



Undercurrent Enneagram Consulting

EMERGE BEYOND THE SURFACE AND THRIVE

Type 2 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 burn yourself out for love?
- ...do you move toward or with others to *earn* the affection/attention 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 relationships (*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 have your own needs"?
- ...do you believe the lost childhood message that you're not wanted?

INTEGRATION PRACTICES:

- At least once a day, look at yourself in the mirror and speak this Enneagram 2 mantra~ out loud:
 - "I **AM** Love. I **AM** Sweetness. I **AM** Nurturance. I **AM** wanted."
- **Practice using your feelings to feel what YOU feel, want, and need.** *PRACTICE OPPORTUNITY:* Consistently curate the required space and alone time necessary to take this layered, build-on approach:
 - Start by choosing alone time - even small increments - and then build into longer stretches of time
 - Use that alone time to notice your feelings and acknowledge you have needs. Simply notice/acknowledge they exist
 - Next, you can choose to name your feelings and identify an existing need
 - Use a Feeling Wheel or the How We Feel app to help name your feelings in real time.
 - Building on that, you can practice acknowledging that your feelings are valid, necessary and hold great wisdom. You can also acknowledge that your needs are just as important as everyone else's
 - As you grow in your practice, you will also grow into recognizing - and even experiencing - that your feelings help guide you to fulfill your own needs from the inside out. Others are not responsible - *or even required* - for your needs to be met.
- **Practice using your feeling powers for more than taking action on what you feel people want or need from you.** *PRACTICE OPPORTUNITY:* Do something that brings YOU joy~ that's purposefully not connected to anyone else.
- **Practice integrating your repressed center by thinking productively (*beyond only thinking about relationships*).** *PRACTICE OPPORTUNITIES:*
 - Before you offer advice or take action, honestly think through 1. if the other person WANTS your help, and 2. If what you're doing is to get something in return. If so, think about what you're hoping to get in return and then evaluate if this is really yours to do.
 - In moments of stress, particularly when you feel stuck, pause and ask yourself: "What am I **THINKING?**". Wait long enough to connect with your actual thoughts.
 - Subscribe to receive the Enneagram Institute's Enneagram 2 Enneathought for the Day and read each morning
- Self-Compassion Institute Practices:
 - "Identifying What We Really Want" Exercise
 - "How Would You Treat a Friend" Exercise
 - Compassionate Friend Practice
 - Loving-Kindness Meditation
 - Giving and Receiving Compassion Meditation

EXPANSIVE RESOURCES:

- Undercurrent Enneagram Resources:
 - Instagram highlights for Feeling Dominant, Dependent Stance, and Enneagram Type 2s (*reach out if you'd like even more!*)
 - Feeling Dominant Provisions and Enneagram 2 Full Circle Path
 - Love Letter~ for the essence of those who lead with Enneagram Type 2



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



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Quotes for the Quest



- "Love is what you were made for, and Love is who you are." -[Richard Rohr](#)
- "You need to trust that you are still lovable without giving all of yourself away." -[Nikita Gill](#)
- "You are worthy of all the love and care you so freely give to others." -[Dr. Sarah Campbell](#)
- "When your own love reaches the parts of you that you believed were unlovable...you heal." -[Xavier Dagba](#)
- "Knowing how to be solitary is central to the art of loving. When we can be alone, we can be with others without using them as a means of escape". -[bell hooks](#)
- "Boundaries are the distance at which I can love you and me simultaneously." -[Prentis Hemphill](#)
- [Quotes for ALL Feeling Dominant Types](#)