

Type	Regular practice should focus on	Pursue a therapeutic strategy that
One	Cultivating quiet mind	Allows grieving and processing of feelings, especially frustration and resentment
Two	Cultivating quiet mind	Releases blocked energy in the body, especially repressed need and hostility
Three	Opening the heart	Allows grieving and processing of feelings, especially of inadequacy and shame
Four	Grounding the body	Reframes distorted thinking patterns and perceptions, especially negative interpretations of self and others
Five	Grounding in the body	Allows grieving and processing of feelings, especially of rejection and futility
Six	Cultivating quiet mind	Reframes distorted thinking patterns and perceptions, especially those caused by anxiety and projection
Seven	Opening the heart	Releases blocked energy in the body, especially repressed sadness and regret
Eight	Opening the heart	Reframes distorted thinking patterns and perceptions, especially denial of fear and vulnerability
Nine	Grounding in the body	Releases blocked energy in the body, especially repressed rage and fear

from Riso-Hudson's *Understanding the Enneagram*, p. 279