

Type 9 – part of the BODY Triad

For Enneagram Type 9, working Step One in means acknowledging how their tendency to avoid conflict, disengage from life, and seek comfort has affected their relationship with food. Type 9s may use food to numb out, avoid emotional discomfort, or maintain a sense of inner peace.



1. Admit Powerlessness Over Using Food to Avoid Conflict:

Type 9s often use food to numb their emotions or avoid dealing with conflict. Admitting powerlessness means recognizing that food is no longer an effective way to avoid discomfort or difficult emotions.

Week 1 Reflection question:

“How have I used food to avoid conflict or uncomfortable feelings, and how has this approach become unmanageable?”

Step 1

Type 9

Question 1



Type 9

Type 9 aka:

Peacemaker

Passion (Defence):

Sloth

Virtue (Gift of the Spirit)

Right Action

I'll think about that tomorrow. My presence doesn't matter

MANTRA:

*“Resolve small things before
they become big things.”*

“My Presence Matters”

9

