

Getting Back to Our Essential Self

	"Price of Admission"	Spiritual Jump Start: Bring Awareness to Patterns of Behavior	Healing Attitude	Virtue
Eight	vulnerability	Trying to force or control your life	Maybe this person isn't out to take advantage of me. Maybe I can let down my guard a little more. Maybe I could let my heart be touched more deeply.	Innocence
Nine	being with the sacredness of our alive energies, including anger	Resisting being affected by your experiences	Maybe I can make a difference. Maybe I need to get energized and be involved. Maybe I am more powerful than I realize.	Right Action
One	serenity; letting go of judgment and any sense of knowing what's going on	Value-judging, condemning yourself and others	Maybe others are right. Maybe someone else has a better idea. Maybe others will learn for themselves. Maybe I've done all that can be done.	Serenity (Goodness)
Two	letting go of the belief we aren't allowed to care for ourselves	Giving your value away to others	Maybe I could let someone else do this. Maybe this person is actually already showing me love in their own way. Maybe I could do something good for myself, too.	Humility
Three	being with the emptiness	Trying to be other than you authentically are	Maybe I don't have to be the best. Maybe people will accept me just the way I am. Maybe others' opinions of me aren't so important.	Honesty (Authenticity)
Four	letting go of the story	Making negative comparisons	Maybe there's nothing wrong with me. Maybe others do understand me and are supporting me. Maybe I'm not the only one who feels this way.	Equanimity (Balance)
Five	radical contact	Overinterpreting your experience	Maybe I can trust people and let them know what I need. Maybe I can live happily in the world. Maybe my future will be okay.	Non-attachment
Six	being present with the anxiety	Becoming dependent on something outside yourself for support	Maybe this will work out fine. Maybe I don't have to foresee every possible problem. Maybe I can trust myself and my own judgments.	Courage
Seven	patience with oneself	Anticipating what you are going to do next	Maybe what I already have is enough. Maybe there's nowhere else I need to be right now. Maybe I'm not missing out on anything worthwhile.	Sobriety

from Don Riso and Russ Hudson's The Wisdom of the Enneagram: The Complete Guide to Psychological and Spiritual Growth for the Nine Personality Types, Bantam Books, 1999, and Russ Hudson and Richard Rohr's CDs, The Enneagram & Grace: 9 Journeys to Divine Presence