

## 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.



### **2. Recognize the Unmanageability of Isolation and Withdrawal:**

Type 5s tend to withdraw from others when overwhelmed, and this isolation can lead to an unhealthy relationship with food. They must admit that their tendency to isolate has made their life and eating habits unmanageable.

### **Week 2 Reflection question:**

**“How has my need for privacy and emotional distance contributed to an unmanageable relationship with food?”**

Step 1

Type 5

Question 2





Type 5

Type 5 aka:

*Observer*

Passion (Defect):

*Greed*

Virtue (Gift of the Spirit)

*Non-attachment*

Knowledge is the answer to everything

MANTRA:

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

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Type 5 aka:  
*The Kind Wizard*

STRIVING TO:  
*Feel Sufficient*

BY:  
*Avoiding emotional reactions*  
*Avoiding crowds*  
*Avoiding not knowing answer*

MANTRA:

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

*Kind Wizard*

