

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.



2. Recognize the Unmanageability of Avoidance:

For Type 9s, life can become unmanageable when avoidance leads to disengagement and an unhealthy reliance on food for comfort.

Week 2 Reflection question:

“How has my tendency to avoid difficult emotions or situations contributed to an unmanageable relationship with food?”

Step 1

Type 9

Question 2



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



Type 9 aka:
The Gentle Mystic
STRIVING TO:
Feel at Peace

The Gentle Mystic



BY:

- Avoiding directness*
- Avoiding conflict*
- Avoiding making a decision*

MANTRA:

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

“My Presence Matters”