

## 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.



## 2. Recognize the Unmanageability of Image Focus:

Type 3s are often concerned with maintaining a certain image, and this can lead to unhealthy relationships with food, whether through dieting, bingeing, or other patterns. Step One is about acknowledging that their focus on image has made their life and relationship with food unmanageable.

### Week 2 Reflection question:

**“How has my focus on how others see me affected my relationship with food and my ability to care for myself?”**

Step 1

Type 3

Question 2





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.”*



*Inspiring  
Champion*

3

Type 3 aka:  
*The Inspiring Champion*

STRIVING TO:  
*Feel Outstanding*

BY:  
*Avoiding failure*  
*Avoiding emotions*  
*Avoiding inefficiency*

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