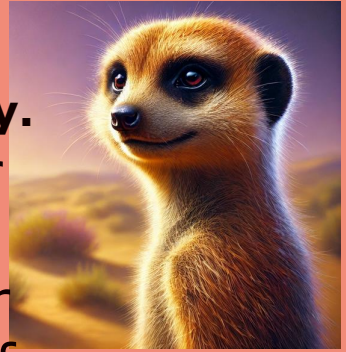


Type 6 – part of the HEAD Triad



STEP 2: “Came to believe that a Power greater than ourselves could restore us to sanity. For Enneagram Type 6, working Step Two involves confronting the role that fear and anxiety play in their relationship with food. Type 6s may use food to calm their anxieties or to feel secure, but Step Two asks them to believe that a Power greater than themselves can restore them to sanity and bring them the sense of security they seek.

1. Admit That Anxiety and Fear Can't Be Controlled Through Food:

Type 6s often use food to calm their fears and anxieties. Step Two requires them to admit that using food to control their fear doesn't lead to peace and that only a Higher Power can restore them to true sanity.

Weekly Reflection question:

“How have I used food to try to manage my fears and anxieties, and how has this approach kept me stuck?”

Step 2

Type 6

Question 1





Type 6



S_ / S_ / S_

Kind Wizard
Gift of Spirit:

Joyful Visionary
Gift of Spirit:



9



Courageous Pathfinder



3

Gentle Mystic
Gift of Spirit:

Gift of Spirit: _____

Inspiring Champion
Gift of Spirit:



Passion (Defect):

MANTRA:

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

Virtue (Gift of Spirit)

What is the Nature? _____

