

ENNEAGRAM TYPE 3

Coaching Session #3 - Wings & Levels of Health

Type 3's Wings

Wings are the two personality types on either side of the main personality type. For instance, the wings for Type Three are Type Two and Type Four. One of these 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 Three with Two wing — 3w2 “The Star”

They are warmer, more encouraging, sociable, popular, enjoy being center of attention, and seductive.

Type Three with Four wing — 3w4 “The Professional”

They are more focused on work, success, and introspection. They are more sensitive, artistic, imaginative, and pretentious.

Type 3

The Successful Achiever

Core Fear: Failing, being incompetent, inefficient, exposed, worthless, or unable to appear successful.

Core Desire: To be valuable, admired, and respected (deteriorates into chasing after success).

Self-Image: I am successful, efficient, competent, focused, and productive.

Core Weakness: Deceit- Deceiving themselves into believing that they are only the image they present to others through success and achievements.

Message Your Heart Longs to Hear: You are loved and valued for being you. You do not need to achieve my love.

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 3 Levels of Development

H E A L T H Y	<ol style="list-style-type: none"> 1. At their best, Threes are fully living out their identity in Christ by revealing their authentic self without fear. They know they are deeply loved for exactly who they are in Christ. They know they have total “achievement” because Christ’s achievement is their achievement. They know that they no longer need to perform to earn the love and admiration they long for since they now know they are Christ’s beloved child. It is here that they become self-accepting, gentle, and authentic. They are modest, charitable, and they allow their emotions to emerge. 2. They are self-assured, energetic, and competent with a high level of self-esteem. They believe in themselves and their own value. They are adaptable, desirable, charming, and gracious. 3. They are ambitious to improve themselves and to be the best they can be. They often become outstanding and an ideal person who is widely admired in most communities. They are highly effective and others are motivated to be like them in some positive way.
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A V E R A G E	<ol style="list-style-type: none"> 4. As they begin to wander away from knowing they are Christ’s beloved child, they begin to think they have to live in their own strength. During this time, they begin to become highly concerned with their performance, doing their job well, constantly driving themselves to achieve goals as if their self-worth depends on it. They are truly terrified of failure and compare themselves with others as they search for status and recognition. It is here where they become careerists, social climbers, invested in exclusivity, and strive to be their best self. 5. They are image-conscious and highly concerned with how others perceive them. They begin to shape-shift themselves according to the expectations of others and to what is needed to be successful. They are pragmatic and efficient but have lost touch with their own feelings beneath their smooth surface. They put on a false image to win people over. 6. They desire to impress others with their superiority. They do this by constantly promoting themselves, making themselves sound better than they really are. At this level, they can become narcissistic with grandiose and inflated notions about themselves and their talents. They can be exhibitionistic and seductive: “Look at me!”
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U N H E A L T H Y	<ol style="list-style-type: none"> 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 begin to fear failure and humiliation. They become exploitative and opportunistic, coveting the success of others. They are willing to do whatever it takes to preserve the illusion of their superiority. 8. To avoid exposure of their wrongdoings and mistakes, they become devious and deceptive. They are now untrustworthy, maliciously betraying or sabotaging people to triumph over them. They become delusional and very jealous. 9. Believing they are totally alone and need to control life, they become vindictive and attempt to destroy whatever reminds them of their own failures. They can become psychopathic and murderous. Unhealthy Threes generally correspond to the Narcissistic Personality Disorder.
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Going Deep — Describe what you are like when you are healthy, average (auto-pilot), and unhealthy. Give examples for each.

HEALTHY	AVERAGE	UNHEALTHY