

TYPE TWO

Commonly Called: The helper, caretaker, giver, mentor

Type Summary: Helpers and givers who are warmhearted, nurturing, and are sensitive to other's needs. They love connection to and serving others. However, they can give so much attention to the needs of others that they ignore their own needs. This leads both to their becoming depleted and to feeling quietly resentful about being under-appreciated.

Intelligence Center	Energy Center	Conflict Style
Heart	Reconciling - Containing	Positive Outlook

Operating Under the Surface: The Two's Descent into Deeper Knowing

Childhood wound: Often felt rewarded for, or pressured to, be helping or pleasing, and therefore believed that love and attention resulted from giving to others

Basic fear: Being unloved and unwanted for who they are apart from their giving

Basic need: To feel loved and be appreciated

Focus of attention: Other's needs and wants

Areas of avoidance: Personal needs; being perceived as selfish

Passion: Pride – a private thought stream that says, "I am so helpful. Why don't more people notice!"

Fixation: Flattery – giving to others to get recognition back

Defense mechanism: Repression – pushing down personal thoughts and feelings to focus on others

Common struggles:

- Over-functioning
- Burnout
- Quietly self-righteous
- Indirectness
- Weak boundaries

Pathways to Awakening: The Two's Ascent into Presence

What needs surrendering: Co-dependence, giving to get

Growth challenge: Learning how to balance dependency and autonomy.

Path to Presence: Internalize and own one's needs and self-worth

Virtue: Humility; connected but not co-dependent

Divine quality: Love

Gifts & Strengths:

- Warmhearted
- Sensitive
- Giving and generous
- Romantic
- Appreciative and supportive
- Energetic and expressive

Enneagram Lines: How we stay stuck & become free

