

EXPLORING *The Enneagram*

TYPE TWO: THE HELPER

(AKA The Giver)

People with an Enneagram Type Two personality tend to be generous, altruistic, and empathetic in their behavior. They are hardworking and motivated people with a drive to connect with the world. They love attending to other people and feeling helpful.

Basic Desire

The most basic desire of the Type Two is to be fully loved and accepted. They often express this by being extremely attentive to the needs of those around them and helping other people in any way they can.

People who identify as a Type Two may repress their own negative emotions or channel them into more positive or typically acceptable emotions, in order to be perceived as more desirable.

Basic Fear

The Type Two has a basic fear of being unwanted or unloved by those around them. A Type Two may believe, consciously or subconsciously, that love is only gained and earned by serving others.

In summary, Enneagram Twos tend to...

- Easily perceive and understand the needs of others
- Seek acceptance and love from people
- Attend to the needs of those around them
- Repress their own negative emotions
- Fear being unwanted or disliked

STRENGTHS & WEAKNESSES

Every type has strengths and blind spots, and these are often amplified in professional settings where we often encounter a diverse group of people with vastly different backgrounds and value systems.

Strengths typically associated with Two include...

- Supporting and encouraging those around them
- Ability to naturally recognize the needs of others
- Warm, loving, positive attitude
- Persistence and dedication to the tasks at hand
- Drive to get to know other people

Weaknesses typically associated with Two include...

- Seeking and needing approval from others
- Being perceived as overbearing at times
- Difficulty recognizing and acknowledging their own needs
- Disliking or being easily offended by criticism

MOTIVATIONS

When people experience pain, stress, or dissatisfaction, it can usually be attributed to energy-draining activities. Therefore, it's important to know what kinds of activities energize each personality type and which activities drain them.

Twos tend to be motivated and energized by...

- Feeling loved and welcome
- Remembering to attend to their own needs
- Being helpful and accomplishing goals
- Meeting and befriending new people
- Serving others who are in need

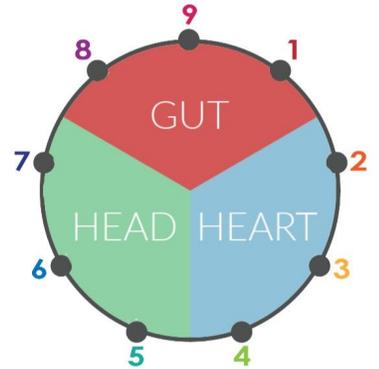
Twos tend to be stressed and drained by...

- Disregarding their own personal needs
- Facing criticism or neglect from others
- Feeling overwhelmed by everyone else's needs
- Rejection from job opportunities

TWO'S CORE EXPERIENCE: SHAME

Heart types (types 2, 3, 4) have a focus that is on their own value and identity. Shame is an emotion common to most of the nine Enneagram types (based on our experience) but the types in the Heart triad can experience a more chronic sense of it, which expresses in their behavior and inner experience of their own right to “be” without having to “do” anything else to prove it.

Types in this triad tend to perceive the world through the filter of relational intelligence, which covers the range of emotions. Heart types are typically oriented toward the mood and feelings of others (or in Four's case, themselves) in order to gain connection and validation.

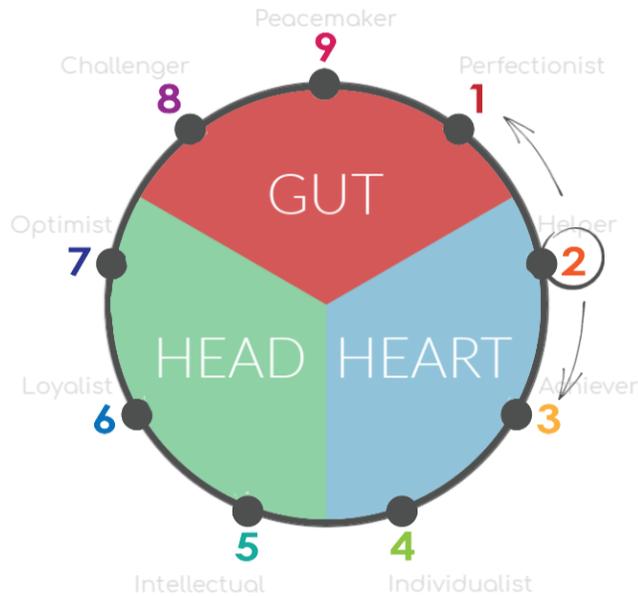


OKAY, I'M A TWO. NOW WHAT?

There are several factors that determine what *kind* of One you are. The first is your...

Wing

The wings for One are Nine and Two.



Two with a One wing (2w1)

Enneagram type Twos with a one wing primarily identify as Twos (The Helper), but also share characteristics of Ones (The Perfectionist). They tend to be altruistic and purposeful in their behavior. They have the will to alleviate human suffering and are generally more quiet and reserved than 2w3s..

Two with a Three wing (2w3)

People who identify as Twos with a Three wing primarily identify as Two (The Helper), but share some characteristics with Three (The Achiever). They tend to be ambitious, altruistic, and sociable in their behavior. They love building connections with others and helping to make a difference in the world.

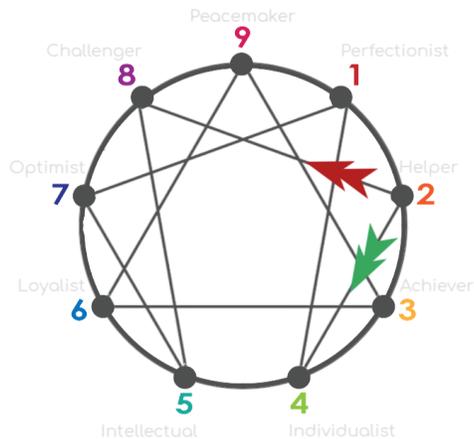
Growth & Stress Points

Growth and Stress points show us how each type behaves under different conditions -- this is why it's helpful to remember that your Enneagram type describes your motivations, not your behavior.

Type Two has a line with a red arrow connecting to Eight and another line with a green arrow connecting it to Four.

Eight is the Stress Point. This is a fancy way to say that, when Two is stressed, unhealthy, or in crisis it will take on some of the behaviors of an unhealthy Eight (The Challenger) which means that a stressed Two will tend to be bossy, manipulative, and overbearing.

Four is the Growth Point. When a Two is thriving, they're going to take on some of the characteristics of a healthy Four (The Individualist), allowing Twos to connect deeply with who they are and balance their love of others with self-healing.



Living & Working With Two

If you're not a Two but work or live with somebody who is, here are some tips:

Communication | Be attentive and encouraging; help them to recognize their own value.

Meetings | Listen to and engage with them; allow them to help problem-solve any issues.

Texts & Emails | Create casual conversation while addressing the purpose of the message; include an appreciation of them and what they do.

Giving Critical Feedback | Avoid being overly critical; instead, help recognize their contributions and share any concerns with sensitivity.

Conflict | Address conflict clearly, sharing your own perspective and listening to theirs, while also helping them to feel loved and valued.

For Your Health...

- First and foremost, remember that **if you are not addressing your own needs, it is highly unlikely that you will be able to meet anyone else's needs** without problems, underlying resentments, and continual frustration. Further, you will be less able to respond to people in a balanced way if you have not gotten adequate rest, and taken care of yourself properly. It is not selfish to make sure that you are okay before attending to others' needs—it is simply common sense.
- **Try to become more conscious of your own motives** when you decide to help someone. While doing good things for people is certainly an admirable trait, when you do so because you expect the other person to appreciate you or do something nice for you in return, you are setting yourself up for disappointments. Your type has a real danger of falling into unconscious codependent patterns with loved ones, and they almost never bring you what you really want.

Type 2s



- While there are many things you might want to do for people, it is often better to ask them what they really need first. You are gifted at accurately intuiting others' feelings and needs, but that does not necessarily mean that they want those needs remedied by you in the way you have in mind. **Communicate your intentions, and be willing to accept a "no thank you."** Someone deciding that they do not want your particular offer of help does not mean that they dislike you or are rejecting you.
- Resist the temptation to call attention to yourself and your good works. **After you have done something for others, do not remind them about it.** Let it be: either they will remember your kindness themselves and thank you in their own way or they will not. Your calling attention to what you have done for them only puts people on the spot and makes them feel uneasy. It will not satisfy anyone or improve your relationships.
- **Learn to recognize the affection and good wishes of others,** even when these are not in terms that you are familiar with. Although others may not express their feelings in a way that you want, they may be letting you know in other ways how much they care about you. If you can recognize what others are giving you, you will rest more easily in the knowledge that you really are loved. Love is always available but only to the degree that we are present and therefore receptive to it.