



Undercurrent Enneagram Consulting

EMERGE BEYOND THE SURFACE AND THRIVE

Type 6 Provisions

NON-JUDGMENTAL SELF-OBSERVATION:

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

- ...do you most notice your immediate reaction of thinking?
- ...do you notice you feel fear?
 - What are the circumstances where it seems most pronounced?
 - When and how do you notice it "spilling out" from being just under the surface?
- ...do you doubt yourself?
- ...do you move toward or with others to *earn* the safety/security you seek?
- ...do you reference the external responses and reactions of others to understand who you are/where you fit?
- ...do you notice that you're only thinking about, and preparing for, the worst case scenario (*non-productive thinking*)?
- ...do you most notice responding and reacting to whatever and whoever is in front of you right NOW? (*orientation to time*)
- ...do you believe the unconscious childhood message that "it's not okay to trust yourself"?
- ...do you believe the lost childhood message that you are not safe?

INTEGRATION PRACTICES:

- At least once a day, look at yourself in the mirror and speak this Enneagram 6 mantra out loud:
 - "I **AM** Awakenss. I **AM** Loyalty. I **AM** Commitment. I **CAN** trust myself."
- **Practice shifting HOW you know.** In one instance today, choose to attune to what you know through your internal GPS instead of knowledge gained from external references. *PRACTICE OPPORTUNITY:* Create an Awareness Tracker! Track all the times you know something deeply – solely through your own HEART and BODY – to see, over time, how you can truly trust yourself just as much as everyone else trusts you!
 - Helpful Resources: "External Considering"^ –Vesna Nikolic, "Connect to Intuition" Guided Meditation~ –Emily Stroia
- **Enhance your support center by choosing to be consciously present** so you can notice if your solely using that wisdom (doing or feeling) to perceive, and plan for, the worst case scenario – 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 (thinking) 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 thinking productively (beyond only preparing for the worst case scenario).** *PRACTICE OPPORTUNITIES:*
 - Start by ALSO thinking about the *BEST* case scenario in each situation. Graduate into exchanging "What if..." with "Even if...", knowing that even if something you fear will happen actually happens, you will be able to trust yourself to navigate through it.
 - In moments of stress, particularly when you feel stuck, pause and ask yourself: "What am I **THINKING?**"
 - Subscribe to receive the Enneagram 6 Enneathought for the Day and read daily
- Type 6 Meditation~ –Leslie Hershberger

EXPANSIVE RESOURCES:

- Undercurrent Enneagram Resources:
 - Instagram highlights for: Thinking Dominant, Dependent Stance, and Enneagram Type 6s (*reach out if you'd like even more!*)
 - Thinking Dominant Provisions and Enneagram 6 Full Circle Path
 - Love Letter~ for the essence of those who lead with Enneagram Type 6
- "I Worried"^ –Mary Oliver
- "Courage as an Inner Task"~ –Cynthia Bourgeault

QUOTES FOR THE QUEST

- "What worries you masters you." –John Locke
- Definition of Paradox: "Something that seems contradictory or absurd but in reality expresses a truth."
- "There is no way to improve trusting another without improving trusting yourself." –Vienna Pharaon
- "To be a true person is to be entirely oneself in every circumstance, with all the courage and vulnerability this requires." –Maria Popova



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