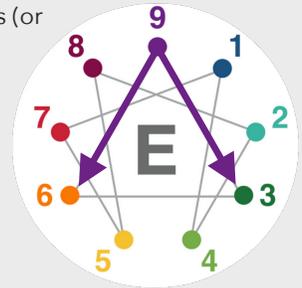


ENNEAGRAM TYPE 9

Coaching Session #4 - Childhood Patterns & Defense Mechanisms

Childhood Pattern

- Type Nine children are connected (or desire to be connected) with both of their parents (or with any other adult who represents a parental figure to them).
- Because a Nine's psyche is receptive and open, they tend to take on most of the emotional tone of their family dynamic.
- They take on the expectations of their parents consciously and unconsciously.
- Being receptive to both parents' wishes, desires, and demands can cause Nines to become overwhelmed with trying keep the peace and ensure everyone is happy.
- When they become overwhelmed, they can retreat into their imagination where they can find peace, freedom, and autonomy.
- If a Nine grows up in a home full of conflict or strong personalities, they may physically retreat into a quiet environment, nature, or other places that have less tension.
- Nines attempt to keep a low profile. They neither assert themselves too much nor ask for too much in order to keep their home peaceful and hopefully without conflict.
- Nines tend to feel that they need to become invisible so their presence will not add more conflict to their family. They believe remaining unseen will bring about peace. What actually happens is that they become invisible and unseen by others. Sadly, they also lose touch with who they are: their desires, needs, opinions, and passions.



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.

Reflecting on Your Childhood

- When you felt overwhelmed by the expectations, hopes, or demands from your parents, how did you retreat in order to find a peaceful place? Give examples.
- Did you feel that you needed to be somewhat invisible as a child and not express your own desires, wants, and dreams in order to not upset or cause conflict? Give some ideas or examples.

Childhood Messages

Wounding Childhood Message:

(The message you were hearing or thought you were hearing while growing up.)

"It's not okay to assert yourself."

The Message Your Heart Longs to Hear:

(The message the gospel answers for you.)

"Your presence matters."

Going Deep Within Yourself

- What emotions and thoughts surface when you read these two messages above? Dig deep and express what is really happening in your heart. Become attune with yourself.

Defense Mechanism: Narcotization (or Disassociation)

- Because Nines desire to have inner stability and peace of mind, they try to avoid conflicts at all costs. If they are unable to do this and something feels too large, complex, difficult, or uncomfortable to handle, then they will unconsciously numb out (check out mentally). This kind of defense mechanism is called **narcotization**.
- Type Nines will distract or narcotize themselves by engaging in activities that are routine, familiar, require very little attention, and give them comfort.
- Nines love routines because they believe routines will bring them peace of mind.
- Nines find comfort in morning and evening routines because they can "check out" and do not need to be fully awake or aware. If these routines are interrupted or disrupted, Nines can become irritated, feel agitated, or even disoriented.
- Examples of routines or activities that Nines typically enjoy are: taking a walk, bike ride, a drive to see nature and scenery, reading books by the same author or in the same genre, engaging in frequent or extended casual conversations, or watching TV. Anything that allows them to check out and remain comfortable.

Going Deep with God

- What is the message that God is telling you about you?
- What has he secured for you?
- How does it feel to know and hear this from him?
- How can this message impact how you see yourself and live your life?

Reflection Time

- Give three examples of how you use dissociation or narcotization.
- How do you typically see your defense mechanism as "helpful?" How does it actually cause you harm?
- What would it look like to not dissociate or numb out? Give several examples.

