

## Type 2– part of the HEART Triad



**STEP 2: “Came to believe that a Power greater than ourselves could restore us to sanity.** For Enneagram Type 2, working Step Two means recognizing that their deep need to be loved and needed can’t be managed or fixed by their own efforts or through pleasing others. Type 2s may rely on food to fill the void of emotional deprivation, but Step Two asks them to believe that a Power greater than themselves can restore them to sanity and help them meet their own needs.

### **1. Admit That Love and Validation Can’t Be Gained Through Control:**

Type 2s often use food as a way to cope with feelings of rejection or unworthiness, trying to control their emotions by giving to others and expecting love in return. Step Two asks them to admit that love and validation can’t be gained through control, and that a Higher Power can restore their sense of worth.

### **Week 5 Reflection question:**

**“How have I used food to cope with feelings of rejection or a lack of appreciation, and how has this kept me from finding real peace?”**

# Step 2

## Type 2

### Question 1





# Type 2



S\_ / S\_ / S\_

Merciful Teacher  
Gift of Spirit:  
\_\_\_\_\_

Inspiring Champion  
Gift of Spirit:  
\_\_\_\_\_



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Creative Alchemist  
Gift of Spirit:  
\_\_\_\_\_

*Intuitive Healer*

Gift of Spirit: \_\_\_\_\_



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Lion-Hearted Protector  
Gift of Spirit:  
\_\_\_\_\_



Passion (Defect):  
\_\_\_\_\_

MANTRA:  
\_\_\_\_\_  
\_\_\_\_\_

STRIVING TO: **Feel**  
\_\_\_\_\_ **by Avoiding**  
\_\_\_\_\_  
\_\_\_\_\_

Virtue (Gift of Spirit)  
\_\_\_\_\_

What is the Nature? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_