



Undercurrent Enneagram Consulting

EMERGE BEYOND THE SURFACE AND THRIVE

Type 5 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 withhold yourself from others?
- ...do you move away from others or *withdraw* to get the safety/security you seek?
- ...do you feel more comfortable looking out from your internal point of reference?
- ...do you do what you want or like to do, or simply not take any action, instead of prioritizing and doing what most needs to be done in a certain moment (*non-productive doing*)?
- ...do you most notice your attention being tethered to the past (*orientation to time*)?
- ...do you believe the unconscious childhood message that "it's not okay to be comfortable in the world"?
- ...do you believe the lost childhood message that your needs are a problem?

INTEGRATION PRACTICES:

- At least once a day, look at yourself in the mirror and speak this Enneagram 5 mantra out loud:
 - "I **AM** Knowledge. I **AM** Clarity. I **AM** Illumination. My needs are **NOT** a problem."
- **Practice attuning to your own internal wisdom** and become aware of the clarity and illumination that arises from within you. *PRACTICE OPPORTUNITY:* For a specific amount of time, choose to limit your consumption of external information. Gradually increase the amount of time and frequency.
- **Practice attuning to your emotions *beyond* what you feel about what you think.** *PRACTICE OPPORTUNITY:* Feel your feelings in real time. Helpful Resources:
 - Practicing with Emotions[^] -Kevin Griffin
 - Soften, Soothe, Allow: Working with Difficult Emotions[~] Guided Meditation -Self-Compassion Institute
 - Use a Feeling Wheel or the How We Feel app to name what you feel[^]
- **Integrate your repressed center by practicing productive doing.**
PRACTICE OPPORTUNITY: Even while still in preparation mode, take one step of action. Helpful Resources:
 - "Planning"[^] -Vesna Nikolic
 - "What to Remember When Waking"[^] -David Whyte
 - In moments of stress, particularly when you feel stuck, pause and ask yourself: "What am I **DOING**?"
- Subscribe to receive the Enneagram 5 Enneathought for the Day and read daily

EXPANSIVE RESOURCES:

- Undercurrent Enneagram Resources:
 - Instagram highlights for: Thinking Dominant, Withdrawing Stance, and Enneagram Type 5s (reach out if you'd like even more!)
 - Thinking Dominant Provisions and Enneagram 5 Full Circle Path
 - Love Letter[~] for the essence of those who lead with Enneagram Type 5

QUOTES FOR THE QUEST

- "The beginning of wisdom is awe." -Abraham J. Heschel
- "One of the great gifts from the contemplative life is freedom from the need to understand." -Thomas Merton
- "Lower your head, shut your eyes, breathe out gently and imagine yourself looking into your own heart. Carry your mind, that is, your thoughts, from your head to your heart." -St. Symeon
- "I live in the open mindedness of not knowing enough about anything...How quietly, and not with any assignment from us, or even a small hint of understanding, everything that needs to be done is done." -Mary Oliver

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

