



Undercurrent Enneagram Consulting

EMERGE BEYOND THE SURFACE AND THRIVE

Type 7 Provisions

NON-JUDGMENTAL SELF-OBSERVATION:

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

- ...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?
- ...does avoiding pain keep you stuck?
- ...do you move against others (or stand independently) to *demand* the safety/security you seek?
- ...do you reframe/reshape the people/circumstances around you 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 (*future orientation to time*)?
- ...do you believe the unconscious childhood message that "it's not okay to depend on anyone for anything"?
- ...do you believe the lost childhood message that you will not be taken care of or that your needs will not be taken care of unless YOU take care of them?

INTEGRATION PRACTICES:

- At least once a day, look at yourself in the mirror and speak this Enneagram 7 mantra out loud:
 - "I **AM** Joy. I **AM** Positivity. I **AM** Freedom. My needs **WILL** be provided for."
- **Practice intentionally thinking about other things in addition to making fun, anticipatory plans.** *PRACTICE OPPORTUNITY:* Self-reflect by journaling about a particular current problem and how you have contributed in the past to the current state of things.
- **Practice productive doing beyond doing the fun things you've planned** – or even the things that fuel those fun things (like work). *PRACTICE OPPORTUNITY:* Be still. Be. Productive doing is actually *being*.
- **Integrate your repressed center by practicing productive feeling.** Engage productive feeling by intentionally choosing to allow yourself to feel whatever you're feeling – deeply, and in real time. *PRACTICE OPPORTUNITIES:* The next time you are aware of a feeling, pause before reframing, and:
 - Allow yourself to feel whatever you're feeling – deeply and in real time. (*Even if it's a painful feeling, you won't be stuck there! Learn more here: Emotions Only Last 90 Seconds~, The Coping Skill of the 90 Second Rule^*)
 - Name your feelings: Noting Practice Guided Practice –Self-Compassion Institute, How We Feel App or The Feeling Wheel –The Gottman Institute
 - In moments of stress, particularly when you feel stuck, pause and ask yourself: "What am I **FEELING**?"
- Subscribe to receive the Enneagram 7 Enneathought for the Day and read each morning
- "Type 7: From Scattered Mental Energy to Centered Presence Meditation"~ and Type 7 Meditation~ –Leslie Hershberger
- "Providing Self-Compassion Break" Guided Practice~ –Self-Compassion Institute
- "Identifying What We Really Want" Exercise –Self-Compassion Institute

EXPANSIVE RESOURCES:

- Undercurrent Enneagram Resources:
 - Instagram highlights for: Thinking Dominant, Aggressive Stance, and Enneagram Type 7s (*reach out if you'd like even more!*)
 - Thinking Dominant Provisions and Enneagram 7 Full Circle Path
 - Love Letter~ for the essence of those who lead with Enneagram Type 7
- "Concentration"~ –Cynthia Bourgeault



QUOTES FOR THE QUEST

- "The only way to deal with an unfree world is to become so absolutely free that your very existence is an act of rebellion." –Albert Camus
- "You can't possibly experience everything in life so, please, do justice to your soul and experience yourself." –Albert Camus

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