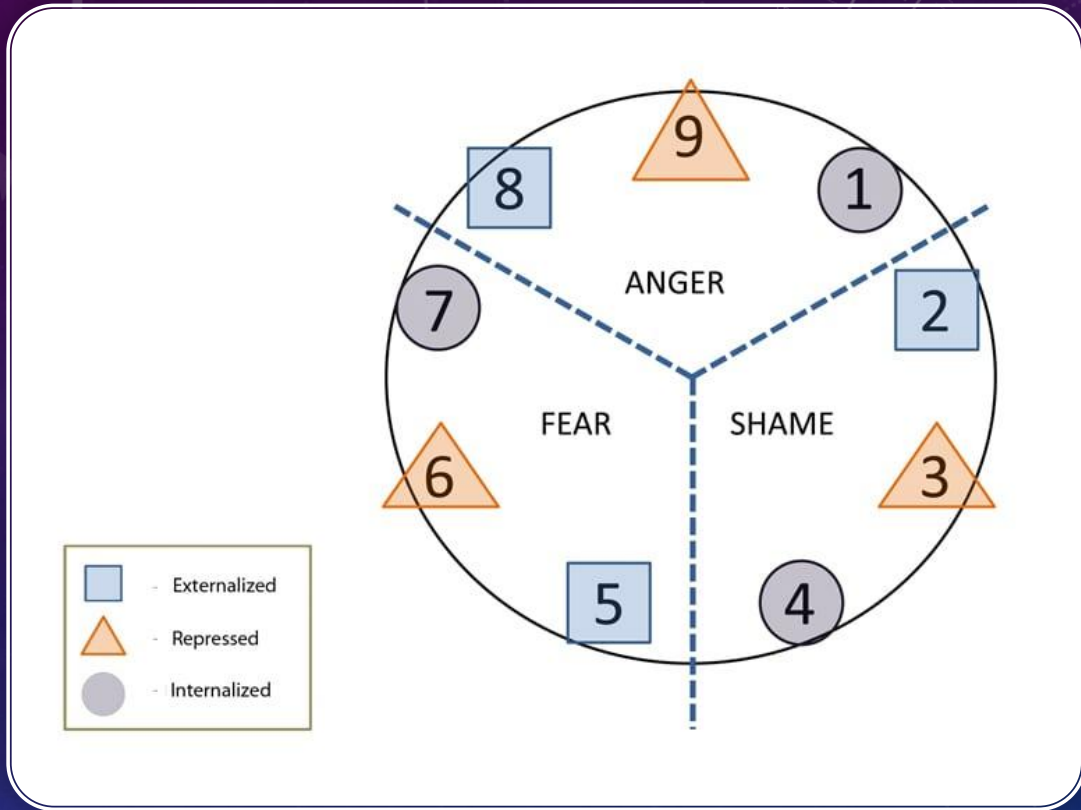
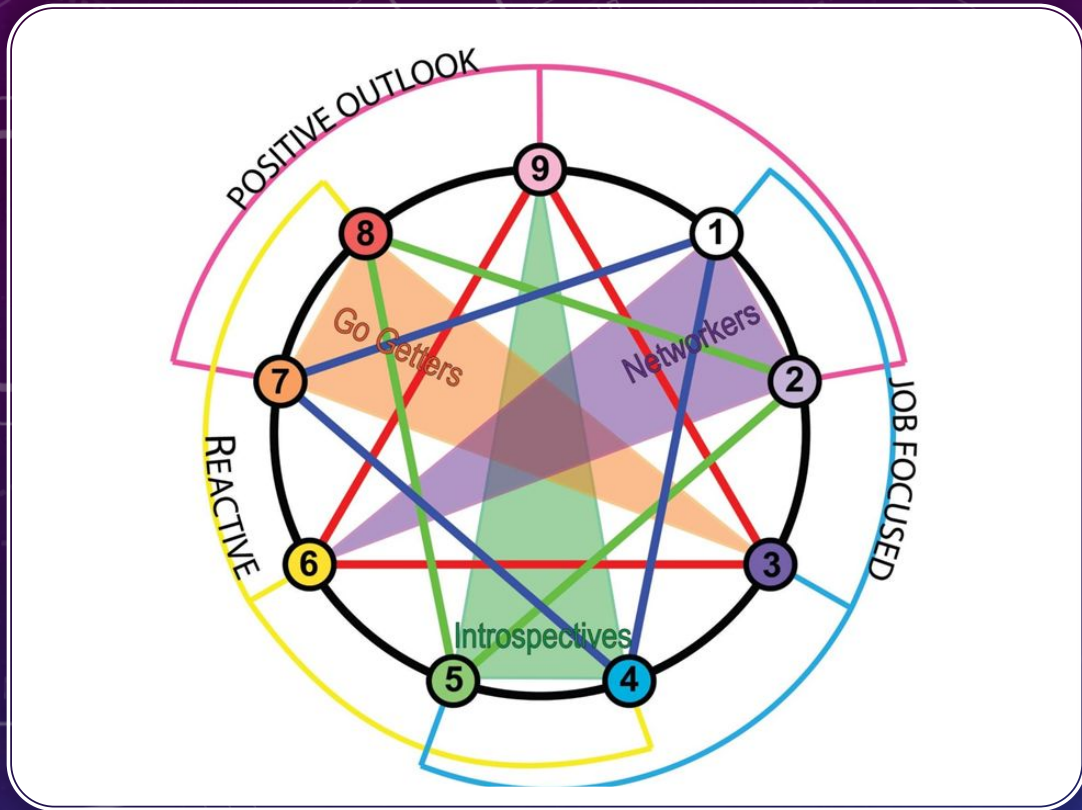


ENNEAGRAM LEADERSHIP AWARENESS

COMMUNICATION, BOUNDARIES, AND SELF CARE

BY: DR. DEB WALTERS



COMMUNICATION:

SIX STACKED SEQUENCES OF INSTINCTS

Self Pres/ Social/Int

Self Pres/Int/Social

Social/Self Pres/Int

Social/Int/Self Pres

Int/ Social/Self Pres

Int/Self Pres/Social

Each of these orders of instincts will manifest differently based on the Enneagram types too. The mix is a pathway to a deeper self/soul awareness.

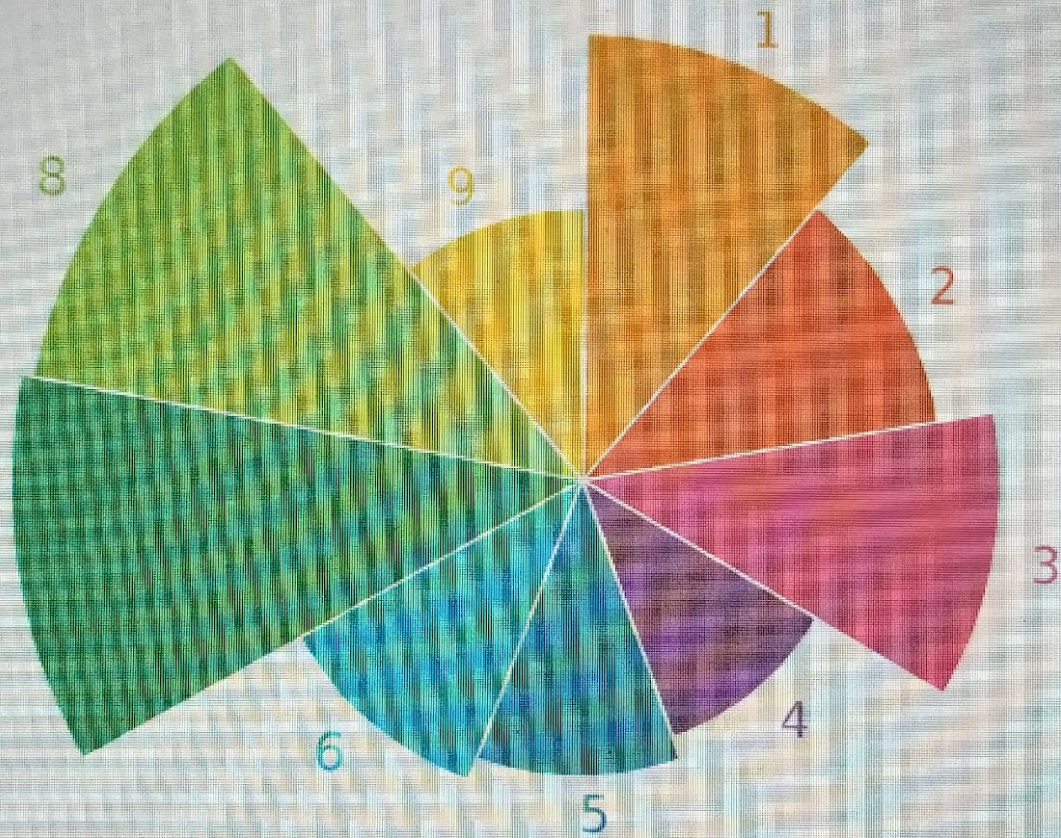
Riso & Hudson

9 Levels of Development



- 1 Level of Liberation
- 2 Level of Psychological Capacity
- 3 Level of Social Gift
- 4 Level of Fixation
- 5 Level of Interpersonal Conflict
- 6 Level of Overcompensation
- 7 Level of Violation
- 8 Level of Delusion and Compulsion
- 9 Level of Pathological Destructiveness

Don: 2022



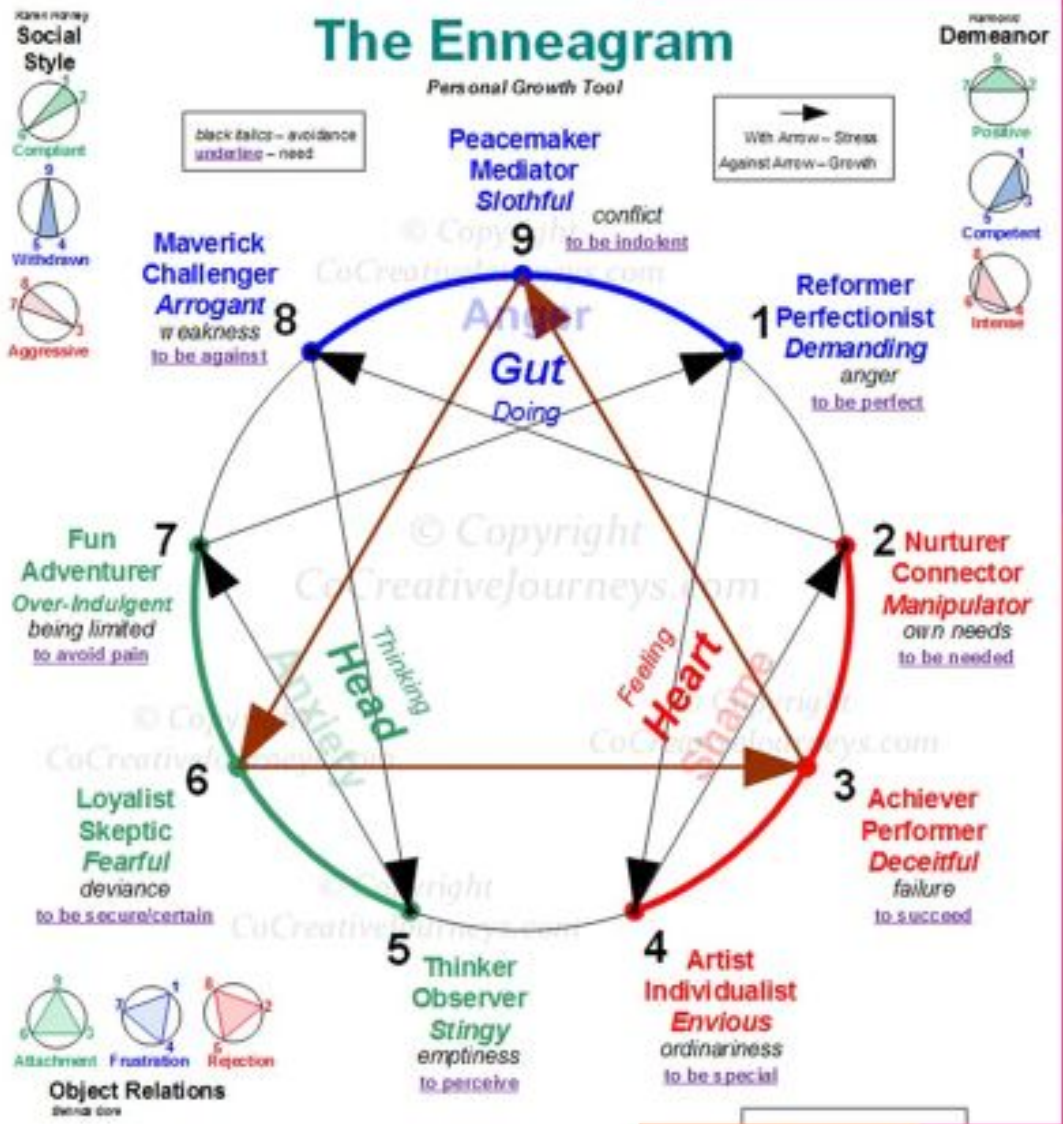
Deb: 2022





Note:

- The most compliant souls are: 1s, 2s, 6s
- The most withdrawn souls are: 9s, 4s, 5s
- The most aggressive souls are: 3s, 7s, 8s
- The most positive souls are 2s, 7s, 9s,
- The most competent souls are 1s, 3s, 5s
- The most intense souls are 4s, 6s, 8s



Words most types use to describe themselves or wish they were described by others

Type 1s: accurate, thorough, diligent, responsible, moral, correct, just, in control, fair, perfect, ethical, and high standards.

Type 2s: helpful, caring, warm, nurturing, altruistic, demonstrative, considerate, friendly, enabler, and people pleasing.

Type 3s: successful, admirable, desirable, efficient, outstanding, productive, effective, motivator, inspiring, role model, and communicator.

Type 4s: artist, melancholy, romantic, sensitive, unique, self-aware, intuitive, emotional, creative, and honest

Type 5s: innovator, observer, expert, thinker, specialist, perceptive, curious, self-contained, private and insightful.

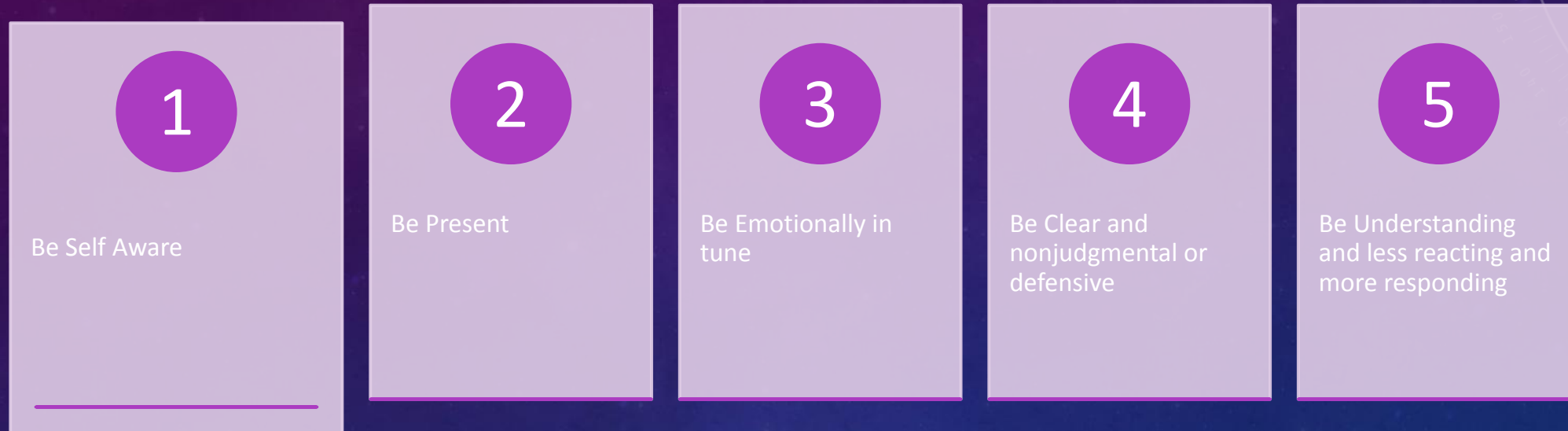
Type 6s: a true believer, doubter, preventor, troubleshooter, guardian, traditionalist, dutiful, reliable, dependable, responsible, and trustworthy.

Type 7s: happy, spontaneous, enthusiastic, free-spirited, optimistic, generalist, expert multi-tasker, and energetic.

Type 8s: outspoken, direct, opinionated, bold, decisive, tough, protector, maverick, rock, provider, leader, and compassionate.

Type 9s: kind, content, peaceful, relaxed, steady, gentle, easygoing, nobody special, healer, mediator, optimist, comforter, and friendly.

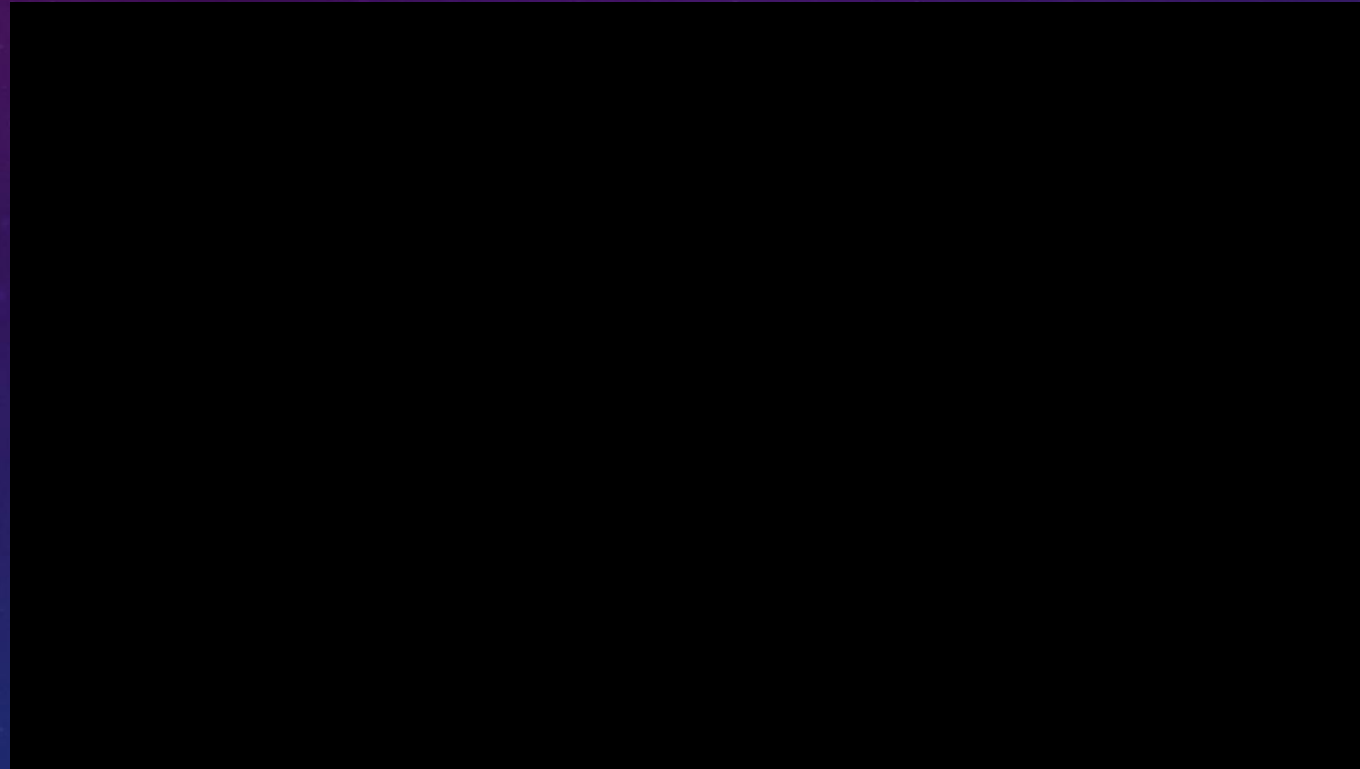
PUT IT ALL TOGETHER:



“Listening brings about changes in peoples’ attitudes toward themselves and others; it also brings about changes in their basic values and personal philosophy. People who have been listened to in this new and special way become more emotionally mature, more open to their experiences, less defensive, more democratic, and less authoritarian.” - Rogers and Farson

Somewhere we know that without silence words lose their meaning, that without listening speaking no longer heals, that without distance closeness cannot cure.
—Henri Nouwen

BOUNDARIES AND SELF CARE



- Healthy personal boundaries are around time, emotions, values/beliefs, dignity/integrity, ethics, and when we can take responsibility for our own story, actions, emotions, and responses, WHILE NOT taking responsibility for the actions, emotions, responses/reactions of another person: we have boundaries with autonomy.
- Autonomy is the ability to live our lives with self governance and self determination according to a maturing and healthy standards of ethics and values that offer integrity and dignity to self and offered to others in our interactions with them. But, not attached to the outcome of others for we only have true control over the autonomy of our lives.
- Clearly communicate needs, set priorities and time, practiced care and compassion with others and self care for self as well.
- Have a strong sense of personal identity, knowing of what skills/limitations/talents and abilities you can and cannot bring into a situation.
- Exercise: on a piece of paper draw a circle and on the inside of that circle list all the things that brings you life/energy, reliefs' you of stress, gives you joy and enjoyment, gives you purpose, and is a balance or compass of good in your life. Now, on the outside of that circle list the people, situations that drain you, circumstances that push your boundaries and stresses you.

Self Care is about Boundaries and having a Rule of Life:

SPIRITUAL PRACTICES WITHIN A WORK-LIFE BALANCE: self/soul examination and awareness is selfcare work.

WHAT SPIRITUAL PRACTICES FEED AND NOURISH YOUR OWN SOUL?

HOW WOULD YOU DESCRIBE YOUR OWN SOUL, YOUR IMAGE OF GOD, AND YOUR RELATIONSHIP TO GOD-SELF-OTHERS?

HOW DO YOU WANT TO LIVE SO YOU CAN BE WHO YOU WANT TO BE?

WHEN OR WHERE DO YOU HAVE SOLITUDE IN YOUR DAY?

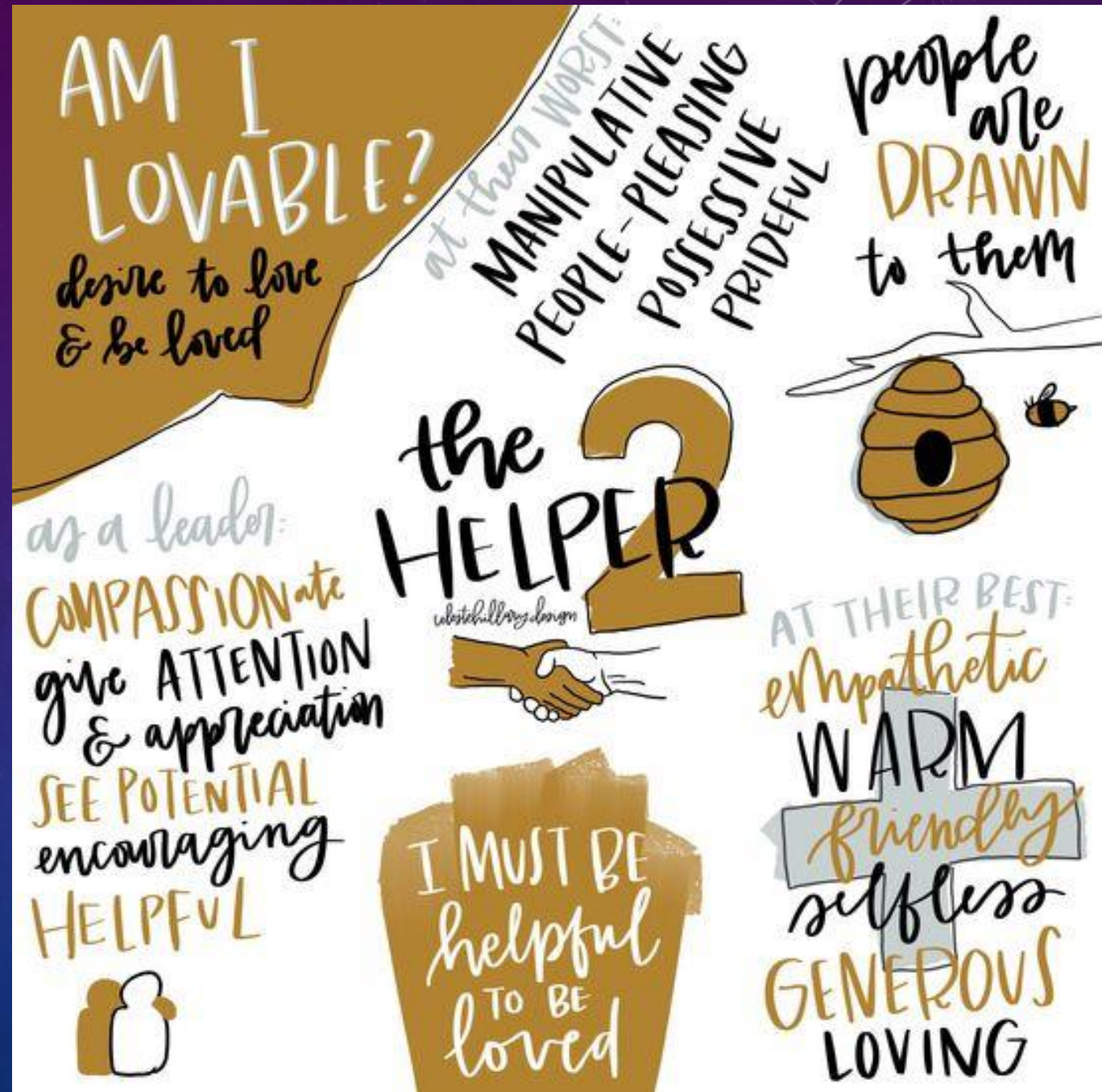
HOW DO YOU HAVE SABBATH AND WORSHIP GOD YOURSELF?

“The soul is like a wild animal- tough, resilient, resourceful, savvy, self-sufficient. It knows how to survive in hard places. But it is also shy. Just like a wild animal, it seeks safety in the dense underbrush. If we want to see a wild animal, we know that the last thing we should do is go crashing into the woods yelling for it to come out. But if we will walk quietly into the woods, sit patiently by the base of the tree, and fade into our surroundings, the wild animal we seek might put in an appearance.” Parker Palmer from *A Hidden Wholeness*.

THE HEALTHIER TENDENCY OF THIS STAFF CAN CONSIDER:

1. THE STACKING INSTINCTS IN THE THIRD RUNGS ARE SOCIAL AND SELF PRESERVATION. Which tells me the group would benefit from doing some fun and social moments with one another as a group. And from a self preservation layer there is room to reflect on scarcity mindsets. Rising above any scarcity tendencies and isolation from one another as a team.
2. Then ask how either of these habits of attributes may be revealing the way encounters with your ministries and volunteers and lay leaders you serve and lead. Do an honest reflection of where you and your ministry area is in average to healthy layers. If there are any unhealthy layers, how do you lead forward to get to average and healthier spaces.
3. Everyone in this group has 2ness in the group mix. (See Slide)
4. The group has 4 folks that contribute 6ness in the group mix. (see slide)
5. The group has 3 folks that contributes 9ness in the group mix. (see slide)
6. The group has 2 folks that contributes 8ness in the group mix. (see slide)
7. The group has 1 person that contributes 5ness in the group mix. (see slide)

Two: The Helper type is caring, and interpersonal with others. They are empathic, and warm-hearted. They are friendly, generous, and self-sacrificing, but they can also be sentimental, flattering, and too people pleasing. They are driven to be near others and do for others while neglecting themselves. At their best, healthy twos are unselfish, altruistic, and can balance unconditional love for themselves and others.



Six: The Loyalist type is committed, security oriented. They are reliable, hardworking, responsible, but they can also be defensive, evasive, and highly anxious as they run on stress while complaining about it. They are often cautious and indecisive but can also be defiant, rebellious and reactive. They struggle at time with self doubt and suspicion. At their best, healthy sixes are internally stable, self confident, and self reliant, and courageously supportive of the weak and the powerless.



Nine: The Peacemaker type is the easygoing, self-effacing type. They are accepting, trusting of others, and stable and steady in their good nature. They are kindhearted and supportive. However, they can also tend to go along with others too far in order to keep the peace and have no conflict whatsoever. They become complacent and minimize anything that is upsetting. They typically have problems with being passive and stubborn. At their best, healthy nines are all embracing, good mediators, and when willing to address conflicts are healers and peacemakers.



Eight: The Challenger type is a powerful, dominating type. They are self-confident, strong, and assertive. They are protective, resourceful, and decisive. They can also be overpowering, domineering, and proud. Eights feel they must control their environment, often becoming confrontational and intimidating to others. They struggle with allowing others to be close to them. At their best, healthy eights are self-mastering and magnanimous personalities. They use this strength to improve the lives of others, are heroic, and sometimes even become historically great.

The infographic is a hand-drawn poster on a light green background. At the top center, a banner reads "ENNEAGRAM TYPE". To the right, a red speech bubble says "HANDLES CONFLICT WELL!!". Below this, a globe with a red checkmark is surrounded by the text "i have to leave my mark". In the center, a large red number "8" is flanked by two sprigs of leaves. Below the number, another banner reads "THE CHALLENGER". To the left of the number, a speech bubble says "BE TOUGH TODAY!". Above it, two banners read "'NO' COMES EASY". At the top left, a pink speech bubble says "Guarded". Below the number "8", a cartoon illustration of a woman with brown hair and a striped tank top is shown. To her right, a pink speech bubble says "Biblical Comparison: SAMSON". Below that, a yellow speech bubble lists traits: "take care of themselves", "LOVES RISK!!", "NO-NONSENSE", and "ASSERTIVE". To the right of the woman, a list of fears is written: "fears: not being in CONTROL, BEING vulnerable". Below the fears, a banner reads "their people ARE their people" with an arrow pointing to three orange human figures. At the bottom, a banner reads "Honesty = Policy" and another banner at the very bottom reads "PROTECTOR".

ENNEAGRAM TYPE

HANDLES CONFLICT WELL!!

"i have to leave my mark"

Guarded

"NO" COMES EASY

BE TOUGH TODAY!

THE CHALLENGER

Biblical Comparison: SAMSON

fears:

- not being in CONTROL
- BEING vulnerable

their people ARE their people

Honesty = Policy

PROTECTOR

Five: The Investigator type is intense, cerebral. They are alert, insightful, and curious. They are able to concentrate and focus on developing complex ideas and skills. Independent and innovative, they can become preoccupied with their thoughts and imaginary constructs. They become detached, high-strung, and intense. They have problems with isolation, eccentricity, and that life holds no real value. At their best, healthy fives are visionary pioneers, often ahead of their time and able to see the world in an entirely new way.



THANK YOU

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