



Undercurrent Enneagram Consulting

Feeling Dominant Provisions

EMERGE BEYOND THE SURFACE
AND THRIVE

NON-JUDGMENTAL SELF-OBSERVATION

Simply notice – where/when/how/in what circumstances...

- do you most notice your immediate reaction of feeling?
- do you notice your underlying feeling of 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 converting this feeling into your identity?*

INTEGRATION PRACTICES

- **Notice** and **Name** your feelings:
 - How We Feel App (schedule checkin reminders!)
 - The Feeling Wheel -The Gottman Institute
- **Feel** your feelings and let them **Flow** through you
 - Emotions Only Last 90 Seconds ~ -Untapped Learning
 - The Coping Skill of the 90 Second Rule -Blue Hen Psychotherapy
 - Guided Self-Compassion Practices -Self-Compassion Institute
 - Heart Center Meditations ~ -Leslie Hershberger
 - Heart Coherence Practice ~ -Leslie Hershberger
 - Letting Go Meditation ~ -Boho Beautiful
 - Flow Contemplative Practice ~ -Undercurrent Enneagram
 - Heart Center Spotify Playlist ~ -Undercurrent Enneagram



EXPANSIVE RESOURCES

- Feeling Dominant Instagram Highlights -Undercurrent Enneagram
- Feeling Dominant Map and Type Snapshots -Undercurrent Enneagram
- Where Shame Comes From ~ -featuring Dr. Gabor Mate
- Brene Brown Resources: 3 Things You Can Do to Stop a Shame Spiral ~ | Listening to Shame ~ | Shame and Accountability^
- How to Process Emotion: A 6 Step Guide^ -The unPerfected Pod
- Poems: Your Recovering Heart^ -John Roedel | Love after Love^ -Derek Walcott
- Articles: Heart-Brain Connection^ | Social Connections and Wellbeing^ | The Importance of Quality Connections^
- The Love That You Are Substack -Branden Collinsworth

QUOTES FOR THE QUEST

- “Love is the most potent antidote to the self-interest that dominates the modern world and our greatest hope for bridging the gaping divide between self and other. Love...takes us into key areas of the experience of what is difference and, essentially, leads to the idea that you can experience the world from the perspective of difference.” -Alain Badiou
- “Love is the quality of attention we pay to things.” -J.D. McClatchy
- “In the stillness of the quiet, if we listen, we can hear the whisper of the heart giving strength to weakness, courage to fear, hope to despair.” -Howard Thurman
- “If we resort to any form of shaming ourselves, we will slip back into defense, denial, and overcompensation.” -Richard Rohr
- Love is “just evolution toward union”. -Richard Rohr
- “The truth about relationships is that they can never be any better than our relationship with ourselves. All relationships...are symptomatic of the state of our inner life, and no relationship can be any better than our relationship to our own unconscious”. -James Hollis
- “Your heart knows the way, run in that direction.” -Rumi

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

