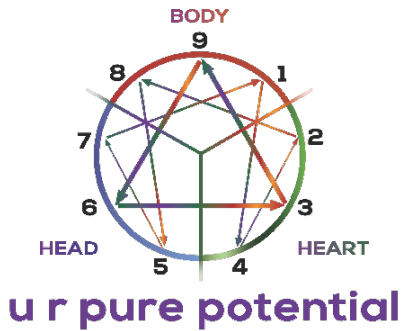


Session 10
How Each Character Structure and the Addictive Style
Type 7 – Epicure or Narcissist



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What happened as a result of using the Enneagram?
For the Client and for me
What might have happened without it.
For the Client and for me

Triad of Enneagram:

Head Center

Fear primary emotion expressed by reframing the fear

Unmet Childhood Need:

To be safe and secure

Focus of Attention:

Positive possibilities in all things

Avoidance:

Pain and suffering

Cognitive Habit:
Planning

Emotional Habit:
Constantly seeking options

Corresponding Virtue:
Sobriety

Adaptive Strategy:
Movement toward pleasure and away from pain

Motto:
"Tomorrow will be better."

Process of Addictive Cycle:
Sevens are a self-referencing type that dislike restriction. Anything that might limit their freedom or independence causes some anxiety, Seven's attempt to control this anxiety through rationalizing any form of escape so this type is a sitting duck for many addictions.

Likely addictions:
Everything, if one is good two or ten may be more fun or better

What helps Each Type in Recovery?

1. Notice the constant attraction to stimulation and new experiences
2. Notice when seeking pleasure is a way to deal with avoiding pain
3. Notice when charming and disarming is the driving strategy in relating
4. Notice feeling above or below other people.
5. Encourage how often you want to move on to the next exciting thing.
6. Address at the onset of working with them that their fear of boredom will surface.

7. Give them room and permission to experiment with various meetings and other supports to recovery.
8. Examine head on the idea of gluttony and entitlement and how this will interfere with recovery.
9. Examine benefits of either seeing a project through or handing it off to someone else that can when you won't.
10. Encourage mindfulness/meditation practices as part of their plan.

If you are a type 7 counselor or coach, consider the following type bias:

1. Allow clients to express pain and discomfort.
2. Share examples of how you might have been present to pain and it didn't kill you.
3. Slow down and just sit with yourself. Mindfulness and/or meditation are helpful to your own work.
4. Be mindful of your tendency to reframe anything that is negative to something positive.
5. Coming up with too many options at one time for clients to consider.

Watch your own impatience when clients do not move as quickly as you do

Q and A

Homework:

Watch the video of the type

