

Our sense of self is inseparable from our sense of what is not ourselves. ... Our sense of self does not exist in a vacuum but in a relationship. This **relationship of self and other is characterized by a particular emotion**. Our personality is composed of numerous object relations – units of self and other, linked by a particular affect.

Each type has a core **object relation** composed of a characteristic sense of self and of other, and the passion is the feeling tone of the relationship between these two internal images.

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One of the features of our internal object relations is that the sides can switch. Our sense of self and our sense of the other can trade places. A One, for example, can just as easily experience himself as imperfect and the other as critical. A Two can experience himself as needy and dependent upon the other, who appears to be the unique filler of his needs.

The most useful way to conceive of the fundamental object relation that distinguishes each type is as a unit of self, other, and affect.

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The Enneagram of Passions and Virtues
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