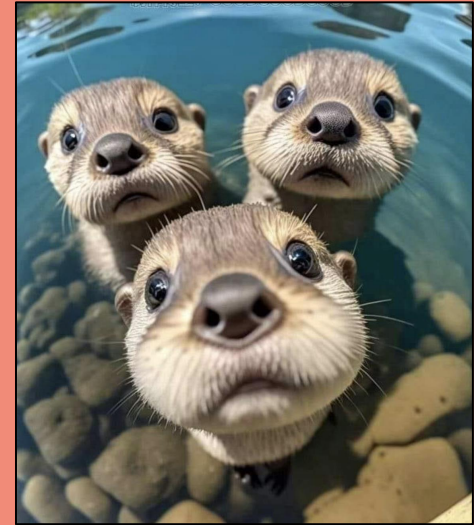


Type 7 – part of the HEAD Triad

For Enneagram Type 7, working Step One means recognizing how their pursuit of pleasure, excitement, and variety has influenced their relationship with food. Type 7s may use food as a way to avoid discomfort or to indulge in endless possibilities.



1. Admit Powerlessness Over Using Food as a Source of Excitement:

Type 7s often use food as a way to seek pleasure, distract from discomfort, or fill a void of boredom. Admitting powerlessness means acknowledging that food cannot provide lasting joy or fulfillment.

Week 1 Reflection question:

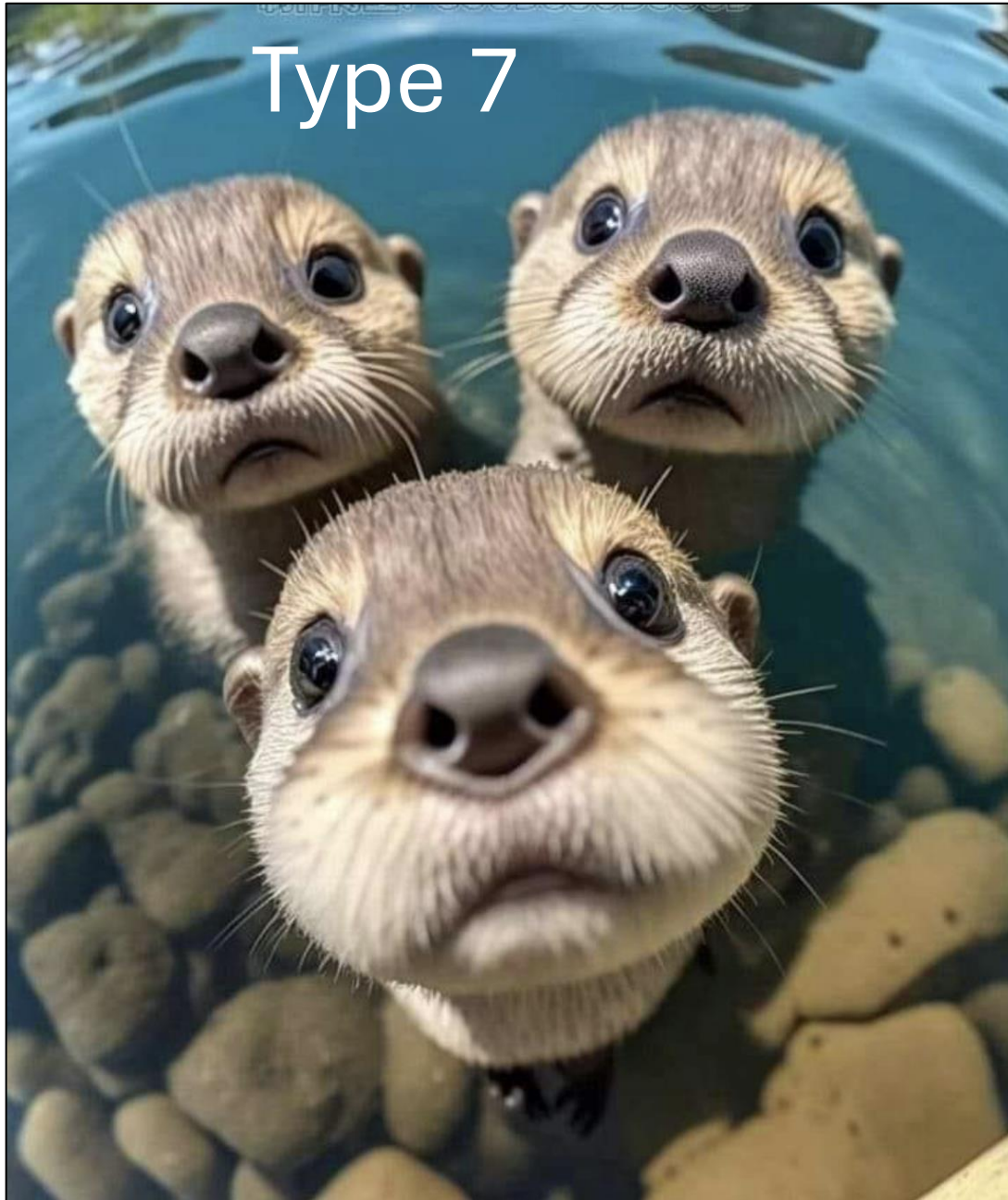
“How have I used food as a source of excitement or to distract from feelings of discomfort or boredom?”

Step 1

Type 7

Question 1





Type 7

Type 7 aka:

Adventurer

Passion (Defect):

Gluttony

Virtue (Gift of the Spirit)

Sobriety

Carpe Diem, one after another, MORE, MORE, MORE

MANTRA:

*“Focus & staying present
are my Holy Work. I am
enough.”*