

# The Enneagram

# Unconscious Childhood Messages

1. “It’s not ok to make mistakes”
2. “It’s not ok to have your own needs”
3. “It’s not ok to have your own feelings and identity”
4. “It’s not ok to be too functional”
5. “It’s not ok to be comfortable in the world”
6. “It’s not ok to trust yourself”
7. “It’s not ok to depend on anyone for anything”
8. “It’s not ok to be vulnerable or to trust anyone”
9. “It’s not ok to assert yourself”

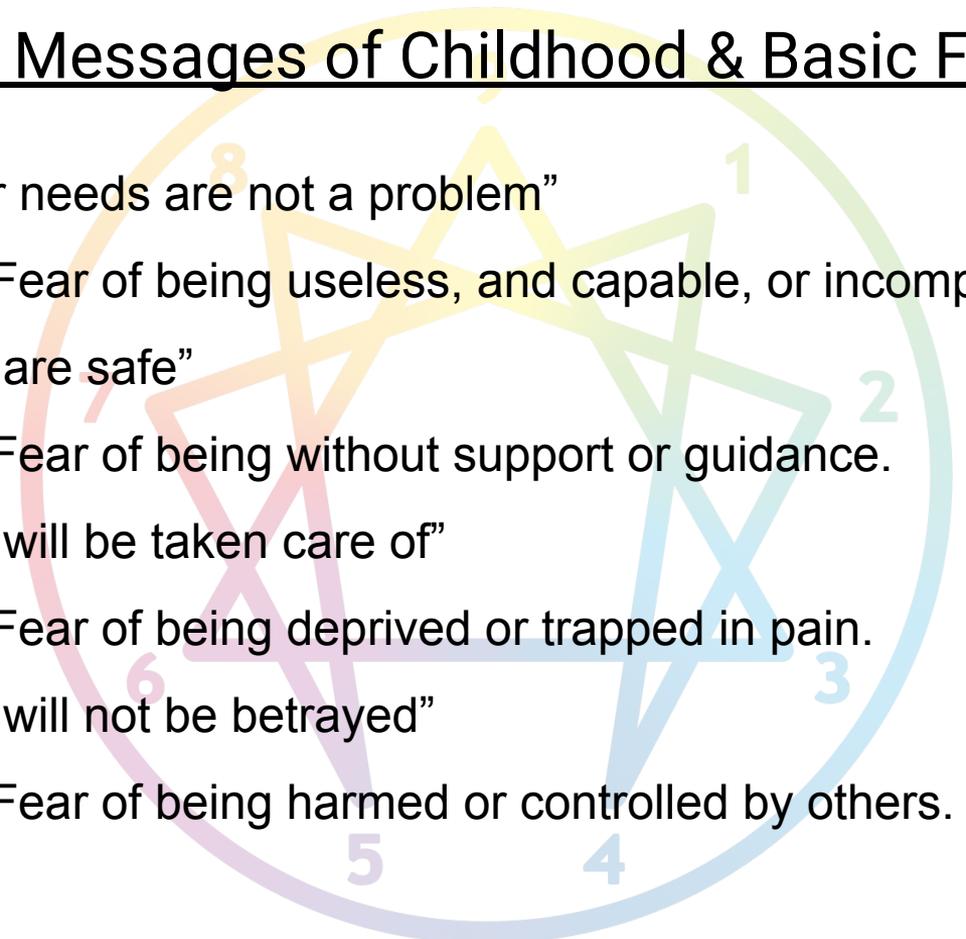
## Childhood Experiences

1. High expectations accompanied by parental separation.
2. Often gave up childhood to care for sibling, parent, etc.
3. Learned to achieve in order to please a very close family member.
4. Felt out of place within their own family.
5. Didn't feel safe and retreated to the security of their own mind.
6. Experienced moments of fear coupled with unstable "conditional love"
7. Experienced a lack of nurturing and decided they must care for themselves
8. Became an adult at early age to protect themselves from chaos or violence
9. Generally report happy family where they became the peacemaker.

# Lost Messages of Childhood & Basic Fears

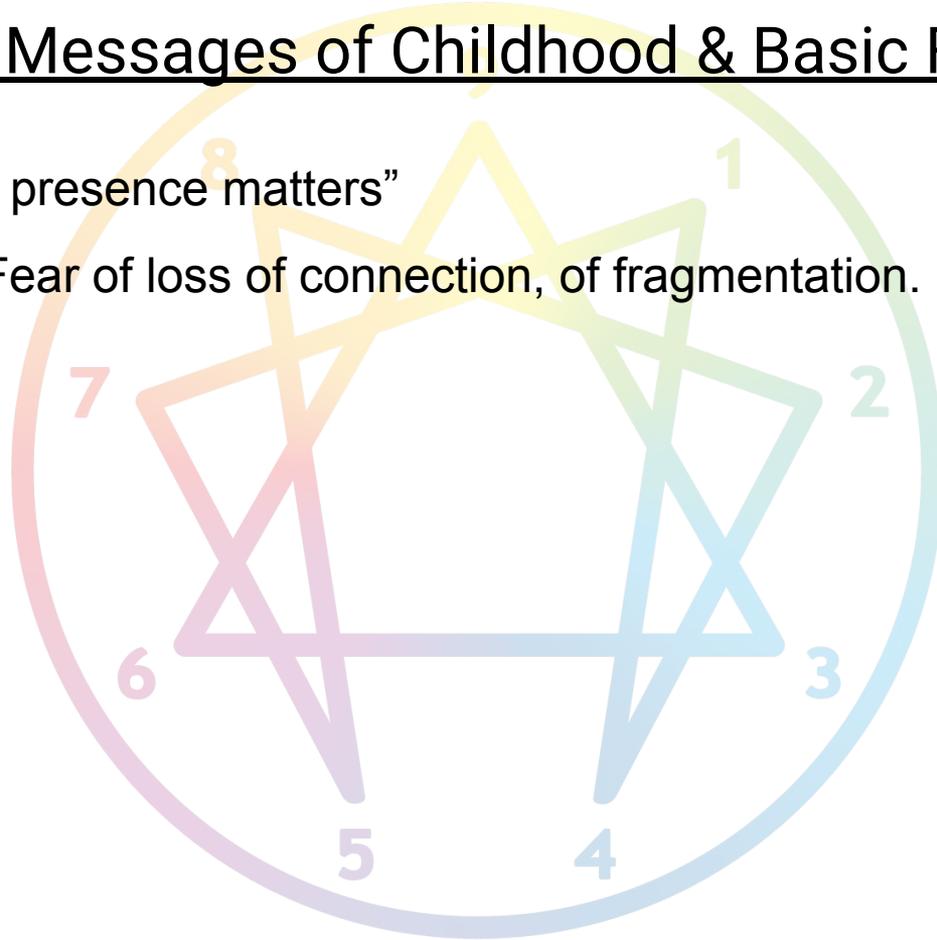
1. “You are good”<sup>8</sup>
  - a. Fear of being bad, corrupt, evil, or defective.
2. “You are wanted”
  - a. Fear of being unworthy of being loved.
3. “You are loved for who you are”
  - a. Fear of being worthless or without inherent value.
4. “You are seen for who you are”
  - a. Fear of being without identity or personal significance.

## Lost Messages of Childhood & Basic Fears

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5. “Your needs are not a problem”
    - a. Fear of being useless, and capable, or incompetent.
  6. “You are safe”
    - a. Fear of being without support or guidance.
  7. “You will be taken care of”
    - a. Fear of being deprived or trapped in pain.
  8. “You will not be betrayed”
    - a. Fear of being harmed or controlled by others.

# Lost Messages of Childhood & Basic Fears

9. “Your presence matters”
  - a. Fear of loss of connection, of fragmentation.



## Basic Distortions of Desire

1. The desire to have integrity --- deteriorates into critical perfectionism
2. The desire to be loved --- deteriorates into the need to be needed
3. The desire to be valuable --- deteriorates into chasing after success
4. The desire to be oneself --- deteriorates into self indulgence
5. The desire to be competent --- deteriorates into useless specialization
6. The desire to be secure --- deteriorates into an attachment to beliefs
7. The desire to be happy --- deteriorates into frenetic escapism
8. The desire to protect oneself --- deteriorates into constant fighting
9. The desire to be at peace --- deteriorates into stubborn neglectfulness

# Core Sinfulness



# Expressions of Sinfulness

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1. Anger .....Resentment
  2. Pride .....Flattery
  3. Deceit .....Vanity
  4. Envy .....Melancholy
  5. Avarice.....Stinginess
  6. Fear .....Cowardice
  7. Gluttony.....Planning
  8. Lust .....Vengeance
  9. Sloth .....Indolence