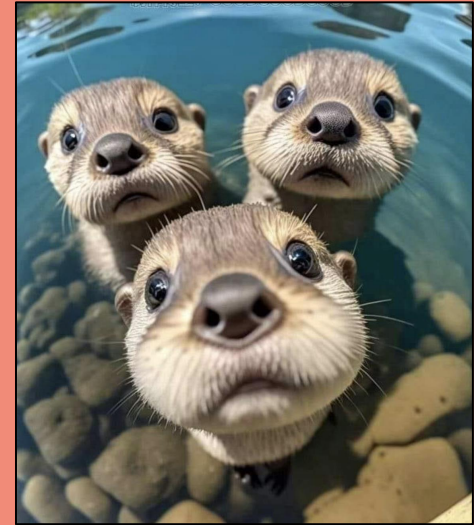


Type 7 – part of the HEAD Triad

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.



2. Recognize the Unmanageability of Constant Escapism:

Type 7s are prone to avoiding pain or discomfort, and food can become part of this escapism. Step One requires them to recognize that constantly seeking pleasure through food has led to an unmanageable relationship with eating.

Week 2 Reflection question:

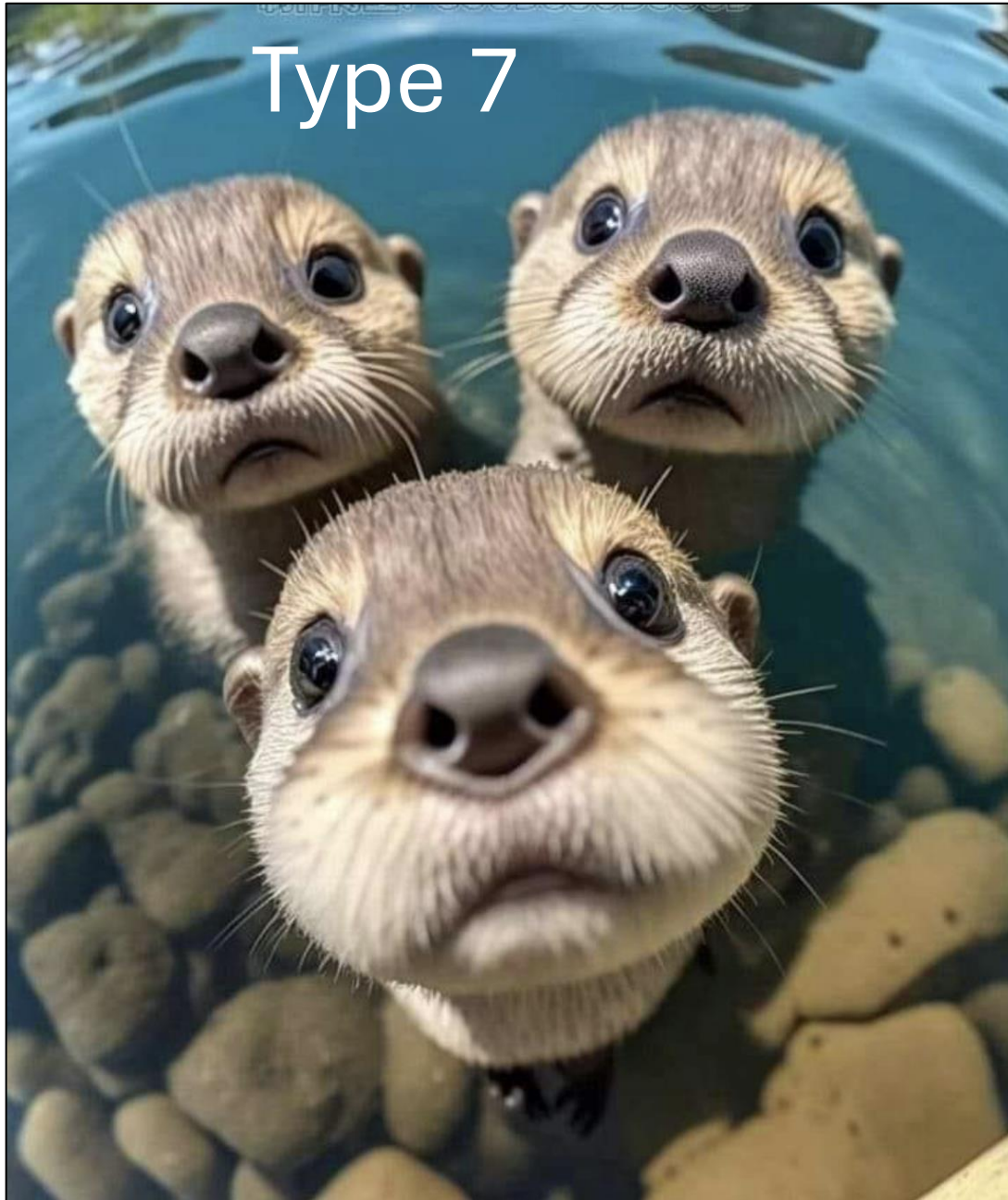
“How has my tendency to avoid discomfort by seeking pleasure through food made my life unmanageable?”

Step 1

Type 7

Question 2





Type 7

Type 7 aka:

Adventurer

Passion (Defect):

Gluttony

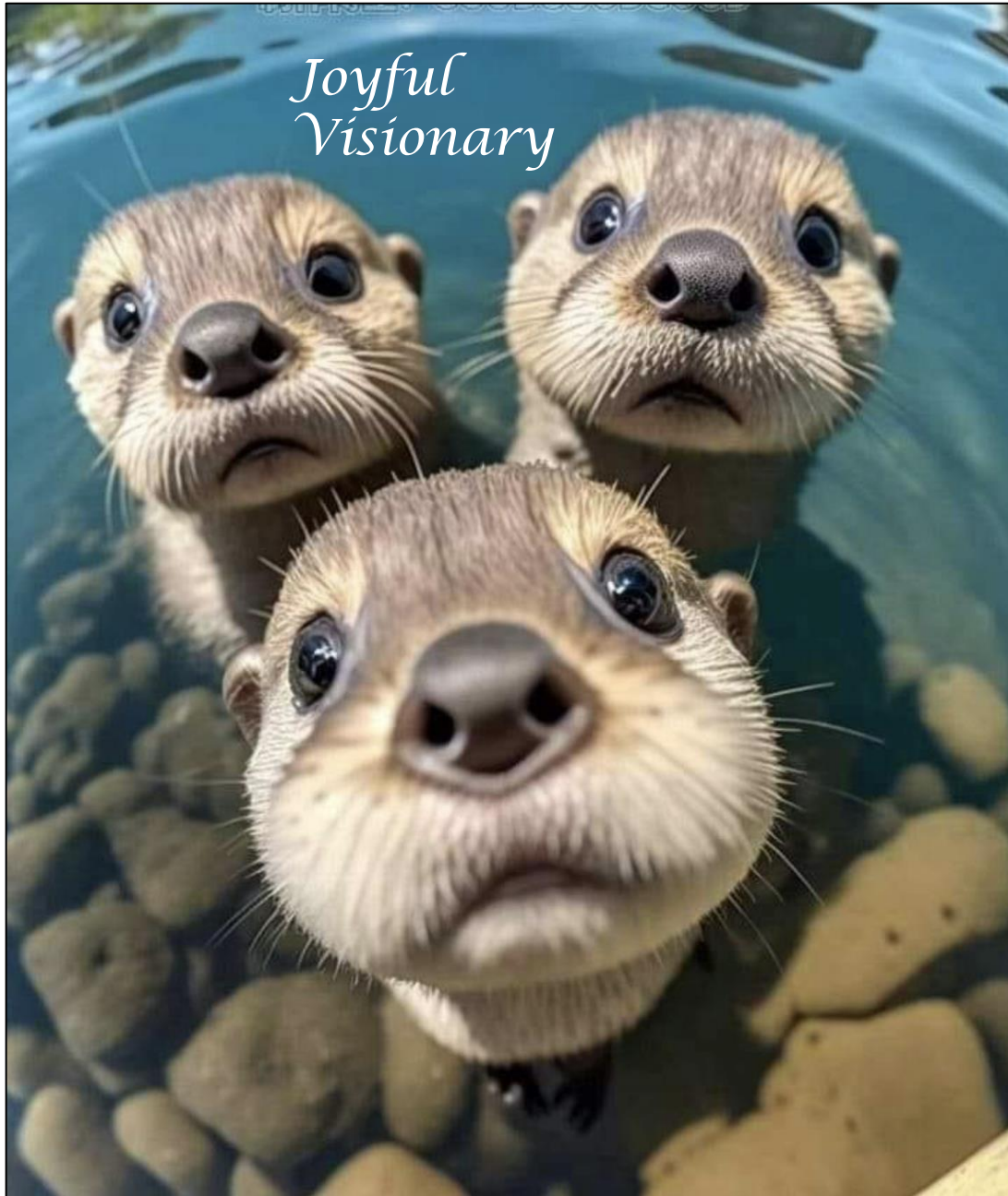
Virtue (Gift of the Spirit)

Sobriety

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

MANTRA:

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



*Joyful
Visionary*

Type 7 aka:
The Joyful Visionary

STRIVING TO:
Feel Satisfied

BY:
Avoiding negative emotions
Avoiding rules
Avoiding lack of options

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