

All Types Have Transitional Objects - Russ Hudson,

Enneagram Workshop 2020

Only 3 minutes

<https://www.youtube.com/watch?v=Mhj3LFEyBA0>

4/4/2022

Transitional objects – things or people we form attachments with in order to handle our inner conflicts; different psychological schools may have a little bit different way of talking about them

Enneagram is *not* just 9 types; it’s archetypal and a mandala with many universal patterns locked into it; many different truths can be understood through the lens of the Enneagram

Enneagram precisely follows this sequence –

Root to Our Suffering is a Dominating Object Relations -

Russ Hudson, Enneagram Workshop 2020

Only 1:38 minute

<https://www.youtube.com/watch?v=OxMMjVE6oqc>

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- Higher levels are more present and conscious and have some freedom from passion and fixation.
- Lower levels are less present, more unconscious and more stuck in our passion and fixation; more dominated by the imprinting of our object relations patterns. We don’t see reality outside those patterns, which can be all encompassing when an Object Relations completely dominates what is going on. A lot of deep suffering is a throbbing Object Relation that people can’t get around it, and it takes over one’s life.

	Hudson	KE’s notes from CDs	unknown source	Object Relation Triad
9	we begin undifferentiated , the matrix of consciousness	undivided, status quo	Status quo	Adapt 693
1	good and bad; we start to split	dual – splitting of good and bad	Then I split and separate into good and bad and am frustrate when things aren’t up to my standards	Frustrated 714
2	we’re in the symbiotic union where things can work in terms of need, or not work	wanting connection and union again	But I crave connection so I reject my own needs and emotions	Rejection 582
3	practicing phase – we start to experiment with doing our own thing; being autonomous but we’re constantly looking back to see if we got it right; “Did I get it right mommy, is this good daddy?”	must force it, take action to be successful, practice autonomy	So I adapt my self-image to fit in with you	Adapt 693
4	individuation – I’m this way, and you’re that way	individuation from the world [Lyleson: Breaking down social contracts so that individual is free to make new connections that are more supportive of the emergent self and greater personal choice and freedom; recognition that as part of larger systems, we are separate individuals with unique ways of experiencing and contributing to life]	But then I feel disillusioned and frustrated and sad because I can’t find validation and I’m not really being me	Frustrated 714
5	separation – I can’t need mommy anymore [so I’m going to investigate on my own]	separation from the threatening world that I don’t trust	So I reject my own needs and withdraw	Rejection 582
6	looking for idealization – objects & people who can help me get the ropes and some kind of basis to separate on and be my own person	Idealization [Lyleson: differentiation: person’s ability to maintain a sense of individuality in close proximity and not react to others’ reactivity; self-regulate emotionality]	But I peak out and do risk to see who is safe who I can adapt my beliefs to and be loyal to	Adapt 693
7	transitional objects – when I don’t have an adequate transitional object present, I start to have separation anxiety and I call it boredom; it’s actually anxiety	limits are too constricting; boredom brings them to light; transitional objects [Lyleson: discover]	But I’m frustrated by seeing so many options	Frustrated 714
8	attainment of autonomy [mastery] – I can be my own person and take care of my own needs, and now because I can, at 9...	the world is hard and I must do it myself, autonomy again	And seeing a big, bad world that needs overpowering	Rejection 582
9	from myself I can now connect with you	connect	So I attach and adapt my needs and opinions to everyone else	Adapt 693

Entire program is at

<https://www.enneagrammetnextlevel.dk/russ-workshop-2020>

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