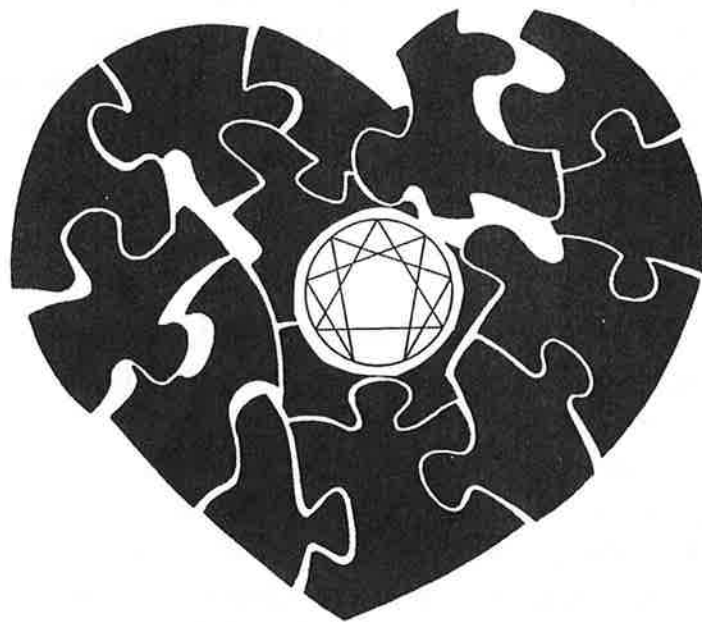


A REFERENCE MANUAL
FOR
ENNEAGRAM-BASED
SPIRITUAL GUIDANCE



Editor: Richard F. Groves, MA, MDiv
Based on: Enneagram Companions
Suzanne Zuecher, OSB

2/3/4 DIRECTEES
HEART TRIAD
SPIRITUAL BLINDNESS: IMAGE AND DECEIT

MOTIVE FOR DIRECTION:

Feeling they have failed
to manage their lives

TYPICAL EMOTIONS:

Embarrassment
High Anxiety

MODEL FOR DIRECTION:

Direction seen as Relationship

AVOIDANCE:

Hurry past moments of insight
and feeling

UNCONSCIOUS HABITS:

To look good in the eyes
of the Director
To prove that progress is being made
To formulate a plan of action ASAP
To look to the future and
avoid the present
To quickly agree with any
recommendation
To seek affirmation from
the Director

TENDENCY IN SPEAKING:

To over-report rather than
inwardly reflect

EXPRESSION OF GUILT:

Taking undo responsibility
for the feeling of others
Feelings of shame, guilt and
blame

GENERAL ADVICE FOR DIRECTORS OF 2/3/4s:

Downplay relationship between directee and director
Reduce expectations; Give input sparingly
Don't resolve awkward, unfinished moments
Avoid tendency to summarize conclusions
Return to feelings when activities are proposed
Expand rather than respond to contemplative moments
Encourage getting in touch with the "divine within"
Pick up on bodily sensations and feelings
Suggest spiritual methods sparingly
Encourage journaling, artistry and dream work
Help directee to slow down
Appropriate touch given and received is critical
Listen for "moments of shame" as breakthrough
Help directees identify convictions and priorities

#2 DIRECTEE
Self Description: "I am helpful"
Passion: Pride
Avoidance: My Own Needs
Talk Style: Advice
Spiritual Trap: Service
Divine Idea: Grace

TYPICAL DYNAMIC:

Flattering/solicitude for Director
Superficial conversation
Wordiness
Apology for self

EMOTION:

Embarrassment
Martyr-complex
Anger for not being appreciated
Exhausted anxiety

TYPICAL ISSUES:

Overextended emotionally
Compulsively disappointed with others
Resentful burnout
Cowardice in taking care of self

GENERAL ADVICE FOR DIRECTORS OF 2's:

Distrust flattery as a distance-keeping device
Avoid giving any advice too readily
Keep Director's personal life at a distance
Play cues back to directee that exhibit manipulation
Moment of embarrassment indicates openness to conversion
At moment of insight, avoid denial or condemnation
Help directee to accept hostile feelings
Realize the Divine is experienced in your gentle presence
Held directees notice their apologetic stance towards life
Don't feed the compulsion "to do" with more suggestions
Encourage self care above all

#3 DIRECTEE
Self Description: "I am successful"
Passion: Deceit
Avoidance: Failure
Talk Style: Self Promotion
Spiritual Trap: Efficiency
Divine Idea: God's Will

TYPICAL DYNAMIC:

Need to prove self as successful
Present self in positive light
Avoid inner-work through activity
Over concern with outcomes/conclusions

EMOTIONAL CONCERNS:

Non-stop anxiety
Guilt for personal in-authenticity
Lack of self confidence
Inability to relax

TYPICAL ISSUES:

Disappointment with others' performance
Obsession with others' reaction to self
Preoccupation with self [narcissism]
Burnout with life

GENERAL ADVICE FOR DIRECTORS OF 3s:

Create an atmosphere where the Director all but disappears
Clues to a 3's identity comes from external behavior
Be aware of the rift between interior and exterior lives
Suggest that real intimacy occurs when work is left undone
Reflect back the anger expressed about disappointing persons
Be sparing in recommending specific spiritual practices
Pause to reflect when the theme of deception appears
Don't compliment the gilded image
Be sensitive and tender around expressed insecurity
Assure directee they have the power to recover from failure
Encourage the discovery of the directee's own inner truth
Support the directee in taking care of self

#4 DIRECTEE
Self Description: "I am unique"
Passion: Envy
Avoidance: Ordinariness
Talk Style: Sad Stories
Spiritual Trap: Authenticity
Divine Idea: Union with the Beloved

TYPICAL DYNAMIC:

Ambivalence towards relationships
Potential for manipulation
Life or death thinking
Tendency to dwell on past or future

EMOTIONAL CONCERNS:

Exaggerated emotionality
Despair
Cool aloofness
Careful crafting of anger

TYPICAL ISSUES:

Fear something is lacking in self
Morality vs. free-spiritedness
Unsuccessful relationships
Jealousy and vindictiveness

GENERAL ADVICE FOR DIRECTORS OF 4s:

Don't get sucked into the intense cycle of emotions
When over-dramatizing, simply receive without judgment
It would be easy to mistake aloofness for self-sufficiency
Suggest replacing 'philosophizing' with concrete reports
Expect outbursts of anger and passion
At moments of despair, offer sincere encouragement
Realize that 4s are repulsed by their own raw feelings
Carefully balance between 'staying with' and being manipulated
Offer steady, consistent friendship
Underneath what sounds like amorality is scrupulous morality
Help them recognize the beauty of the imperfect, present
Encourage works of service to the underprivileged

2/3/4 DIRECTOR
HEART TRIAD
SPIRITUAL BLINDNESS: IMAGE AND DECEIT

KEY INTERFERENCES:

High anxiety leading to insensitivity
[Other senses do not pick up what it present]
Future-focus can miss present tense issues
Tendency to prescribe activity
Inclination to dominate/over-talk [i.e.
finish sentences, jump to conclusions]
Inability to confront

INAPPROPRIATE ROLES:

Inappropriate expert
Provider of conclusions vs. process
Emphasis on Director's position
[hierarchy of roles]
Use directee to affirm Director's work

DANGER SIGNS:

Seeking inappropriate affirmation
Manipulation of emotions
Over-connecting; emotional rescuing
Exaggerated self-revelation of director
Exhaustion following sessions
Lack of emotional availability
Pushing for and measuring outcomes
Stealing authority from directee
Relationship conflicts [e.g. possess-
iveness of directees]

TRIAD PITFALLS:

2/3/4 Directee - can feel resentful
of control and manipulation
5/6/7 Directee - can feel overwhelmed
and threatened by invasion of privacy
8/9/1 Directee - can express passive or
hostile anger at Director's take-over style

STRENGTHS:

Instinctive adaptability
Trusting own inner authority
Natural sensitivity
Appreciation for directee's
particular uniqueness
Ease of communication
Ability to provide concrete
direction
Subtle empathetic ability
Willingness to provide
appropriate tactile support
Ownership of emotions

HELPFUL TOOLS:

Trust the quiet times
Help directee lean into their pain
Help directee integrate spirituality
into every dimension of life
Help directee see the whole
through the parts
Share genuine feelings freely

TALENTS FOR EACH TRIAD:

With 2/3/4 Directees: share the
genuine personal struggle for
integration
With 5/6/7 Directees: help unmask
the 'quietism' that masquerades
as contemplation and centeredness
With 8/9/1 Directees: provide a
healthy model of balanced emotion
and vulnerability

CONTRIBUTION TO SPIRITUALITY

"The greatest evidence of 2/3/4s native spirituality is to see life as one piece without boundaries of secular or sacred. From this perspective, nothing can be godless."

SPIRITUAL FOCUS TYPE #2

SINFULNESS TO PRAY THROUGH:

An inner emptiness
Deep personal inadequacy
Manipulative and controlling
Too aggressive in relationships
Feelings hurt too quickly
Unowned anger
Feeling guilty for their own needs
Lack of genuine warmth & emotion
Avoiding true intimacy
Taking on a martyr complex
Undo anxiety over small matters
Hysteria in times of crisis
False sense of humility
Collapse at the thought of rejection

GIFTEDNESS TO REJOICE IN:

Endless generosity to others
Gift of responding thoughtfully
Expressive of appreciation to others
Loyal to family and friends
Innate sensitivity
Gentle and non-threatening
Very aware of other's needs
Communicate sincere compassion
Ability to nurture others
Can be selfless givers
Solicitation for the underdog
Possess empathy for others' pain
Are appreciative of others
Strong when others are in trouble

RECOMMENDATIONS:

- Discipline yourself to pursue as much time as you can in solitary reflection, listening to the "still, small voice within."
- Cultivate a journey into self intimacy; anchor yourself in the silent center of your heart
- Learn what it means to 'befriend your anxiety' in prayer/meditation
- Celebrate your spirituality in a physical way [through your body], in ritual, song, dance, art, etc.

SPIRITUAL FOCUS TYPE #3

SINFULNESS TO PRAY THROUGH:

Overly concerned with success
Feel inadequate and incapable
Take any failure personally
Make a success out of failure
Too much energy in outer world
Overemphasis on role and status
Underdeveloped interior life
Fearful of own inner demons
Stuff large amounts of anxiety
Tendency to exaggerate
Lack honesty in speech
Cherish plans ahead of people
Stay on a superficial level
Become abrupt and aggressive
Over competition
Jump ship when things are sinking
Find it hard to be vulnerable
Deal with cold efficiency
Make spirituality an achievement

GIFTEDNESS TO REJOICE IN:

Possess strong confidence
Self-assured popularity
Are community builders
Refuse to give up
Set high standards and goals
Have an instinct for what's good
Can articulate clearly
Are dauntless in face of challenge
Are available and generous
Have strong power of persuasion
Can wear their heart on sleeve
Energize others for good
Pragmatic and realistic
Possess magnanimous spirit
Team builders
Know when to give up
They walk the talk
Genuine empathy
See life optimistically

RECOMMENDATIONS:

- Schedule time each day to stop 'doing' and reflect on the meaning of activity; contemplation is like air and water to you.
- Evaluate the quality of your life according to the amount of peace you experience each day; program opportunities that enhance the beauty of life's present moment.
- Seek after a spirituality that is spontaneous - where the Spirit can surprise you.
- Discipline yourself to journal your dreams, hopes and fears.

SPIRITUAL FOCUS TYPE #4

SINFULNESS TO PRAY THROUGH:

Overall dissatisfaction with life
Lacking in joy and spontaneity
Hold on to hurts and pains
Are envious of other's joy
Aloofness with others
Entertain unreal fantasies
Lack of comfort with self
Preoccupied with death
Depressive spirit
Talk when out of control
Tend to be self-centered
Are brittle and uncompromising
Over-analytical
Hypersensitive to rejection

GIFTEDNESS TO REJOICE IN:

Appreciate life's beauty
Sensitivity to the outer world
In touch with life's energy
Recognize others' talents
Can be good sounding boards
Creative and imaginative
Are good-mannered
Face pain directly
Are deep and introspective
Extraordinary artistic sense
Generous with their talents
Natural ecumenists
Can see to the heart of things
Empathetic with others

RECOMMENDATIONS:

- Find time each day to stop and be grateful for the beauty of the moment-as it is.
- Make beautiful things and marvel at the source of creativity within you.
- Keep a record of your emotional longings; revisit them from time to time.
- Pursue regular, spiritual guidance to keep an objective sounding board.

5/6/7 DIRECTEES
HEAD TRIAD
SPIRITUAL BLINDNESS: FEAR

MOTIVE FOR DIRECTION:
“To get it right”

TYPICAL EMOTIONS:
Emotional unavailability/withdrawal

MODEL FOR DIRECTION:
Direction seen as academic exercise
or search for personal
validation

AVOIDANCE:
Personal, self-disclosure is
sacrificed to “objectivity”

UNCONSCIOUS HABITS:
Either skip over details or over-
communicate minutiae
Tendency to “test” the Director
Stay locked in cerebral analysis
Cautious, guarded approach
Anxiety is experienced as
fear of the unknown
Fear of appearing unwise, illogical

TENDENCY IN SPEAKING:
Inclination to speak of self in
an aloof 3rd person
Tendency to wander mentally
Sparse verbalization at first,
[once confidence is gained,
directees can become very
communicative]

GENERAL ADVICE FOR DIRECTORS OF 5/6/7s:

Issues of trust and safety are preeminent
Need to help directees “unpack” personal experience
Beware when directee too quickly agrees that ‘everything makes sense’
What is still in chaos is usually not disclosed
Directees are more concerned with ‘what is learned’ vs. ‘what is experienced’
Skillful Directors should look for teachable moments [through implied,
unspoken questions, hidden emotions and implied fears]
Directees shut down in face of pressure, pushing or meddling
Directors should encourage verbal embellishment when statements of
fact may reveal hidden feeling/emotion
Bodily responses on the part of 5/6/7s are often quite unconscious but
may reveal important information
Anger on part of directees often gives impetus to move into action
Directors should avoid restatement of 5/6/7 input; they are sensitive
to having ‘words put into their mouths’
Directees are reluctant to articulate their needs
Encourage directee to stand on their own authority rather than
shop around for more options

#5 DIRECTEE

Self Description: "I am perceptive"

Passion: Avarice

Avoidance: Emptiness

Talk Style: Dissertation

Spiritual Trap: Knowledge

Divine Idea: Divine Providence

TYPICAL DYNAMIC:

Focus on collecting information
Fearful about upsetting the inner order of things
Instinctual resistance to action/decision
Need to find safe place to disclose
Fierce independent, self-sufficiency
Avoidance of affective history
Stinginess in emotional disclosure

EMOTION:

Characteristic lack of emotion
Initial fearful paralysis can
 melt into an investment of
 trust and feeling
Boredom and sleepiness
 during direction is common

TYPICAL ISSUES:

Incredulity that anyone is interested in themselves
5s get much perceptual mileage out of small bits of experience
Seeing reality is more important than what is heard
Fear of being pushed around; not respected

GENERAL ADVICE FOR DIRECTORS OF 5's:

5s need to learn to honor their past rather than dismiss it
Life appears to be lean, poor and uninteresting
Direction can be a real problem since establishing trust is problematic
Encourage directees to expand terse, cryptic remarks so they can
 hear their own processing aloud
Tendency to stay trapped in endless series of thoughts is compulsive
Pay close attention to health issues, sleep patterns and diet
Clues in the physical reveal what is happening emotionally
Too much input and recommendation can make the 5 feel put upon
 and victimized
Help the 5 'trust the process' rather than stay anxious about
 arriving at conclusions
Encourage any movement toward right action

#6 DIRECTEE

Self Description: "I am loyal"

Passion: Fear

Avoidance: Deviance

Talk Style: Group Thought

Spiritual Trap: Security

Divine Idea: Holy Trust

TYPICAL DYNAMIC:

Energy is ambivalent:

a 'back and forth' dynamic

Many options perceived leading
to decision-paralysis

Most difficult 'type' to predict

Saying 'I can't' may mean 'I won't'

EMOTION:

Strong sense of fear [often masked]

Cautious suspicion and/or paranoia

Angry criticism of others or
anxious obedience

TYPICAL ISSUES:

Ambivalence whether 6s will 'move out' or 'withdraw'

Duty to obey can be a strong motivation for moving into action

Sixes can be critical of authority when disillusioned by them

Discouragement is often masked lest they appear to be helpless

Directees may be grim and merciless towards themselves and others
when the law becomes larger than life

GENERAL ADVICE FOR DIRECTORS OF 6s:

It is important for Director to weigh the quality of decisions announced by 6s

Inviting, humorous, seductive quality of 6s can betray a perception of self
as innocent but fearful of being ganged up on

Important to help 6s distinguish between accurate perceptions and projections
arising out of not feeling safe

Be careful of compulsive leap into action; lead the directee instead to a deeper
level of perception before acting

Help directee to express kindness and gentleness when oppression of living
dutifully overwhelms them

Directors need to become part of what their directees perceive as a safe refuge

When directee's own authority is accessed, freedom and initiative replaces
procrastination and fear

#7 DIRECTEE

Self Description: "I am optimistic"

Passion: Gluttony

Avoidance: Pain

Talk Style: Anecdotes

Spiritual Trap: Idealism

Divine Idea: Co-creation

TYPICAL DYNAMIC:

Appear to be endlessly happy

but they are not

Dream of possibilities and

imagine the best

Sensory stimulation is so strong

that reality takes on exaggerated

proportions

EMOTION:

Outgoingness covers inner fears

Fear of 7s approaches terror

Chaotic affective life

TYPICAL ISSUES:

Deep suspicion that there is no real meaning to life at all beyond the next adventure

Good humor helps alleviate tension in direction but also can act as a mask

Its difficult to postpone gratification

When fearful topic broached, 7s exhibit an 'out of sight, out of mind' approach

Latent anger is expressed in blunt barbs, cynical humor or good-natured bafoonery

For the Seven, not to be in the know feels like being out of control

GENERAL ADVICE FOR DIRECTORS OF 7s:

7s need to find safe environment in direction before admitting inner-chaos

Need to cut through light-heartedness to touch deeper world of fear and chaos

Tendency to talk much without much depth

As conversion occurs, Directors need to quiet 7s efforts to cover up fear with
blanket of verbiage about plans and possibilities

Held directee face pain and darkness particularly in fidelity to relationships

Directees need to have their feelings challenged and experienced

Be wary of false sense of enthusiasm with little follow-through

Like children, 7s need to learn that real love and conversion comes from
postponing pleasure, sacrificing for love and leaning into the pain

SPIRITUAL FOCUS TYPE #5

SINFULNESS TO PRAY THROUGH:

Being a loner
Lack follow-through
Endless procrastination
Hanging on to the past
Hard time asking for needs
Staying aloof and detached
Deep inner emptiness
Hoarding their wisdom
Exaggerated self-sufficiency
Reluctance to get involved
Inability to commit
Hyper criticism of life
Overly protective of privacy
Are hoarders and miserly
Take more than give back
Are easily embarrassed

GIFTEDNESS TO REJOICE IN:

Can be very sympathetic
Are original thinkers
Comfortable with process
See the bigger picture
Excellent organizational skills
Are very patient
Possess a natural curiosity
Love to learn
Value the gift of silence
Have the gift of discernment
Have clarity of vision
Are gentle and non-threatening
Natural contemplatives
Avoid materialism
Are excellent listeners
Display a humble simplicity

RECOMMENDATIONS:

- ◆ Stay committed to some form of spiritual discipline for a significant period of time.
- ◆ Find a form of physical exercise that stretches and strengthens your body. Notice that the more effort you spend, the more strength you will have. [The same is true emotionally and spiritually!]
- ◆ In situations where you would have been tempted to sit back and observe, force yourself to jump in, speak out and 'just do it' - then notice how energized you feel afterwards!

SPIRITUAL FOCUS TYPE #6

SINFULNESS TO PRAY THROUGH:

Are distrustful of others
Over emphasize authority
Are basically fearful of people
Plagued by uncertainty and doubt
Withdraw to get their position
Awkward inhibition with strangers
Need to check everything out
Can be dogmatic
Stress fidelity to law over people
Are indecisive and overly cautious
Sensitive to whose for or against
Are blind to their own deviance
Are resentful and depressive
Carry many secrets
Can be defiant and resentful

GIFTEDNESS TO REJOICE IN:

Are cooperative team players
Exhibit virtue of fidelity
Can be whimsical and teasing
Are dependable and constant
Have foresight and courage
Foster growth in others
Demonstrate keen responsibility
Respect tradition
Reverence their elders
Don't leave things hanging
Are reciprocal in friendship
Demonstrate wise prudence
Can be gracious hosts
Are personally approachable
Make excellent parents and spouses

RECOMMENDATIONS:

- ◆ Read any of the classic spiritual writers or great religious traditions to learn the importance of trusting your own inner authority.
- ◆ Find a way to incorporate the scriptural admonition, "Be not afraid," into a practical mantra for everyday living.
- ◆ In spiritual direction, utilize the tools of "discernment of spirits" whenever you are feeling stuck or paralyzed with indecision.
- ◆ Consciously break an insignificant rule by doing things the way you think they ought to happen; reflect on where the courage came from to face such a fear!

SPIRITUAL FOCUS TYPE #7

SINFULNESS TO PRAY THROUGH:

Guilty of over-idealizing
Withdraw when they are hurt
Live in the future to avoid pain
Don't deal with pain of past
Daydream rather than work
Move to new things too quickly
Hard to make concrete decisions
Poor on the carry through
Insensitivity to others' pain
Avoid what is negative
Can be superficial and flighty
Wear a compulsive smile
Have a Polyanna attitude
Are talkative and gossipy
Vindictive if cornered
Find it hard to confront
Are undisciplined

GIFTEDNESS TO REJOICE IN:

See the gift in everything
Aware of deep sensations
Are naturally joyous
Have a childlike optimism
Are natural visionaries
Can communicate enthusiasm
See many possibilities
Are practical and resourceful
Are hope-filled persons
Have a natural sense of humor
Exhibit qualities of playfulness
Are friendly and outgoing
Know how to celebrate life
Know how to inspire others
Can be most resourceful
Are content without being demanding
Don't have great pretenses

RECOMMENDATIONS:

- ◆ Find a spiritual discipline and stick with it; even when its initial appeal wears out, keep learning from your on-going commitment.
- ◆ Examine the works of the mystics who present a spirituality of the 'Dark Night of the Soul;' don't recoil from what this can teach you about the meaning of redemptive suffering.
- ◆ Become more sensitive to the pain in others' lives. Try not to fix it or give advice; learn instead the wisdom, 'To rejoice with the rejoicing and weep with those who are weeping.'

**5/6/7 DIRECTOR
HEAD TRIAD
SPIRITUAL BLINDNESS: FEAR**

KEY INTERFERENCES:

Tendency to treat directees as case studied
[objects] rather than as companions
Inclination not to get personally involved
Detachment and disinterests communicated
Keep conversation at conceptual level
Life is not a problem to be solved but
a mystery to be entered into
Emphasis on data and problem solving
can interfere with the spiritual process

INAPPROPRIATE ROLES:

Psychotherapist
Intellectual analyzer [life under the microscope]
Distant observer, theoretician

DANGER SIGNS:

When intellectual perception outpaces emotions
Tendency to be hyper-analytical rather than wise
Endless speculation about discernment rather
than discerning right action
Lack of personal engagement with directee

TRIAD PITFALLS:

2/3/4 Directee can be greatest challenge;
may feel pushed; need to make sure
emotional life is not left out of the picture
5/6/7 Directee may think the Director is aloof
and personally disinterested; warning
not to feed each others' obsession with
intellectual perception
8/9/1 Directee may find 5/6/7 an enigma since perception
is a hidden function of the 'gut space'; directees
resent non being considered in their totality

STRENGTHS:

Good listening skills

Naturally inclination towards insight

Calm in the midst of crisis

5/6/7s naturally model their own unfinished
business

Careful attention to detail

Can be a genuine wisdom figure

Attend to both verbal and non-verbal
communication

Sense of objectivity

HELPFUL TOOLS:

Humor and self-criticism can avert
resentment or insensitivity

Teaching through association
and metaphor comes naturally

Once trust has been achieved,
relationship is very solid

TALENTS FOR EACH TRIAD:

With 2/3/4 Directees: help reduce
anxiety by pulling away from
the subjective to a more
objective stance

With 5/6/7 Directees: it works
when things move beyond
competence to loyalty and
commitment in the relationship

With 8/9/1 Directees: can provide
a look at the larger picture
or life patterns otherwise missed

CONTRIBUTION TO SPIRITUALITY:

“The 5/6/7 has a natural gift of self perception and contemplative awareness;
since they naturally live their lives within, pursuing the journey outward
guarantees balance and perspective.”

**8/9/1 DIRECTEES
GUT TRIAD
SPIRITUAL BLINDNESS: ANGER**

MOTIVE FOR DIRECTION:
“Getting back the control”
Learning to maintain balance

TYPICAL EMOTIONS:
Instinctive responses to Anger
[expressed or suppressed]

MODEL FOR DIRECTION:
Direction is experienced as a
balancing act between
judgment and feeling

AVOIDANCE:
Struggle to control strong feelings
sometimes denying or
eliminating them

UNCONSCIOUS HABITS:
Control or domination can be
an issue [either to control
or *to be controlled*]
Drawing and losing boundaries
for self and Directees
Issues around anger dominate
consistently, hence need
for acute inner awareness

TENDENCY IN SPEAKING:
Authoritarian/patronizing
Analogical metaphors
Tendency to draw conclusions
too quickly for Directee
Inclination to interrogate should
be noticed and avoided

GENERAL ADVICE FOR DIRECTORS OF 8/9/1s

Directees need freedom to invite Director into their world
Once Directees trust that Director will not invade their space, trust develops
Important to allow Directees to set their own agenda
Impatience and anger are often detected, hence the need for compassionate
non-judgment
Directors should be alert to the tendency to judge and condemn self
Guilt for 8/9/1s is often around their strong feelings of passion
Directees have a need to move beyond talk - into action
These directees have a natural ability to struggle with alternatives and consider
optional plans
To the degree that the Director sense harshness towards the outside world [other
people, in particular], be aware that the real judgment is directed at self
8/9/1s have a strong affective response towards life and are looking to have
these feelings affirmed

#8 DIRECTEE

Self Description: "I am powerful"

Passion: Lust/Arrogance

Avoidance: Weakness

Talk Style: Imperatives

Spiritual Trap: Justice

Divine Idea: Compassion

TYPICAL DYNAMIC:

Passionate Energy focused on survival

Profound sense of honor and independence

Assertion can turn into aggression

Have a sense of what's real from what's phony

EMOTIONS:

Strong emotional reactions with a fear of intense feelings

Passionate articulation

Embarrassment in the face of sensual/sexual

TYPICAL ISSUES:

Appreciate support but suspicious of sentimentality

Idealism can turn fighters into lovers

Assertion can turn into aggression as a tool for manipulation

Fear of being dependent on others

Deep desire for vulnerability is at same time frightening

GENERAL ADVICE FOR DIRECTORS OF 8s:

While Directees will pride themselves on being honest and straight-forward,
they can get tunnel-visioned about what constitutes integrity

Heavy, sarcastic humor is a cover for vulnerability

Directees are searching for insight that they can't do it all alone; in their
redeemed space, mutuality and interdependence brings real strength

Eights are prone to make trouble when if the environment does not provide
enough stimulation

Directees do not "have" an emotion; they are what they feel [in their bodies]

One a Directee ascertains that the Director is straightforward, Eights will let
their defenses down and reveal more delicate feelings

#9 DIRECTEE

Self Description: "I am easygoing"

Passion: Sloth

Avoidance: Conflict

Talk Style: Epic Tales

Spiritual Trap: Self Abasement

Divine Idea: Unconditional Love

TYPICAL DYNAMIC:

'Peaceful' appearance can feel heavy and dead

Disinterest in life within and around them

Easily distracted by details and trivia

Directee easily adapts to environment

EMOTION:

Lack of emotion [self-forgetting]

Sense of despair and sadness

Unidentified anger

TYPICAL ISSUES:

Can be overwhelmed by tendency to suffocate emotions

Not uncommon for Directee to engage in self-sabotage

Directee is easily overwhelmed by strong Director's agenda

Procrastination causes pain and self-doubt

Although Directee may not decide, there is a tendency
to sit in judgment over others who do

GENERAL ADVICE FOR DIRECTORS OF #9s"

Directees will slow down to avoid doing what others want them to do
[passive-aggressive behavior]

Nines fear passion because it stirs them out of settled tranquility

Stubborn streak shows itself in complaining, whining or waiting others out

Decisions can be extremely difficult to make; it is hard to decide *for* something

Priorities are difficult [if not impossible] to determine

Directees can easily slip into an unhealthy dependence on the Director

Cynical and off-handed humor needs to be listened to; hidden in a mumble
may be an important emotional message

#1 DIRECTEE

Self Description: "I am right"

Passion: Anger

Avoidance: Imperfection

Talk Style: Preaching

Spiritual Trap: Perfection

Divine Idea: Growth

TYPICAL DYNAMIC:

Restless dissatisfaction

Impatience with world [and self]

Serious and critical intensity

Measuring against high moral standards

EMOTION:

Latent anger [especially towards self]

Fear of failure and judgment

Annoyance with laxity

TYPICAL ISSUES:

Interior critic is a reality of great proportions

Sarcastic and satirical humor can be biting and hurtful

Fear of criticism is a major cause of stress and anger

In relationships, the non-stop inner critic often gets in the way

Ones find it difficult to play or disguise play work in order to justify it

GENERAL ADVICE FOR DIRECTORS OF #1s:

Director must confront inner critic that spoils the beauty & spontaneity of life

A crowded and over-scheduled work life is a typical excuse for not allowing the contemplative time necessary

People in authority are fearful for Ones, hence the need for a Director to not become another authority figure

Ones need a Director to encourage, support and encourage their imaginative fantasy

Directees may feel that the Director is expecting too much of them

Beware that the One who begins by holding Director in admiration may soon turn a critical eye on him/her as well!

SPIRITUAL FOCUS TYPE #8

SINFULNESS TO PRAY THROUGH:

Are passionate to excess
Gravitate towards power
Bully and intimidate others
Can punish those who hurt them
Usually respond 'no' at first
Find it difficult to listen
Cut others down to size
Have an intense, immediate anger
See sin as all black
Exhaust others with their work
Run over others to achieve
Are abrasive and sarcastic
Appear not to need others
Find it hard to trust themselves
Shun weakness
Find it difficult to admit pain
Need to win
Hate themselves for being weak
Are tempted to revenge

GIFTEDNESS TO REJOICE IN:

Are at home in difficult situations
Make others secure around them
Marked with directness
Have a sense of loyalty to "their own"
Do not count the cost once involved
Are capable of loving deeply
Feel the suffering of others deeply
Are basically optimistic
Have real desire to improve the world
They work hard; play hard
Have strong sense of equality
Possess tenderness for children, nature
Send signal: Lean on me!
Their word is their bond
Are courageous
Can really grow in times of stress
Encourage independence in others
Trust their own strength
Are authentic nurturers

RECOMMENDATIONS:

- ◆ Spiritual disciplines that focus on forgiveness [of self/others] should be returned to over and over again. In the confession of their own thoughts, the desire to punish others is lessened
- ◆ Practices of meditation that quiet the mind and the passions are essential for the Eight to hear the voice of inner truth and wisdom
- ◆ The wise spiritual director must be cautious in prescribing spiritual remedies that would inadvertently feed the false/angry self

SPIRITUAL FOCUS TYPE #9

SINFULNESS TO PRAY THROUGH:

Needlessly avoid conflict
Procrastinate, then panic
Tend to be either 'on' or 'off'
Repress feelings, appearing drained
Manner of speaking can be monotonous
Attempt to get others to do their work
Lose larger picture in small details
Find it hard to say Yes or No
Become resigned to things
Have an inner paralysis
Don't think they matter
Do not handle strong feelings well
Tend to be forgettable
Don't take responsibility for their life
Lack purpose, direction and meaning
Are stubborn and secretly resentful
Have a low level of awareness
Become easily bored
Are unconcerned about the future
Can be perceived as selfish- only
involved with 1% of themselves

GIFTEDNESS TO REJOICE IN:

Are natural peacemakers
Possess quality of grounded-ness
Appreciate both sides of a situation
Preserve energy for important tasks
Salt of the earth personality type
Are undemanding of others
Have a natural sense of balance
Convey a gentle spirit
Enjoy a relaxed attitude towards life
Are unselfconscious
Have a sense of equanimity
Are concerned for unity and harmony
Possess a genuine modesty
Fairness flows naturally from life
Can be strong non-conformists
Refuse to get caught up in chaos
Are very approachable
Reassure others with their calmness
Naturally present to the moment
Non-possessive attitude towards
things and people

RECOMMENDATIONS:

- ◆ Use a tool like calendar-organizers [e.g. Franklin Planner] as a way of prioritizing daily events; at the end of the day, examine 'who was in charge here?'
- ◆ Read the spiritual classics from the perspective of noticing how 'peace through conflict' is a typical theme
- ◆ Discipline yourself with a contemplative practice that really engages the 'inner observer,' then keep a record of your feelings and dreams.

SPIRITUAL FOCUS TYPE #1

SINFULNESS

TO PRAY THROUGH:

Are preoccupied with imperfection
Tend to dream impossible dreams
Are often resentful; repressing anger
Find fault with what's lacking
Can be obsessed with minutiae
Rehash and hold post-mortems
Usually qualify their statements
Appear to be argumentative
Can be harsh in criticizing others
Are passive-aggressive
Say 'yes' too quickly, then resent it
Experience much disappointment
Don't like to be tied down too long
Speak with an edge in their voice
Feel guilty for being human
Are misers with time
Cringe when scolded; dread criticism
Find it difficult to acknowledge the gift
 in themselves, others and life
Find parenting difficult [hate being
 in a position where others
 look up to them]

GIFTEDNESS

TO REJOICE IN:

Have a great sense of idealism
Strive to do things well
Have keen sense of justice & charity
Are scrupulously fair and honest
Make good teachers
Strive to get things right
Are dependable in speech
Work for a world of truth & justice
Can be challenging and stimulating
Have the gift of perseverance
Capacity to inspire others
Have ability to see other's giftedness
Are stable and level-headed
Find serenity when converted
Are defenders of the downtrodden
Work hard, expecting others as well
Keep a sense of perspective
Strive to do things well; are highly
 principled
Are deeply loyal to friends & friends
 make excellent spiritual leaders

RECOMMENDATIONS:

- ◆ A spirituality which is richly ascetical in nature [develops an appreciation for the beauty in things] should be cultivated
- ◆ A disposition of gratitude [prayer of thanksgiving] can be useful in neutralizing the Ones' unclaimed anger [since it is difficult to be angry and grateful at the same time]
- ◆ Cultivating the practice of quiet contemplation is critical for a One's well-being [turning inwards with minimal outward distractions]

**8/9/1 DIRECTOR
GUT TRIAD
SPIRITUAL BLINDNESS: ANGER**

KEY INTERFERENCES:

Prejudice is major pitfall in this triad
Tendency to respond blindly and automatically
from their instincts
Once aware of instinct, equally dangerous trap
occurs in trying to suppress it
Directors can inadvertently put their directees
on the defensive
Keeping perspective in every dimension of
direction is a constant challenge

INAPPROPRIATE ROLES:

Gestalt therapist
“Nay sayer”
Moral Police [#8 & 1] or
Hand holder [#9]

DANGER SIGNS:

When 8/9/1 Director overuses affective function
Directees are overwhelmed by passionate response
Tendency to paint ‘life as a perpetual struggle’
Risk of pushing too hard
When directees are seen/see themselves as victims

TRIAD PITFALLS:

2/3/4 Directee may start just going through the motions
to please strong Director
5/6/7 Directee can get caught in Director’s inclination
toward image and symbol- keeping them locked
in a mental frame of reference vs. a spiritual one
8/9/1 Directee can stay trapped in their own compulsion
if 8/9/1 Director is not constantly discerning
his/her own ‘stuff’; lack of perspective could
be damaging to novice directee

STRENGTHS:

Intensive, passionate involvement
Ability to share personal work with Directee
Directors have good sense to cancel appointments
when they cannot be present: 'When I'm
hot, I'm hot; when I'm not, I'm not.'
Natural talent to be totally present to directee

HELPFUL TOOLS:

Trust instinctive perceptibility
Add humor to sessions; it keeps perspective!
Guided imagery comes naturally to this Triad;
don't be afraid to employ it, when appropriate
8/9/1s cannot deny their own strong feelings;
this *may* work to directees advantage

TALENT FOR EACH TRIAD:

With 2/3/4 Directees: work to empower
directee rather than create a
dependence on the Director's
strength or attractiveness
With 5/6/7 Directees: strength and
compassion of Director's
personality may help lead
directee out of head and into
right action
With 8/9/1 Directees: Need to stay
alert for insight and movement
within Directee rather than
impose or suffocate same

CONTRIBUTION TO SPIRITUALITY:

"There is an integrity of spirit in the 8/9/1 Director which can naturally
manifest on the *outside* that which is happening on the *inside*.
This gift reveals itself in the ability to be completely present - leading
the Directee to trust self and the beautiful process of spiritual evolution."