

Type 7 – part of the HEAD Triad



STEP 2: “Came to believe that a Power greater than ourselves could restore us to sanity. For Enneagram Type 7, working Step Two involves acknowledging that their pursuit of pleasure, distraction, and excitement can’t fix their relationship with food. Type 7s may use food as a way to avoid discomfort or boredom, but Step Two asks them to trust in a Higher Power for true restoration.

1. Admit That Pleasure and Distraction Can’t Fix Your Relationship with Food:

Type 7s often use food to bring excitement or distract from discomfort. Step Two requires them to admit that pleasure-seeking and distraction won’t lead to sanity in their relationship with food.

Weekly Reflection question:

“How have I used food to distract myself or bring excitement, and how has this approach kept me from real peace?”

Step 2

Type 7

Question 1





Type 7



S_ / S_ / S_

Courageous Pathfinder
Gift of Spirit:

Lion-Hearted Protector
Gift of Spirit:



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Kind Wizard
Gift of Spirit:

Joyful Visionary

Gift of Spirit: _____



1

Merciful Teacher
Gift of Spirit:



Passion (Defect):

Virtue (Gift of Spirit)

MANTRA:

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

What is the Nature? _____

