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Session 1 – Introduction to the Work

Here's what is important to know about having the Enneagram

Here's what happens when you don't

What we will cover – Overview

Dancing Between Observation and Participation

Cultivating the Inner Observer

Purpose of Personality as a Strategy for Life Management

Additions to Patterns of Type

Levels of Self-Sabotage

Substance and Process Addiction

Co-occurring Disorders

Trading Addictions

Adrenaline and non-adrenaline addictions

How Each Character Structure Feeds the Addictive Style Triad of Enneagram

Unmet Childhood Needs

To be heard

To be seen

To be safe

Focus of Attention

Avoidance

Cognitive Habit

Emotional Habit

Corresponding Virtue

Adaptive Strategy

Process of Addictive Cycle

Likely Addictions

What Helps Each Type in Recovery?

Type Bias

Q & A

Homework:

Watch the video of Type 8

