

Enneagram Releases and Affirmations

Type One: Transformations

I now release:

Holding myself and others to impossible standards.
My fear of losing control and becoming irrational.
My fear of being condemned for being wrong.
Refusing to see my own contradictions.
Rationalizing my own behavior.
Obsessing about things I cannot change.
All bitterness and disappointment with the world.
Feeling that other people's beliefs and values threaten mine.
Believing that I am in a position to judge others.
Driving myself and others to be perfect.
Ignoring my own emotional and physical distress.
Feeling angry, impatient and easily annoyed.
Fearing and disowning my body and my feelings.
Allowing my desire for order and efficiency to control my life.
Automatically focusing on what is wrong with things
Feeling that it is up to me to fix everything.

I now affirm:

That I can allow myself to relax and enjoy life.
That the best I can do is good enough.
That I am grateful that others have many things to teach me.
That I can make mistakes without condemning myself.
That my feelings are legitimate and that I have a right to feel them.
That I treat others with tenderness and respect.
That I am gentle and forgiving of myself.
That I am compassionate and forgiving of others.
That life is good and unfolding in miraculous ways.

Type Two: Transformations

I now release:

All feelings of rage and resentment toward others
All attempts to justify my aggressive feelings
All attachments to feeling victimized and abused
The fear that I am unwanted and unloved
All attempts to force others to love me
Making others feel guilty for not responding sufficiently to my needs
Abusing food and medications to make up for my loneliness
Feeling that others owe me for the things I have chosen to do for them
Believing that no one willingly takes care of me
Expecting others to repay my help in the way I want
All physical ailments, aches, and complaints
Calling attention to what I have done for others
Feeling possessive of loved ones
Doing things for others to make myself needed
Flattering others to make them feel good about me
Not wanting to acknowledge my negative feelings

I now affirm:

That I own all of my feelings without fear
That I am clear and conscious of my motives
That I am lovable for who I am
That my happiness does not depend on pleasing others
That I can let go of loved ones
That I nurture my own growth and development
That I love others without expecting anything in return
The joy and warmth that fills my heart
My gratitude for all that others have given me

Type Three: Transformations

I now release:

Being obsessed by me hostile feelings toward others.
Believing that sabotaging others will make things better for me.
Feeling jealous of others and their good fortune.
My fear of failing and being humiliated.
Fearing that I am inadequate and will be rejected.
Feeling that I must conceal my mistakes and limitations.
Closing down my feelings in order to function.
Betraying my own integrity to get the admiration of others.
Attempting to misrepresent myself and my abilities.
The grandiose expectation I have of myself.
Craving constant attention and affirmation.
Using arrogance to compensate for my own insecurity.
Desiring to impress others with my performance.
Concealing myself behind masks.
Comparing myself with others.
Driving myself relentlessly to be the best.

I now affirm:

That I have value regardless of my achievements.
That I am centered and emotionally available.
That I am caring and have a good heart.
That I take in the love others give me.
That I am responsible to those who look up to me.
That I am happy to work for the good of others.
That I develop my true talents by accepting who I am.
That I delight in the accomplishments and successes of others.
That I can reveal my real self without being afraid.

Type Four: Transformations

I now release:

Turning my anger and aggressions against myself
All self-hatred and contempt
All feelings of hopelessness and despair
All sabotaging thoughts and actions
Feeling that I am inadequate and defective
The fear that I am unimportant and undesirable
Feeling shameful and misunderstood by others
Being distraught, fatigued, and inhibited
Feeling that people always let me down
All unrealistic expectations of myself and others
All claims of needing to be treated differently
All self-indulgence in my emotions and behavior
All self-doubt and emotional vulnerability
Wanting to protect myself by withdrawing from others
All wasteful fantasies and romantic longings
Dwelling on the past to prolong my feelings

I now affirm:

That I am not defined by my feelings
That only the feelings I act on express who I am
That I open myself up to people and the world
That I use all of my experiences to grow
The goodness of my life, my friends, and myself
That I love myself and treat myself gently
That I am free of the damage of my past
That I am transforming my life into something higher
That I am bringing something beautiful into the world

Type Five: Transformations

I now release:

All fearfulness of the world around me.
All feelings of powerlessness and hopelessness.
My fear of being violated or overwhelmed by others.
My dark and destructive fantasies.
Isolating myself by rejecting others.
Believing that no one can be depended on.
Desiring to antagonize others and ruin their peace of mind.
Being cynical and contemptuous of the normalcy of others.
Fearing that others will exploit me.
Feeling that I am a misfit in life.
Being secretive and hiding from people.
Postponing my emotional needs.
Neglecting my physical health and appearance.
The agitation and restlessness of my mind.
Feeling that I always need to know more before I do anything.
Avoiding my life by escaping into my mind.

I now affirm:

That I am secure and grounded in the reality of my own life.
The strength and wonder of my body.
The value of my inventiveness and sense of humor.
That I accept uncertainty and ambiguity.
That my life and struggles are meaningful and rewarding.
That I have faith in the future and in human beings.
That I reach out to others confidently as an equal.
That I find security in being compassionate toward others.
That I support others from the fullness of my heart.

Type Six: Transformations

I now release:

My fear of being abandoned and alone.
My self-deprecating and self-punishing tendencies.
My feelings of dread about the future.
Feeling persecuted, trapped, and desperate.
Overreacting and exaggerating my problems.
Taking out my fears and anxieties on others.
Being suspicious of others and thinking the worst of them.
Feeling inferior and incapable of functioning on my own.
Feeling cowardly and unsure of myself.
Acting “tough” to disguise my insecurities.
My fear and dislike of those who are different from me.
Blaming others for my own problems and mistakes.
Being evasive and defensive with those who need me.
My tendency to be negative and complaining.
My fear of taking responsibility for my mistakes.
Looking to others to make me feel secure.

I now affirm:

That I am independent and capable.
That I can keep my own identity in groups and in relationships.
That I have faith in myself, my talents, and my future.
That I meet difficulties with calmness and confidence.
That I am secure and able to make the best of whatever comes my way.
The kinship I have with every human being.
That I am understanding and generous to all who need me.
That I act courageously in all circumstances.
That I find true authority within me.

Type Seven: Transformations

I now release:

All reckless and destructive impulses.
Feeling that I will be overwhelmed by anxiety.
All compulsions and addictions.
Burning myself out trying to satisfy all of my desires.
Running away from the consequences of my actions.
Insulting or abusing others to vent my frustrations.
Allowing my insecurities to drive me into dangerous situations and behavior.
Being demanding and impatient with others.
Fearing that there will not be enough for me.
Always feeling that I need more.
Wanting every moment to be exciting and dramatic.
Escaping myself through distractions and constant activity.
Letting my lack of discipline ruin my opportunities.
Believing that external things will make me happy.

I now affirm:

That I am happiest when I am calm and centered.
That I can say no to myself without feeling deprived.
That there will be enough for me of whatever I need.
That I am resilient in the face of setbacks.
That I find satisfaction in ordinary things.
That I stay with projects until I complete them.
That I care deeply about people and am committed to their happiness.
That there is a spiritual dimension to my life.
That I am profoundly grateful to be alive.

Type Eight: Transformations

I now release:

All anger, rage, and violence from my life.
Dehumanizing myself by violating others in any way.
Being verbally or physically abusive.
Believing that taking vengeance will free me from my own pain.
Hardening my heart against suffering.
My fear of being vulnerable or weak.
Believing that I do not need others.
Believing that I must bully people to get my way.
My fear that others will control me.
Feeling that I must only look after myself.
My fear of losing to anyone.
Feeling that I must never be afraid.
Attempting to control everything in my life.
Allowing my pride and ego to ruin my health and relationships.
Thinking that anyone who does not agree with me is against me.
Being hard-boiled and denying my need for affection.

I now affirm:

That I believe in people and care about their welfare.
That I am big-hearted and let others share the glory.
That I am honorable and therefore worthy of respect.
That I am most fulfilled by championing others.
That I have tender feelings and good impulses.
That I can be gentle without being afraid.
That I master myself and my own passions.
That there is an authority greater than me.
That I love others and ask for their love in return.

Type Nine: Transformations

I now release:

Not taking an active interest in my own life.
Turning away from whatever is unpleasant or difficult.
Feeling that there is nothing I can do to improve my life.
Being numb and emotionally unavailable.
Refusing to see my own aggressions.
Ignoring problems until they become overwhelming.
All dependency and fear of being on my own.
All wishful thinking and giving up too soon.
Neglecting myself and my own legitimate needs.
Seeking quick, easy “solutions” to my problems.
Feeling threatened by significant changers in my life.
Losing myself in comforting habits and routines.
Feeling that most things are just too much trouble.
All inattentiveness and forgetfulness.
Going along with others to keep the peace.
Living through others and not developing myself.

I now affirm:

That I am confident, strong, and independent.
That I develop my mind and think things through.
That I am awake and alert to the world around me.
That I am proud of myself and my abilities.
That I am steadfast and dependable in difficult times.
That I look deeply into myself without fear.
That I am excited about my future.
That I am a powerful, healing force in the world.
That I actively embrace all that life brings.