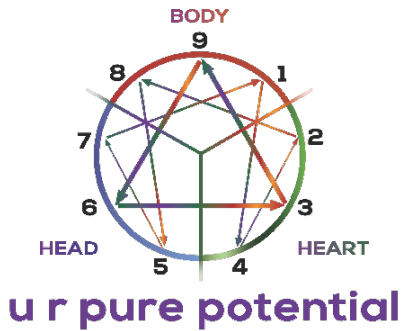


Session 8
How Each Character Structure and the Addictive Style
Type 5 – Individualist or Observer



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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 unexpressed

Unmet Childhood Need:
To be safe and secure

Focus of Attention:
What others expect

Avoidance:
Being useless, helpless or incapable

Cognitive Habit:
Detached analysis

Emotional Habit:
Withholding time, energy and contact

Corresponding Virtue:
Non-Attachment

Adaptive Strategy:
Limit needs, desires and attachment

Motto:
"Knowledge is power"

Process of Addictive Cycle:
Believing the world, family, friends, job and other relationships are constantly wanting more and more from me. I separate thinking from feelings and compartmentalize activities. Friends and family don't know about each other. This level of privacy controls my fear of dependence and leads to isolation without a way to reach out.

Likely addictions:
mind expanding drugs psychedelics, mushrooms, LSD, sleeping aids,
alcohol, MDA, Ecstasy

What helps Each Type in Recovery?

1. Notice withholding and censoring information.
2. Begin to notice how sensate experiences arise in the body.
3. Notice how the strategy you employ may have other experiencing you as arrogant.
4. Practice strategies that move you from arrogance to assertiveness.

5. Address the 3 S's: Secrecy, Separateness and Superiority.
6. Notice how withdrawal from others keeps you from receiving love.
7. Explore ways to engage with others more comfortably.
8. Practice sharing more than facts or information and discuss the results.
9. Notice how withdrawing causes others to move closer and use discernment regarding when that may not be the desired response and when it is.
10. Demonstrate the utmost respect for a five's confidentiality.

If you are a type 5 counselor or coach, consider the following type bias:

1. Notice when you have enough information.
2. Notice any arrogance you may bring to the session.
3. Notice your tendency to sway others or convince them about something important to you.
4. Openly discuss the consequences of compartmentalization and relatedness.
5. Allow yourself to be seen, engage and disclose.
6. Model expression of feeling in your own journey and describe how difficult and yet how rewarding it has been.
7. Make sure you are in your body when you come into session.

Q and A

Homework:

Watch the video of the type 6

