious awareness. It's time for Sevens to stop consuming and start contributing. True happiness and satisfaction can't be taken by force or manufactured whenever we need them; they are the result of living a focused and productive life that gives something back to the world. As Thomas Merton wrote, "In a world of tension and breakdown it is necessary for here to be those who seek to integrate their inner lives not by avoiding anguish and running away from their problems, but by facing them in their naked reality and in their ordinariness."

The healing message Sevens need to believe and hear is :

"God will take care of you."

I know, easier said than done. It will take courage, determination, honesty, the help of a counselor or a spiritual director, and understanding friends to help Sevens confront painful memories and to encourage them to stay with afflictive feelings as they arise in the present moment. If Sevens cooperate with the process, they'll grow a deep heart and become a truly integrated person.

REFLECTION

TEN STEPS

To Transformation for Sevens

1. To awaken self compassion, try to capture in a journal the typical things your inner critic says to you and then read them aloud.
2. When your inner critic activates, smile and tell it you hear it and appreciate how it's trying to help you improve or avoid making mistakes but you're taking a new path to self-acceptance in life.
3. Resist the urge to give other people to-do lists or to redo their tasks if you think they haven't met your standards. Instead, catch the people you love doing things right - and tell them how much you appreciate them for it.
4. When you are ready to dive right in to correct an injustice or right a wrong, first ask yourself whether the passion you feel for that issue is really misplaced anger about something else.
5. Let your Seven and Nine friends help you learn how to relax and have fun. The work will still be there tomorrow.
6. If you find yourself procrastinating, think about the reason why. Are you reluctant to get going on a task or project because you're afraid you won't be able to accomplish it perfectly?
7. Pick up a hobby you enjoy but are not especially good at doing - and just do it for the love of it.
8. Forgive yourself and others for mistakes. Everyone makes them.
9. See whether you can catch yourself measuring yourself against others to see who does a better job, works harder, or meets your definition of success.
10. Be aware of how you receive criticism from others, and try to accept it without being defensive.

REFLECTION

TYPE EIGHT

Spiritual Transformation

In his book, *The Holy Longing*, Catholic writer Father Ronald Rolheiser describes eros as "unquenchable fire, a restlessness, a longing, a disquiet, a hunger, a loneliness, a gnawing nostalgia, a wildness that cannot be tamed, a congenital all-embracing ache that lies at the center of human experience and is the ultimate force that drives everything else." Suzanne and I have a hunch that Eights are more in touch with, or perhaps even endowed with, a greater measure of this divine eros than the rest of us. They're finite creatures trying to manage an overfull tank of infinite desires. That's a lot to manage. When contained correctly, their fire can safely welcome and warm people. But like all fire, if not surrounded with a hearth of self-restraint, it will burn your house down.

When Eights are spiritually on the beam and self-aware, they are powerhouses: fearless, magnanimous, inspiring, energetic, supportive, loyal, self-confident, intuitive, committed, and tolerant toward those who are weaker than they are.

When Eights switch their lives over to autopilot and spiritually fall asleep at the wheel of their personality, they become shamelessly excessive, reckless, arrogant, bull-headedly, uncompromising and sometimes even cruel.

I'd love to help Eights tap into the childhood innocence they gave up too early and restore their trust in humanity. I'd like to promise them they won't be betrayed, but I can't. Eventually we will go under the knife.

The healing message Eights need to know, believe, and feel is this:

"There are lots of trustworthy people in the world, and though the risk of betrayal is always real, love and connection will forever elude them unless they welcome and reconnect to the innocent, less defended child they once were.

Yes, betrayal is exquisitely painful, but it doesn't happen as often as Eights fear it does. And if or when it does, they'll be strong enough to survive it.

Since Eights like to people to be straightforward and direct with them I'm going to brutally frank: living behind a facade of bluster and toughness to mask one's fear of emotional harm is cowardly, not courageous. Risking vulnerability and love is what takes courage. Are you strong enough to come out from behind the mask of boast and brusqueness? That's the real question.

REFLECTION

TEN STEPS

To Transformation for Fights

1. Too often, your intensity and lust for life runs the show. Give a friend permission to tell you when you're going overboard or exhibiting extreme behaviors. Remember, "moderation, moderation, moderation."
2. To recover a piece of your natural childhood innocence, tend and befriend your inner child. I know, you don't have time for this sort of crap, but it helps.
3. Watch out for and avoid black and white thinking. Gray is an actual color.
4. Broaden your definition of strength and courage to include vulnerability. Risk sharing your heart at deeper levels with someone in your life.
5. Remember, your tendency is to act impulsively. It's "ready, aim, fire!" not "fire, aim, ready!"
6. You don't have the corner on the truth market. In the heat of the battle, stop and ask yourself, what if I'm wrong? Say that 100 times a day.
7. Your personality is twice as big and intense as you think it is, and what feels like passion to you often feels like intimidation to others. Offer an unqualified apology when people tell you that you ran over them.
8. Don't always play the part of the rebel, and try not to pit yourself against appropriate authority figures. They're not all bad people.
9. When you power up and get angry, stop, and ask yourself whether you're trying to hide or deny a vulnerable feeling. What feeling is it? How do you use aggression as a way to hide or defend against it?
10. Don't judge yourself or others as weak for sharing tender feelings. It takes courage to drop your guard and expose your inner child.

REFLECTION

TYPE NINE

Spiritual Transformation

The Nine's weakness for merging is the dark side of an enviable spiritual gift. But in my mind the spiritual advantages of being a Nine more than make up for the work they have to do in their lives. If the goal of the spiritual life is the realization of union with God, then healthy Nine's ability to merge gives them a spiritual leg up on the rest of us. When it comes to attaining a unitive knowledge of God and becoming "one with Christ," healthy Nines almost always cross the finish line first. They're natural contemplatives.

Nines are open and receptive in every way. Even as kids, they seem to possess an innate awareness of the sacramental dimension of the world. They have a profound awareness of the interconnectedness of all things in creation. Lovers of the outdoors, they pick up on the presence of God in the natural world and how everything expresses God's glory. Because they value being over doing, Nines know how to rest in God's love and share themselves ore generously than the rest of us. And because Nines are able to see both sides to everything, they're comfortable with paradox and mystery, which comes in handy when it comes to dealing with a religion that includes a virgin birth and a God who is bot Three and One at the same time. If you're a Nine, be encouraged: when healthy, your capacity for merging can place you in the same league as other great Nine spiritual leaders like Pope Francis and the Dalai Lama.

But Nines resist the unsafe nature of real spiritual transformation. If you're a Peacemaker, your greatest motivation in life has been to avoid conflict and experience inner harmony, but what looks like peace is really just your desire to be unaffected by life. Spiritually, the absence of conflict is not the presence of peace, which requires work and risk. If nothing else, Nines should hear these words: Wake up and say yes to the adventure of your own life.

Nines are important and as deserving of becoming their own person as everybody else. It's their birthright. Waking up will involve reclaiming personal authority and responsibility for their own life. It will mean finding and resurrecting their own thoughts, passions, opinions, dreams, ambitions and desires. This will be scary. They'll have to stop hiding and drafting behind other people. If Nines love themselves as much as they love other people, they will allow themselves to go on this adventure of becoming their own person. Paradoxically, the road to peace and harmony is littered with conflict and disharmony. Scrupulously avoid anything that promises a life of peace and tranquility without conflict or pain. Whatever it is will probably end up in rehab.

Nines don't like to admit it, but they're angry. I get it. I'd be angry too if I felt repeatedly overlooked. They're angry for the sacrifices they've made to keep the peace and hold relationships together, but when they get the urge to stand up for themselves or act on their own behalf, they don't do it. Nines are afraid if they let their stored anger out it's going to hurt or kill someone, but that is not true. It might lead to conflict, which you can survive, but not homicide. Nines need to know that when they discover right action and move toward it, a feeling of self-worth will emerge in them. And others will notice and cheer them on as well. When this happens, they can stand and build on it so they don't have to slip away from themselves ever again.

"We see you and your life matters."

REFLECTION

TEN STEPS

To Transformation for Nines

1. Journal on the question "What is my calling or life's program? Am I pursuing it or postponing it to keep the peace?"
2. Ask someone to help you find a task-management or to-do system to help you stay on task. There are lots of great apps out there just for this purpose.
3. Practice saying no when someone asks you to do something you don't want to.
4. Be aware of the numbing strategies you use to avoid having to deal with life, whether that's a glass of wine or shopping or Girl Scout cookies.
5. Don't be afraid to have opinions and express them. You can start with small things and build up to important ones.
6. Resist the urge to fall back on passive-aggressive behaviors like procrastination and avoidance. If you feel angry, be honest and open.
7. Understand how important and unique your voice is. People deserve to hear what you think, not have their own views mirrored back to them.
8. Remember that what feels like intense, terrible conflict to you might just be a typical disagreement for someone else. Take a breath and engage.
9. Realize that your tendency to merge with others can be a beautiful gift if directed toward God. Other types envy this spiritual advantage you have. But don't fuse with another person and miss out on the chance to become your own person.
10. When you feel paralyzed in the face of a decision, consult someone who won't tell you what to do but rather will help you tease out what you want to do -- then do it!

REFLECTION