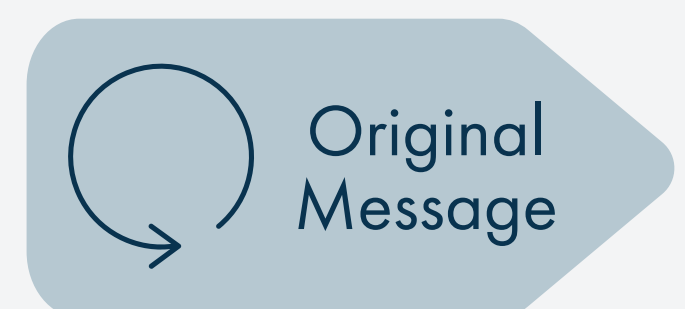
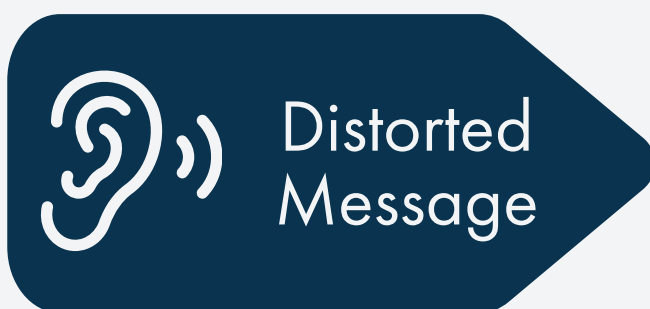


9 WAYS TO SEE

Examining Internal Motivations and Responses

Adapted from "The Wisdom of the Enneagram" by Don Riso and Russ Hudson



| | | | | |
|---|---|--|-------------------------------------|-------------------------------|
| 8 | It's not safe to trust anyone. | I avoid being harmed, or controlled by others. | Protecting myself is central to me. | You will not be betrayed. |
| 9 | It's not safe to be yourself. | I avoid loss of connection or separation. | Feeling calm is central to me. | Your presence matters. |
| 1 | It's not safe to make mistakes. | I avoid being bad, corrupt, or defective. | Having integrity is central to me. | You are good. |
| 2 | It's not safe to have your own needs. | I avoid being unworthy of being loved. | Being loved is central to me. | You are wanted. |
| 3 | It's not safe to have your own feelings and identity. | I avoid being worthless, or without inherent value. | Being valuable is central to me. | You are loved for yourself. |
| 4 | It's not safe to be too functional or too happy. | I avoid being without identity or personal significance. | Being myself is central to me. | You are seen for who you are. |
| 5 | It's not safe to be too comfortable in the world. | I avoid being useless, incapable or incompetent. | Being competent is central to me. | Your needs are not a problem. |
| 6 | It's not safe to trust yourself. | I avoid being without support or guidance. | Being secure is central to me. | You are safe. |
| 7 | It's not safe to depend on anyone for anything. | I avoid being deprived or trapped in pain. | Being happy is central to me. | You will be taken care of. |