

## Type 3 - a part of the HEART Triad



**STEP 2:** “Came to believe that a Power greater than ourselves could restore us to sanity. For Enneagram Type 3, working Step Two involves facing the idea that their success, image, or willpower alone cannot fix their relationship with food. Type 3s often believe that if they just try harder or present the right image, they can control their eating, but Step Two asks them to believe in a Higher Power for real restoration.

### **1. Admit That Success and Image Can't Fix Your Relationship with Food:**

Type 3s often think that if they just achieve more or look better, they will be able to fix their eating habits. Step Two requires them to admit that success and image won't lead to true sanity in their relationship with food.

### **Weekly Reflection question:**

**“How have I used success or image to try and manage my eating, and how has this approach failed me?”**

Step 2

Type 3

Question 1





# Type 3



S\_ / S\_ / S\_

Intuitive Healer  
Gift of Spirit:  
\_\_\_\_\_

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



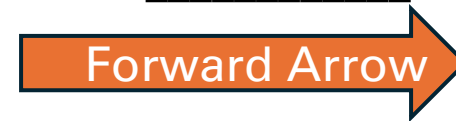
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Courageous Pathfinder  
Gift of Spirit:  
\_\_\_\_\_

*Inspiring Champion*

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



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Gentle Mystic  
Gift of Spirit:  
\_\_\_\_\_



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

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

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

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

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