

Type 5 – part of the HEAD Triad



STEP 2: “Came to believe that a Power greater than ourselves could restore us to sanity. For Enneagram Type 5, working Step Two means accepting that their need for knowledge, control, and isolation can’t solve their relationship with food. Type 5s often turn to food as a way to conserve energy or avoid emotional involvement, but Step Two asks them to trust in a Higher Power for real restoration.

1. Admit That Knowledge and Control Can’t Solve Your Relationship with Food:

Type 5s often believe that if they gather enough information or maintain enough control, they can fix their eating habits. Step Two asks them to admit that their need for knowledge and control won’t bring lasting peace with food.

Weekly Reflection question:

“How have I relied on knowledge or control to manage my eating, and how has this kept me stuck in unmanageable patterns?”

Step 2

Type 5

Question 1





Type 5



S_ / S_ / S_

Creative Alchemist
Gift of Spirit:

Courageous Pathfinder
Gift of Spirit:



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Lion-Hearted Protector
Gift of Spirit:

Kind Wizard

Gift of Spirit: _____



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Joyful Visionary
Gift of Spirit:



Passion (Defect):

Virtue (Gift of Spirit)

MANTRA:

STRIVING TO: **Feel**
_____ **by Avoiding**

What is the Nature? _____

