

Type 2– part of the HEART Triad

For Enneagram Type 2, working Step One means recognizing how their deep need to be needed and loved often leads them to neglect their own needs, including their relationship with food. A Type 2 may use food as a way to soothe feelings of rejection or depletion from over-giving to others.



1. Admit Powerlessness Over Food as a Way to Soothe Emotional Deprivation:

Type 2s often struggle with putting their own needs last, which can lead to using food as a way to fill an emotional void.

Week 1 Reflection question:

“How have I used food to soothe feelings of loneliness or unappreciation when I’ve given too much of myself to others?”

Step 1

Type 2

Question 1



Type 2 aka:

Helper

Passion (Defect):

Pride

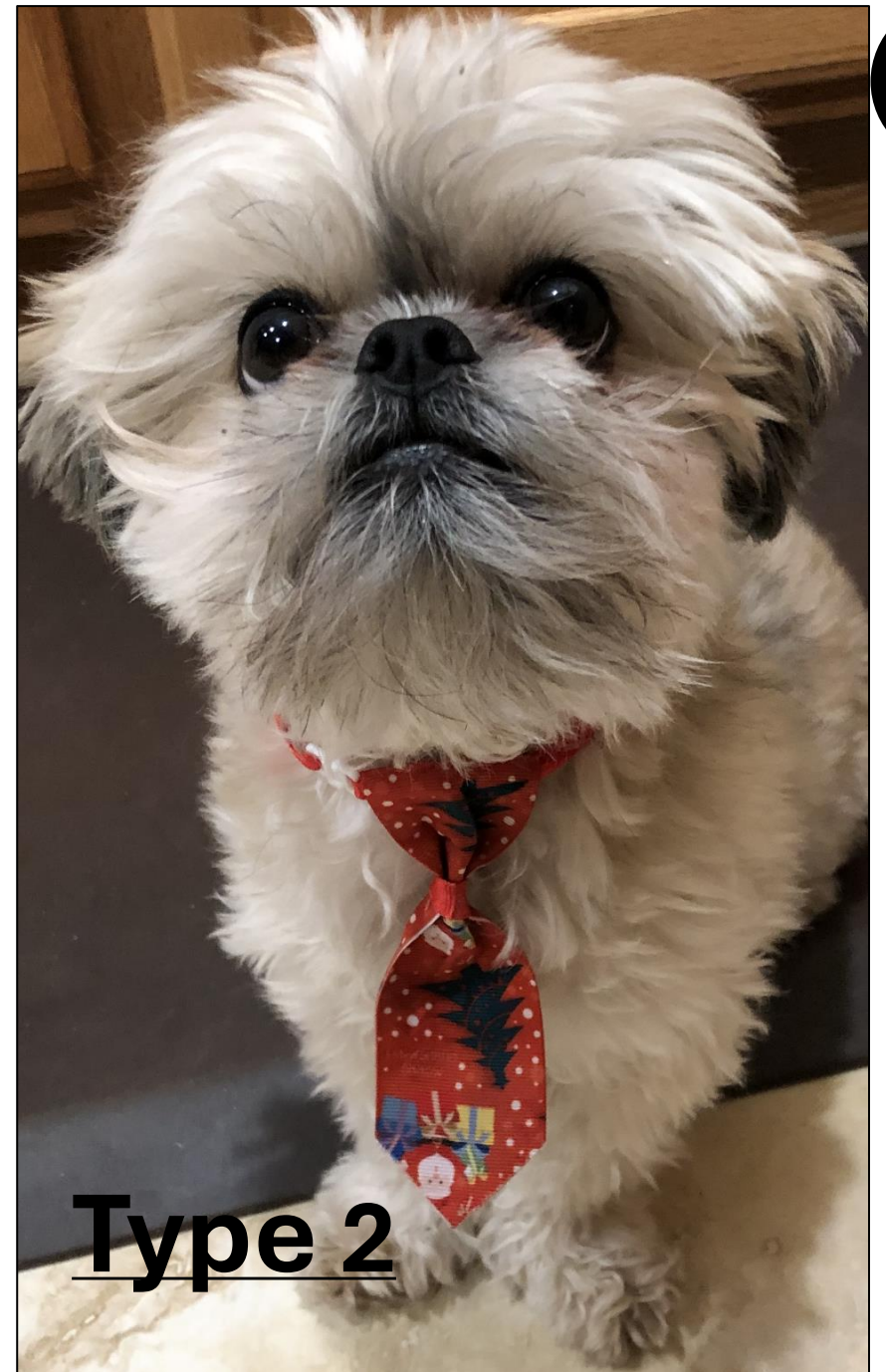
Virtue (Gift of the Spirit)

Humility

If I GIVE enough, I will be loved

MANTRA:

*“Ask for what you need
and ask again for the
best love comes from a
full well..”*



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