

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.



2. Recognize the Unmanageability of Self-Neglect:

Because Type 2s are focused on helping others, they often neglect their own self-care, which can result in an unhealthy relationship with food.

Week 2 Reflection question:

“How has neglecting my own needs and focusing on others led to an unmanageable relationship with food?”

Step 1

Type 2

Question 2



Type 2 aka:

Helper

Passion (Defect):

Pride

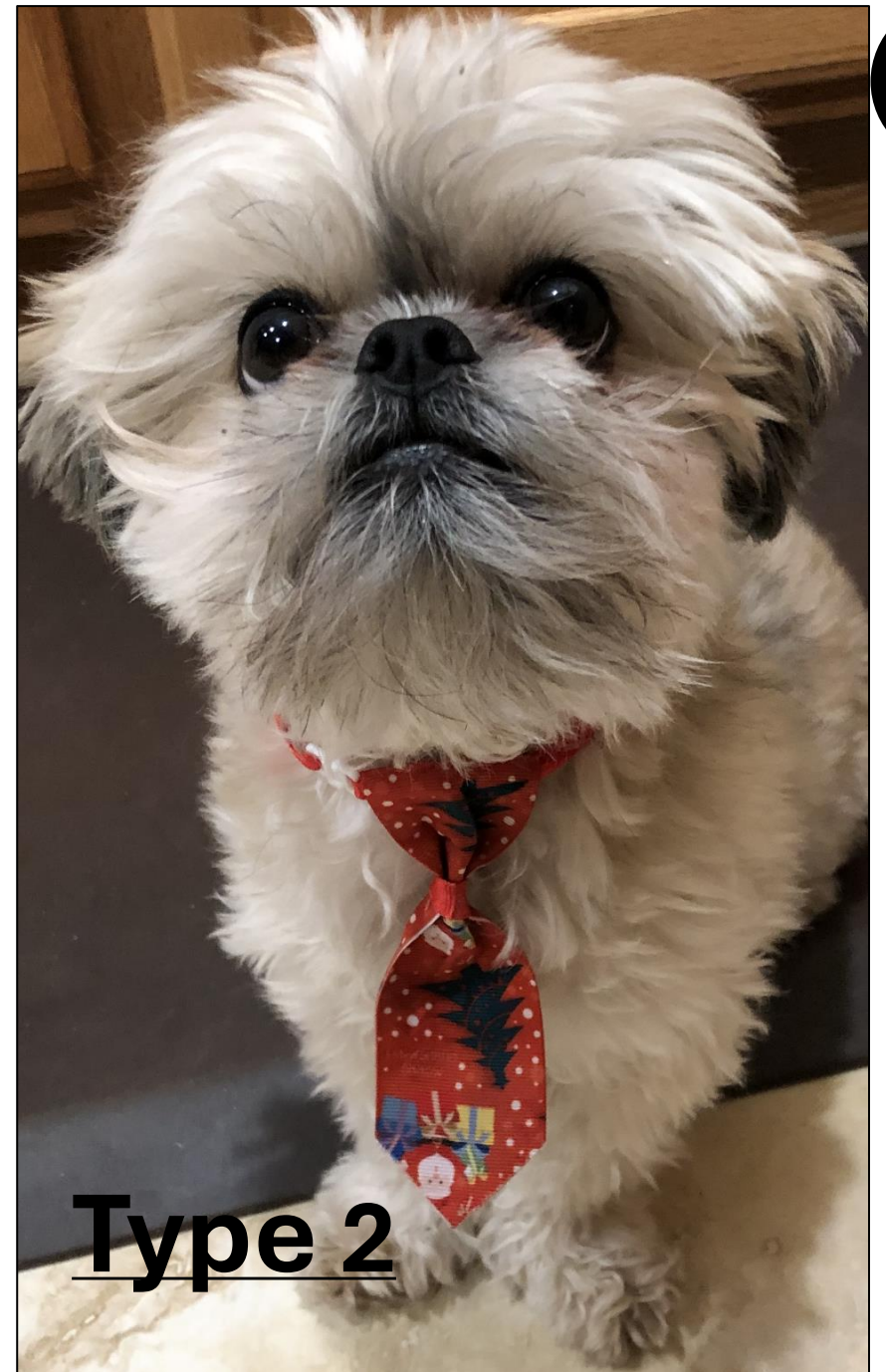
Virtue (Gift of the Spirit)

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..”*



Type 2

Type 2 aka:
The Intuitive Healer

STRIVING TO:
Feel Connected

BY:
Avoiding their own needs
Avoiding Being Alone
Avoiding not being needed

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



*Intuitive
Healer*