

Type 5 – part of the HEAD Triad

For Enneagram Type 5, working Step One means recognizing how their need for knowledge, privacy, and independence has influenced their relationship with food. Type 5s may use food as a way to retreat, conserve energy, or avoid emotional involvement.



1. Admit Powerlessness Over Using Food to Create Distance or Conserve Energy:

Type 5s often retreat into their inner world, and food may become a tool for creating distance from others or preserving their emotional or mental energy. Admitting powerlessness means recognizing that food is no longer a helpful coping mechanism for managing these boundaries.

Week 1 Reflection question:

“How have I used food to avoid emotional involvement or to protect my energy when I’m feeling overwhelmed?”

Step 1

Type 5

Question 1





Type 5

Type 5 aka:

Observer

Passion (Defect):

Greed

Virtue (Gift of the Spirit)

Non-attachment

5

Knowledge is the answer to everything

MANTRA:

“Making contact with my direct experience & feelings will bring greater clarity & knowing.”