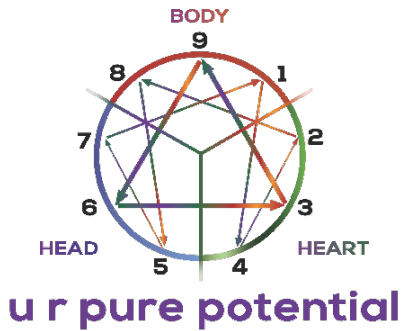


Session 5
How Each Character Structure and the Addictive Style
Type 2 – Giver or Helper



Renée Siegel, MA, LISAC, MAC, ICGC-II, BACC, LMT, HHP, CPIC

**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:

Heart Center

Distress primary emotion expressed when disconnected from others

Unmet Childhood Need:

To be seen

Focus of Attention:

Flattery and how to influence relationships

Avoidance:

Addressing own needs

Cognitive Habit:

Flattery and how to influence relationships

Emotional Habit:

Pride or Self-degradation – inflated or deflated sense of self

Corresponding Virtue:

Humility

Adaptive Strategy:

Giving to get in return

Motto:

“They can’t manage without me.”

Process of Addictive Cycle:

Doing for other’s is automatic, even if they do not want you to. The attention placed on relationships with other’s has the type forgetting to do for self, particularly self-care. Twos will assist others to the point of exhaustion and then becoming resentful. The ongoing need to be needed by others’ conflicts with the freedom to be and do for self.

Likely addictions:

Binge eating, binge drinking, slot gambling, overuse of sleeping aids and other over the counter mood altering substances and alcoholism

What helps Each Type in Recovery?

1. Address focus of attention on others.
2. Notice how helpful and compliant the client is and encourage treatment to be for the client identifying their needs and not the needs of others.
3. Address motivation for treatment and examine if it is to fix a relationship.
4. Address codependency.
5. Notice what arises when this type identifies they have needs.

6. Notice what arises when this type is no-longer needed or interferes in the affairs of others without being asked or is too intrusive.
7. Identify what is important to them.
8. Ask what it would be like if they gave themselves the same love and attention they give to others.
9. Find a way to provide feedback that is not interpreted as criticism.
10. Address true meaning of humility and the movement between self-inflation and self-degrading. Humility is the realistic evaluation.

If you are a type 2 counselor or coach, consider the following type bias:

1. Don't work harder than your client.
2. Notice your need to be liked.
3. Handle issues that your clients may not like but need to be addressed.
4. Practice real self-care, not just getting your nails done with your friends.
5. Spend time alone getting to know yourself.
6. Notice pride and comparing yourself to others and just be with it.
7. Set boundaries and realize that no is a complete sentence.
8. Stay within time management in sessions.

Q and A

Homework:

Watch the video of the type 3

