

# TYPE THREE

**Commonly Called:** The achiever, performer, motivator, succeeder

**Type Summary:** Achievers who are energetic, optimistic, self-assured and goal-oriented. They love getting things done, and done in ways that are noticeable. However, their focus on achievement can become overly-consuming. It can compromise their authenticity and relationships, and lead them to be out of touch with their own feelings.

Intelligence Center	Energy Center	Conflict Style
Heart	Expanding - Active	Competency

## Operating Under the Surface: The Three's Descent into Deeper

**Childhood wound:** Often felt rewarded for achievement and therefore believed that love and attention resulted from being impressive or successful

**Basic fear:** Failure, being worthless apart from achievements

**Basic need:** To be appreciated for successes

**Focus of attention:** Achievement that wins attention and reward

**Areas of avoidance:** Looking foolish or inadequate; accessing feelings

**Passion:** Deceit - presenting a false self or image

**Fixation:** Vanity - success, looking good

**Defense mechanism:** Identification – reading others and matching them to “win the deal” (the chameleon)

### Common struggles:

- Losing touch with self, feel empty
- Overly ambitious
- Overly competitive
- Autocratic and workaholic tendencies
- Impatient and abrupt

## Pathways to Awakening: The Three's Ascent into Presence

**What needs surrendering:** Striving and emphasis on image

**Growth challenge:** Finding & expressing inner essence; being versus doing

**Path to Presence:** Developing access to feelings and functioning out of integrity

**Virtue:** Authenticity - presenting my real self

**Divine quality:** Efficacy

### Gifts & Strengths:

- Productive
- Responsible and see projects to completion
- Optimistic
- Efficient and goal oriented
- High energy
- Ability to “take charge”

## Enneagram Lines: How we stay stuck & become free

