

## Enneagram Triads (3 Centers)

### HEART TRIAD: 2, 3, 4

- access the world through emotions
- underlying emotions: sorrow, shame
- image-oriented: “how you see me”
- I have to sing for my supper, earn love and value in the world
- attention moves to:
  - creating emotional connection
  - how others perceive me
  - the feelings present in the room
- 2’s – exteriorized feeling type; “I lose myself out in the world”
- 4’s – interiorized feeling type; “I lose myself inside my world”
- 3’s – distortion of feeling type; “not sure what I’m feeling”

### HEAD TRIAD: 5, 6, 7

- access the world through thinking
- underlying emotions: fear and anxiety
- “I gotta figure it out, to be safe and OK”
- attempt to create safety through planning and gathering information for decision making
- attention moves toward:
  - thoughts, concepts, ideas, problem solving
  - the flow of information
  - future scenarios
- 5’s – interiorized fear; “I’m safe in my head, not in my unpredictable, unsafe body and emotions”
- 7’s – exteriorized fear; “I use doing and activity to “hide” internal fear”
- 6’s – distortion around fear, projected in and out; “So I don’t trust me or you, or the world”

### BODY-BASED TRIAD

- access the world and secure power through their body
- underlying emotions: irritation, anger, resistance, judgment
- “I’m safe if I’m powerful”
- attention moves to:
  - who has power and how do they wield it
  - where I’m being pushed I tend to resist
  - other people’s strengths and weaknesses
  - my own level of comfort/discomfort
- 8’s – exteriorized anger; “Meet me!”
- 1’s – interiorized anger; “I’m hardest on myself with my inner critic; I contain my anger and judge you.”
- 9’s – distortion around anger; “I’m not angry”. Not aware of anger, suppressed. Underlying hum of “no”.