



Undercurrent Enneagram Consulting

EMERGE BEYOND THE SURFACE AND THRIVE

Type 3 Provisions

NON-JUDGMENTAL SELF-OBSERVATION:

Simply notice: Where/when/how/in what circumstances...

- ...do you most notice your immediate reaction of feeling?
- ...do you notice you feel shame?
 - What are the circumstances where it seems most pronounced?
 - When and how do you notice it "spilling out" from being just under the surface?
 - When do you notice this feeling becoming your identity?
- ...do you hide parts of yourself that you hope no one sees?
- ...do you move against others (or stand independently) to *demand* the affection/attention you seek?
- ...do you reframe or reshape the people or circumstances around you to be able to forge ahead in the way you believe is best?
- ...are you aware of the presence of feelings (yours or others) and your tendency to push them aside and deny their value or importance as you navigate your daily life (*non-productive feeling*)?
- ...do you most notice your attention constantly focused on what's ahead (*your future orientation to time*)?
- ...do you believe the unconscious childhood message that "it's not okay to have your own feelings and identity"?
- ...do you believe the lost childhood message that you are only loved for what you do or accomplish?

INTEGRATION PRACTICES:

- At least once a day, look at yourself in the mirror and speak this Enneagram 3 mantra~ out loud:
 - "I **AM** Value. I **AM** Preciousness. I **AM** Radiance. I **AM** loved for who I am – not for what I do or accomplish."
- **Practice feeling your own feelings in real time instead of only focusing on feeling other people's expectations of you.**
PRACTICE OPPORTUNITY: The next time you walk into a room, notice what you feel and acknowledge that you are empowered to choose whether or not you act on those feelings. Just because you feel expectations from others doesn't mean you have to become a chameleon to transform into whatever they expect from you or whatever they deem valuable. YOU ARE VALUE.
- **Enhance your support center by choosing to be consciously present** so you can notice if your solely using that wisdom (doing or thinking) to maintain an image others will find valuable and successful or using the fullness of what that wisdom is created to be used for.
 - Choose to show some special love and attention to your "lost" Center of Intelligence – the Center that is neither your dominant/repressed center (feeling) nor your support center. Notice how weaving even a little of that wisdom into your day empowers you with more balance.
- **Practice integrating your repressed center by feeling productively (instead of setting your feelings aside for the sake of efficiency, productivity, and accomplishment):** Practice vulnerability.
PRACTICE OPPORTUNITIES:
 - Write down one trait about yourself NOT connected to image, status, productivity, performance, or results. Repeat daily.
 - In moments of stress, particularly when you feel stuck, pause and ask yourself: "What am I **FEELING**?"
 - Subscribe to receive the Enneagram 3 Enneathought for the Day and read daily
 - Type 3 Meditation~ -Leslie Hershberger
 - "Don't Numb to This"~ -Abigail Bengson

EXPANSIVE RESOURCES:

- Undercurrent Enneagram Resources:
 - Instagram highlights for Feeling Dominant, Aggressive Stance, and Enneagram Type 3s (*reach out if you'd like even more!*)
 - Feeling Dominant Provisions and Enneagram 3 Full Circle Path
 - Love Letter~ for the essence of those who lead with Enneagram Type 3



QUOTES FOR THE QUEST:

- "We are valuable simply because we exist. We cannot be without value – we can only forget it is there. All of the pains, humiliations, and problems of life do nothing to diminish the Essential value of a person; at most, they only modify the person and give him/her an opportunity for further expansion, acceptance, and understanding." - The Wisdom of the Enneagram
- "Every time you choose authenticity over approval, you retrain your nervous system to trust truth over performance."
 -Dr. Cathleen King

^ essay/poem/article | < book | ~ video/audio | ~podcast