

## Type 9 – part of the BODY Triad



**STEP 2:** “Came to believe that a Power greater than ourselves could restore us to sanity. For Enneagram Type 9, working Step Two means acknowledging that their tendency to avoid conflict and disengage from life can’t be solved by food. Type 9s may use food to numb themselves or maintain a sense of inner peace, but Step Two asks them to trust that a Power greater than themselves can restore sanity.

### **1. Admit That Avoiding Conflict Can’t Be Managed Through Food:**

Type 9s often use food to avoid conflict or uncomfortable feelings. Step Two requires them to admit that using food to manage their emotions or avoid discomfort has become unmanageable, and only a Higher Power can restore them to sanity.

#### **Weekly Reflection question:**

**“How have I used food to avoid difficult emotions or situations, and how has this approach led to unmanageable patterns?”**

Step 2

Type 9

Question 1





Lion-Hearted Protector  
Gift of Spirit:

\_\_\_\_\_

3



Inspiring Champion  
Gift of Spirit:

\_\_\_\_\_



# Type 9



*Gentle Mystic*

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

wing  
1



Merciful Teacher  
Gift of Spirit:

\_\_\_\_\_



Courageous Pathfinder  
Gift of Spirit:

\_\_\_\_\_

S\_ / S\_ / S\_

6



Passion (Defect):

Virtue (Gift of Spirit)

MANTRA:

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

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

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_