

## Type 3 - a part of the HEART Triad

For Enneagram Type 3, working Step One means facing the ways in which their drive for success, recognition, and achievement has impacted their relationship with food. Type 3s often use food either to fuel their ambition or as a reward after achieving their goals.



**1. Admit Powerlessness Over Using Food to Cope with Achievement Pressure:**  
Type 3s are constantly striving to achieve, and food can become a way to cope with the stress and pressure of needing to succeed.

**Week 1 Reflection question:**

**“How have I used food to reward myself or to cope with the pressure of constantly achieving more?”**

Step 1

Type 3

Question 1





Type 3

3

Type 3 aka:

*Achiever*

Passion (Defect):

*Deceit*

Virtue (Gift of the Spirit)

*Veracity*

If I seem successful I will be happy.

MANTRA:

*“To get to truth I must be informed by my feelings.”*