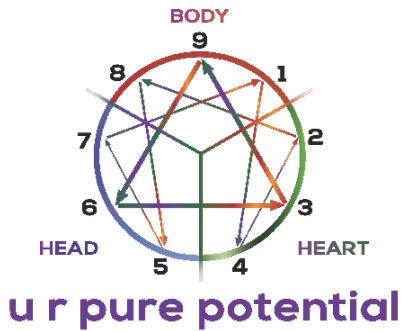


Session 3
How Each Character Structure and the Addictive Style
Type 9 - Mediator or Peacemaker



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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:

Body Center

Anger primary emotion expressed passive-aggressively or through stubbornness

Unmet Childhood Need:

To be Seen

Focus of Attention:

Power and Control

Avoidance:

Conflict

Cognitive Habit:
Indolence or self-forgetting

Emotional Habit:
Sloth or acting on routine habit

Corresponding Virtue:
Peace

Adaptive Strategy:
Everything has pros and cons. Nines have an obedience/defiance conflict. Should I go with others and forget my agenda, or do what I want and risk separation? The resulting ambivalence creates contained anger that is expressed passive-aggressively. Saying "No" is hard, and important decisions are delayed.

Motto:
"Go along to get along."

Process of Addictive Cycle:
There is a strong underlying desire to find peace and live in a peaceful way. In this life and with life's stressors, the strategy to accomplish this is to find ways to numb out. Some forms of numbing out are less destructive than others. Binge watching tv is likely less harmful than turning to daily pot smoking or drinking or going to the Casino to play slots.

Likely addictions:
THC in many forms including hash and opium, opiates, may have been Rx uppers, alcohol, slots, keno, and buying lottery tickets

What helps Each Type in Recovery?

1. Use structure, deadlines and positive feedback to support the goals the client has identified.
 2. Nines may agree with a goal you have suggested with no intention to follow through, but they agree to avoid conflict.
 3. Work with client to notice the tendency to move into obsessive thinking.
 4. Procrastination and becoming easily distracted are often issues. Ask how these might interfere with the goals they have set.
 5. Encourage observation of a desire and plan to act and then non-action. Address the frustration of the client when the intent is to follow through and there is no follow through without enabling them to hold onto the pattern.
 6. Encourage an ongoing noticing of how their attention may just go to the other and encourage them to ask themselves, "Do I agree with this or not?"
 7. Look for passive-aggressive signals of expression of anger or tuning others out.
 8. Support direct and appropriate expression of anger as it is informing them of what is likely important to them that they have not been addressing.
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If you are a type 9 counselor or coach, consider the following type bias:

1. The importance of actions plans and accountability.
 2. Noticing your focus on the client and not what they want to accomplish.
 3. The importance of confronting issues that need to be addressed.
 4. Setting appropriate boundaries with clients.
 5. Don't lose yourself in the session. Stay present and grounded and notice when you either wander off or feel discomfort.
 6. Avoid burn-out with regimented self-care and accountability for your own self-care.
 7. Pay attention to when you want to dig your feet in or feel stubborn and question what is really going on?
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Q and A

Homework:

Watch the video of the type 1

