

Surrender School Presents

SUPERCHARGE YOUR RECOVERY-Part A



**A Recovery Journey into Self
by Enneagram Type**

STUDY GUIDE

How to use this Study Guide

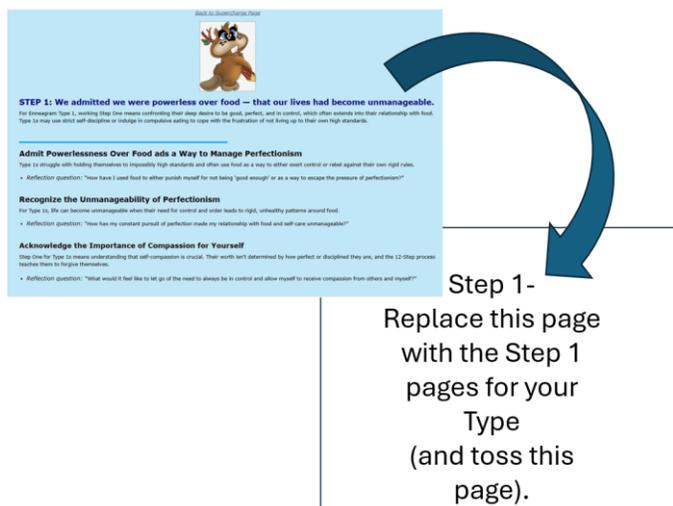
This study guide is intended to be used with the related videos which you will find on SurrenderSchool.org at this link _____

Your journey will include watching short videos (skip the first few housekeeping minutes) reading summaries and completing Type-specific assignments to learn more about yourself – what drives you and what traps you. All of this with a compassionate and loving view of yourself.

Here is how to use the Study Guide

1. Before you start, be sure you know your Enneagram Type (take a test and see if it rings true for you).
2. Print this study guide as this will give you a skeleton of the course.
3. On the SurrenderSchool.org website find Step 1 for your Enneagram Type and print it out.
4. Now replace the page that says “Step 1- replace this page with the Step 1 pages for your Type” with the Step 1 Type pages you printed from the website Do the same for all of the other “replace” pages for your own Type for all 12 Steps.

Congratulations! You will now have a Type Specific Study Guide for **SUPERCHARGE YOUR RECOVERY—**
A Recovery Journey into Self by Enneagram Type



The image shows a screenshot of a study guide page for Step 1. The page has a light blue background and contains text about admitting powerlessness over food and managing perfectionism. A large blue arrow points from the page to a white callout box with a black border. The callout box contains the text: "Step 1- Replace this page with the Step 1 pages for your Type (and toss this page)." The text in the callout box is centered and in a black sans-serif font.

Back to SurrenderSchool.org Page

STEP 1: We admitted we were powerless over food – that our lives had become unmanageable.
For Enneagram Type 1, working Step One means controlling their deep desire to be good, perfect, and in control, which often extends into their relationship with food. Type 1s may use strict self-discipline or indulge in compulsive eating to cope with the frustration of not living up to their own high standards.

Admit Powerlessness Over Food adds a Way to Manage Perfectionism
Type 1s struggle with holding themselves to consistently high standards and often use food as a way to either exert control or rebel against their own high rules.
• Reflection question: "How have I used food to either punish myself for not being 'good enough' or as a way to escape the pressure of perfectionism?"

Recognize the Unmanageability of Perfectionism
For Type 1s, life can become unmanageable when their need for control and order leads to rigid, unhealthy patterns around food.
• Reflection question: "How has my constant pursuit of perfection made my relationship with food and self-care unmanageable?"

Acknowledge the Importance of Compassion for Yourself
Step One for Type 1s means understanding that self-compassion is crucial. Their worth isn't determined by how perfect or disciplined they are, and the 12-Step process teaches them to forgive themselves.
• Reflection question: "What would it feel like to let go of the need to always be in control and allow myself to receive compassion from others and myself?"

Step 1-
Replace this page
with the Step 1
pages for your
Type
(and toss this
page).

Introduction

Summary Video Session 1 (0:0)

This is an orientation to Surrender School, introducing the purpose of the program, the spiritual tone, and the structure.

The facilitator opens by grounding the group, setting a compassionate atmosphere, and explaining that although the course focuses on food recovery, it is ultimately about transformation of the self—the ego, the false stories people live under, and the self-contempt that keeps spiritual growth stuck.

The Set Aside Prayer is introduced, psychological safety is emphasized, and participants are reminded that the leader is a fellow traveler, not a guru.

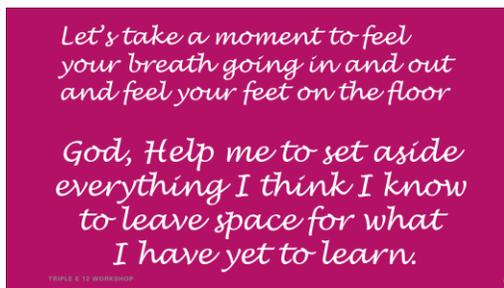
This session sets the expectation of gentle self-honesty and deep compassion.

The majority of the session offers an overview of the Enneagram—what it is, why it matters in recovery, and how it reveals the unseen forces behind behaviors.

Each type is briefly described in terms of its passion (the root of suffering), its virtue (the true-self quality), its misunderstanding of life, and a mantra that supports transformation.

The facilitator explains the importance of knowing one's type, using handwriting for journaling, and viewing personality not as a flaw but as a patterned response built for survival.

The concept of inquiry from A.H. Almaas is introduced to show how awareness can dissolve egoic reactions.



An early taste of Step One is given by walking through how all nine types use food differently based on their core strategy.

Video 1 is intentionally rich with information, designed to orient, inspire, and prepare participants for the deep, type-specific work

SUGGESTED ASSIGNMENT: Read the Intro and answer the FIRST Step 1 Reflection Question for your Enneagram Type.

Step 1

Summary Video Session 2 (1:1)

This session offers a “simple understanding of the Enneagram” in recovery terms: how a baby is born a type, how the ego structure forms as protection, how that shell must be compassionately cracked for spiritual growth, and how virtue, passion, and fixation function in each type. Updated type titles (such as Merciful Teacher, Intuitive Healer, Joyful Visionary, Lionhearted Protector, Gentle Mystic) are introduced, along with what each type strives to feel and what it tends to avoid. The session closes with a reassurance that those working with addictions other than food can simply substitute their own “fill in the blank” while still benefiting from the same type-based structure.

SUGGESTED ASSIGNMENT: Answer the SECOND Step 1 Reflection Question for your Enneagram Type.



Summary Video Session 3 (1:2)

The heart of the session emphasizes the personal journey of moving from the false self (ego structure) to the true self through compassion, awareness, and type-specific inquiry. The facilitator explains that although early step work is designed to “bust the ego” and interrupt destructive patterns, long-term recovery requires unrelenting compassion—not self-contempt—because self-contempt blocks spiritual growth.

A major feature of this session is the introduction of the “Step-Up Challenge,” a weekly growth exercise tailored to each type’s core strategy. Participants are encouraged to attempt behaviors that gently disrupt their type’s automatic tendencies—for example, Ones seeking criticism or breaking a rule, Twos saying no, Threes attempting something they may fail at, Fours engaging in small talk, and so on through all nine types. The facilitator also reviews the Enneagram diagram, wings, arrows, and recommended teachers (Russ Hudson, Beatrice Chestnut), helping participants orient to the system more deeply. Remember- Step One’s core focus is acknowledging powerlessness over one’s addictive behavior and recognizing life’s unmanageability.

ASSIGNMENT: Answer the third Step 1 Reflection Question for your Enneagram Type.

Summary Video Session 4 (1:3)

A substantial portion of the session focuses on clarifying Step One and exploring what makes it difficult, especially by type. The facilitator reframes Step One not as surrender but as acknowledging that life is a mess and cannot be fixed by self-will alone. The dash in “powerless over ___ DASH (NOT AND) that our lives had become unmanageable” means that unmanageability comes first and drives people to seek help. Surrender comes later, when one is ready to yield fear to a greater power which is introduced in Step Two.

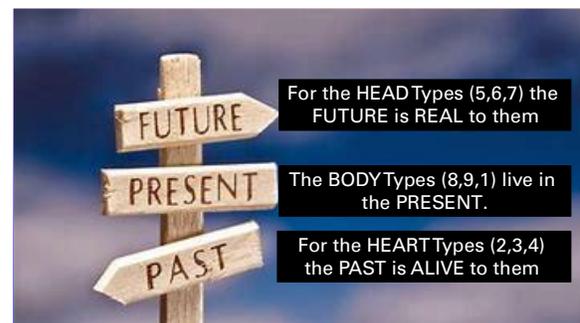
The session names likely roadblocks for each Enneagram type (such as Ones needing to appear perfect, Twos needing to see themselves as good and giving, Sixes struggling to trust what they cannot see, and Nines preferring numb comfort over discomfort). The facilitator then revisits key Enneagram concepts—wings, arrows, passions, fixations—and introduces the aspirational titles (created by Michael Naylor) for each type (Merciful Teacher, Intuitive Healer, Inspiring Champion, Creative Alchemist, Kind Wizard, Courageous Pathfinder, Joyful Visionary, Lionhearted Protector, Gentle Mystic), inviting participants to see what their hearts long to grow into as they work Step One and beyond.

ASSIGNMENT: Answer the fourth Step 1 Reflection Question for your Enneagram Type.

Summary Video Session 5 (1:4)

The heart of the session focuses on the personal journey of understanding one’s false self, true self, and the role of unrelenting compassion in spiritual growth. Self-contempt is identified as a barrier to transformation, and the facilitator encourages a posture of kindness toward oneself and others. The facilitator explains passions as defects or defenses, virtues as the “gifts of the spirit. The facilitator also reviews the three Enneagram centers—head (future-focused), heart (past-alive), and body (present-oriented)—and how these centers shape each type’s experiences. The session closes with encouragement to approach both the Enneagram and Step One with compassion, curiosity, and steadiness.

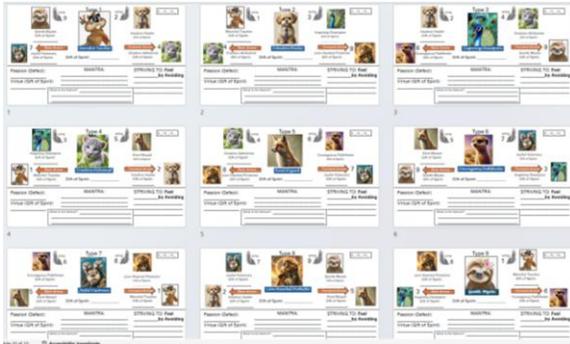
ASSIGNMENT: Read the Summary of Step 1 and journal on any new perspectives.



This manual is meant to become *your* personal TYPE manual

For each step:

1. Visit the **Step [#]** **page for your Enneagram type** on the Surrender School website.
2. Print that web page.
3. Place the printed web page for Step1 here.
4. Then use this instruction page for your reflection, notes, and insights.



STEP 2

Summary Video Session 6 (2:1)

As we learn more, we identify ego-driven habits—people-pleasing to avoid rejection (Type 2), using food to feel safe (Type 6), replaying unfinished emotional business at night (Type 2), romanticizing suffering (Type 4), numbing through checking out (Type 9), or controlling moods through food (Type 8). These behaviors as expressions of each type’s passion and survival strategies, often invisible until revealed through inquiry. Awareness is emphasized as the first step, followed by acceptance and compassionate action.

The session’s introduces the fill-in sheets for all nine Enneagram types. This covers wings, arrows, passions, virtues, mantras, and what each type is “striving to feel,” offering a rapid overview so participants can fill in their sheets in their own handwriting. (Find [HERE](#)) The aim is not mastery but to create a personal foundation for future work as ego softens over time and the traits of wings and arrows naturally emerge in recovery.

ASSIGNMENT: Print and fill out the Fill-In Sheet for your type (as much as you know right now) and answer Step 2, Reflection Question 1.

Summary Video Sessions 7&8 (2:2)

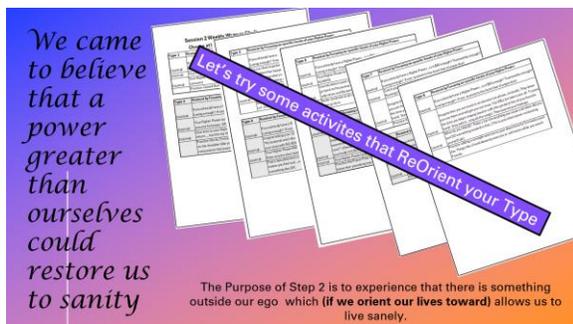
The teaching focuses on the deeper purpose of Step Two: shifting from a conceptual belief in a Higher Power to an experiential one. The facilitator emphasizes that “came to believe” is a *process*, not an instant shift, and that many people—especially those with strong self-reliance, fear, shame, or control structures—must reorient their understanding of a Higher Power to something “big enough, trustworthy enough, and loving enough” to restore them to sanity. Using the metaphor of a diamond, participants are encouraged to rotate their view of their Higher Power rather than trying to invent or control it—letting different facets become visible as needed. This is foundational for Step Three, because no one can turn their will and life over to a Higher Power they do not trust.



The session then moves into the **Step Two Challenge**, which introduces customized spiritual practices for each Enneagram type. Every type begins with the same core inquiry: *Is my Higher Power big, loving, trustworthy, and powerful enough? If not, how do I need to reorient?* From there, each type receives a second, type-specific journaling reflection and a weekly practice designed to soften ego patterns

and strengthen spiritual reliance. These include powerful somatic exercises: opening clenched hands in meditation for Ones, asking directly for help for Twos, anonymous giving for Threes, emotion-softening exercises for Fours, expressive exaggeration for Fives, calming fear through breath awareness and “power poses” for Sixes, presence training for Sevens, intensity-modulating practices for Eights, and “stay present through embodied action” exercises for Nines. These challenges help build the broader foundation needed for the deeper work ahead—especially Steps Four through Seven.

ASSIGNMENT: Answer Step 2 Reflection Question 2 & 3.



Summary Video Session 9 (2:4)

The teaching focuses on the deeper meaning of Step Two and the gradual, experiential nature of “came to believe.” The facilitator explains that the phrase describes a *process* of being gently persuaded over time, through our own lived experience, to trust in something greater than ourselves. Trust is framed as a “confident expectation,” not perfect certainty, and doubt is described as a natural and even helpful part of spiritual development. Participants are encouraged to understand Step Two as a personal journey shaped by their own background, culture, and inner

experience—not someone else’s definitions or rules. The goal is to recognize patterns, dissolve projections, and cultivate compassion rather than self-contempt. Inquiry helps reveal the difference between reality and the stories our ego tells, allowing the false self to soften so the true self can emerge.

She then reviews type-specific obstacles that can make Step Two challenging for different Enneagram types. Ones may be blocked by perfectionistic searching for the “right way,” while Twos may resist the idea of insanity or rely on others as their power. Threes may struggle to believe anything is truly greater than themselves. Fours may fear falling into despair and doubt that restoration is possible. Fives tend to rush the process intellectually rather than experience it. Sixes may distrust authority or be triggered by traditional God language. Sevens may prefer their familiar “brand of insanity.” Eights may believe a Higher Power *could* restore them but doubt that it *would*. Nines may delay doing the work, assuming change will somehow happen on its own. These obstacles are offered not as judgments but as gentle mirrors, helping participants understand why certain questions felt difficult and encouraging them to explore whether these type tendencies are getting in the way of coming to believe.

ASSIGNMENT: Do the Step 2 Challenge (link [HERE](#)) by Asking yourself the core inquiry: *Is my Higher Power big, loving, trustworthy, and powerful enough? If not, how do I need to reorient?* Then answer Step 2 Reflection Question 4.

This manual is meant to become *your* personal TYPE manual

For each step:

1. Visit the **Step [#]** **page for your Enneagram type** on the Surrender School website.
2. Print that web page.
3. Place the printed web page for Step 2 here.
4. Then use this instruction page for your reflection, notes, and insights.

Step 3

Summary Video Session 10 (3:1)

The facilitator briefly revisits why Step Two can feel difficult for each type, not as a criticism, but as a lens: if you're stuck with the questions or with "came to believe," it may be your type's particular flavor of resistance getting in the way.

She then introduces "accessible traits": the character traits of your wings and arrows that are naturally available to you for growth. Using herself as an example (Type 8 with 7 and 9 wings and arrows to 2 and 5), she describes how recovery has gradually brought in more kindness (2), comfort with solitude (5), lightness and play (7), and a real desire for peace (9), all without her "forcing" those traits. She reads the acorn—and-oak tree parable to illustrate that our personality shell (the acorn) is not who we really are; as the shell cracks through this work, our true self (the oak) grows.

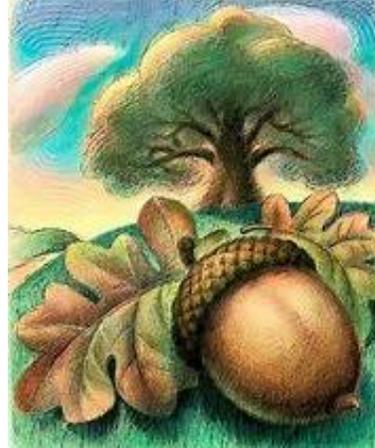
The invitation for the coming week is twofold: as you journal on Step 3, Question 1 gently notice when you find yourself using traits of your wings and arrows—whether skillful or unskillful—and meet all of it with tenderness rather than judgment, trusting that as you do the work, your Higher Power does the changing.

ASSIGNMENT: Read the Intro and answer the first question of Step 3.

Summary Video Session 11 (3:2)

Building on last session's acorn metaphor. Many people describe becoming aware of long-held protective

patterns—people-pleasing, rescuing,



emotional overwhelm, self-shaming, passive aggression, distrust, taking responsibility for others' feelings, or misinterpreting others' behavior through the lens of their type. These "cracks" are painful but essential signs that the false self is loosening. Return to compassion: notice the behavior, understand the pattern, make amends if needed, and then soften toward yourself. As we do this work awareness is growing, defenses are dissolving, and people are seeing their type-specific coping structures with clarity rather than self-condemnation.

The facilitator then teaches about the **basic fear of each Enneagram type**, explaining that our core fear is the engine that builds the ego structure we later mistake for ourselves.

Ones fear being defective;
Twos fear being unlovable;
Threes fear having no inherent value;
Fours fear having no personal significance;
Fives fear helplessness;
Sixes fear being without support;
Sevens fear being trapped;
Eights fear being controlled and harmed; and
Nines fear annihilation or "nothingness."

The facilitator encourages participants to notice how their fears show up in daily life and to meet these moments with gentleness, not judgment. As you do this work remember that the purpose of this work is to gradually soften the ego while allowing the true self to emerge with compassion and spiritual grounding.

ASSIGNMENT: Answer the second question of Step 3 for your Type

Type	Basic Fear
1	Of Being Defective
2	Of Being Unloved/Unwanted
3	Of NO value apart from achievements
4	Of No personal significance
5	Of being Helpless
6	Of being unable to survive on their own
7	Of being trapped or deprived
8	Of being controlled
9	Of being destroyed



Summary Video Session 12 &13 (3:3)

The facilitator revisits the role of inquiry in Steps 4 and 5: the work ahead is about learning to see patterns as patterns and projections as projections rather than as reality. When these ego structures are exposed, they begin to dissipate—not because we force

change, but because we become aware of them and allow our Higher Power to transform us. She explains why traditional Step Four often leaves people stuck in shame, leading to ineffective Step Six and Seven work; the Enneagram-based approach helps people finally see their blind-spot patterns with clarity, enabling Step Six and Seven to come alive as an actual spiritual experience rather than a checkbox.

The facilitator explains why wings and arrows can feel more accessible for growth as we do not share those types' basic fears, so their gifts can be picked up more easily.

The facilitator introduces the **Step THREE challenge**, which asks each type to practice one action from their *back-arrow* type (e.g., Ones doing something playful like a Seven, Twos doing something creative for themselves like a Four, Sevens focusing deeply in one area like a Five, Eights expressing feelings like a Two).

As you do the work, stay grounded in compassion as awareness continues to expand.

ASSIGNMENT: Do the Step 3 Challenge for your Type and answer Step 3 Questions 3.& 4.

Step 3 Challenge	
Step THREE Weekly Wrapup Challenge	
Type 1 Let's do something from your Back Arrow Type Type 1's Backarrow is Type 8 (page 30) You are often rather serious so do something PLAYFUL , this week.	Type 5 Let's do something from your Back Arrow Type Type 5's Backarrow is Type 8 (page 30) You sometimes think you are underachievers so say "It's human to have needs!" and do some vigorous exercise (use safety).
Type 2 Let's do something from your Back Arrow Type Type 2's Backarrow is Type 4 (page 30) You often do things to others so do something CREATIVE for yourself this week.	Type 6 Let's do something from your Back Arrow Type Type 6's Backarrow is Type 9 (page 30) You like to be prepared so allow yourself to have something unusual or be unprepared.
Type 3 Let's do something from your Back Arrow Type Type 3's Backarrow is Type 8 (page 30) You often react by being angry so allow yourself to feel a FEAR & determine what it is, during this week.	Type 7 Let's do something from your Back Arrow Type Type 7's Backarrow is Type 5 (page 30) You often become excited so deepen your knowledge in one area (even with only math).
Type 4 Let's do something from your Back Arrow Type Type 4's Backarrow is Type 1 (page 30) You often spend time in your head feeling your feelings... Take a walk and get in touch with your BODY and your feelings. How does your body feel? Good? What can do you sense? What do you see & hear? (5).	Type 8 Let's do something from your Back Arrow Type Type 8's Backarrow is Type 2 (page 30) You often feel the need to "step up." This week realize that you also need to be heard or heard in a technique to express your feelings.
	Type 9 Let's do something from your Back Arrow Type Type 9's Backarrow is Type 3 (page 30) You are often on the backround. See if you can be like an astronaut & send across the words that keep you quiet.

This manual is meant to become *your* personal TYPE manual

For each step:

1. Visit the **Step [#]** **page for your Enneagram type** on the Surrender School website.
2. Print that web page.
3. Place the printed web page for Step 3 here.
4. Then use this instruction page for your reflection, notes, and insights.

STEP 4

Summary Video Session 14 (4/1)

In this session, the facilitator explains that Step Four invites us to begin a spiritual inventory by identifying the obstacles between us and our Higher Power. To illustrate this, the facilitator compares a resentment inventory to a warehouse inventory: first we *count* (columns one and two), then we *analyze* (column three). The “count” stage simply names who or what disturbed us and what happened—without interpreting or explaining. The “analysis,” the real gold, comes in column three, where we explore how the situation made us feel and the nature of our response. This is where patterns, emotional truth, and ego defenses begin to surface.

The facilitator emphasizes not jumping ahead to column four yet, since early in recovery people tend to swing between “none of this is my fault” and “all of this is my fault.” For now, the task is to gently stay with feelings and the nature of our response.

Step Four is not about discovering who you are, but revealing who you are not, so in later steps your Greataer Power can help you release what doesn't belong to your true self.

When sharing with your sponsor/fellow traveler briefly name what happened (columns one and two) and spend most of the time exploring column three. If you notice you spend your entire share retelling the story of what was done to you, that simply means you are still living in the story—and this awareness is offered with compassion, not shame.

ASSIGNMENT: Answer the 4 questions and create a Resentment Form of your own. Or you may choose to just alter the sample resentment form for your type by changing names in the first column and circling if the second column fits your situation.

Example Resentment Form

Who/What I Resent	Why I Resent Them	How It Affects Me (Self-Esteem, Pride, Relationships)	My Part in It
My boss	Not giving clear instructions, making me feel uncertain and anxious.	I feel overwhelmed and fearful of failure.	I didn't ask for clarification, fearing they would judge me as incompetent.
My partner	Not being there for me when I was anxious.	It causes me to feel unsafe and abandoned.	I can't express my needs for support, fear of rejection.
My parents	Not providing enough guidance when I was younger.	I feel unsure of myself and struggle with self-doubt.	I have insecurities. I name them for me.
The government	Failing to provide security and stability.	It leaves me feeling distrustful and fearful of the future.	I avoid getting involved, preferring to stay on the sidelines and complain.
A coworker	Failing to complete tasks, leaving me exposed to criticism.	I feel anxious and unsupported at work.	I avoided addressing the issue directly and relied on others to intervene.
A friend	They didn't defend me when I needed support.	I feel betrayed and question the friendship.	I didn't communicate how their actions made me feel.
My recovery sponsor	Not validating my fears or providing reassurance.	I feel insecure in my recovery journey.	I placed too much reliance on their approval.
A religious leader	They didn't provide clear spiritual guidance.	I feel lost and unsupported in my spiritual journey.	I relied too much on them instead of seeking God's direction.
My sibling	Didn't back me up during a family dispute.	I feel betrayed and unsupported.	I didn't explain why their support was important to me.

Not Yet!



RESENTMENT FORM

Who/What I Resent	Why I Resent Them	How It Affects Me (Self-Esteem, Pride, Relationships)	My Part in It
			DO NOT USE THIS COLUMN UNTIL LATER IN THE PROCESS

Here is an example of a Blank Resentment Form. **Print the actual form here.** Please note that we ask that you NOT use the 4th column yet. (It is too easy to waste time beating yourself up so we wait until we can feel compassion for ourselves before we do the 4th column.)

Please note: in the future on the Fear & Harm forms you can make a GUESS at what you “should have done instead” and “what would God have me be” but be prepared to be surprised.

This manual is meant to become *your* personal TYPE manual

For each step:

1. Visit the **Step [#]** **page for your Enneagram type** on the Surrender School website.
2. Print that web page.
3. Place the printed web page for Step 4 here.
4. Then use this instruction page for your reflection, notes, and insights.
5. Also print the 3 Sample FORMS for your TYPE from Step
 - 1) Resentment
 - 2) Fears
 - 3) Harms.

Also print out the BLANK FORMS to use for you to fill out.

Or you may decide to just messily circle and write on the sample forms by changing the names in column 1 and maybe the feelings in column 3, etc.

Step 4 –

Summary Video Session 15 (4:2)

The main focus of this session is how community and “kind observers” can support Steps Four and Five and prepare people for the deeper work of Steps Six and Seven. A kind observer is described as a non-judging, benevolent listener who practices active listening—paying attention, withholding judgment, reflecting, clarifying, and then gently summarizing repeated emotion words and defenses (for example, control, fear, shame) that show up across someone’s inventory.

. The group then turns toward the Fears Launch Questions, exploring how fear shows up differently by type (especially the intensity of fear/anxiety in Sixes) and how we often confuse fear with anxiety. The facilitator closes by stressing that Step Four and Five are *setups* for the real power of Steps Six and Seven, reassuring everyone that they’re welcome whether or not they did the homework, and that simply showing up, listening, and sharing honestly with community can reveal patterns they could never see alone.



ASSIGNMENT: Answer the FEAR questions and create a FEARS table.



Summary Video 14 & 15 (4:3)

In this session, the facilitator reinforced that the purpose of Step Four is not to relive old stories but to uncover the defenses that keep us stuck. She explained that our ego structures were designed to protect us in childhood and are “practically immortal,” meaning they still jump in automatically today. Participants explored how fears connect to core emotions—especially shame for Types 2, 3, and 4—and how those emotions lead to habitual behaviors and additional feelings about those behaviors. She emphasized that the real transformation comes later in Steps Six and Seven, where we ask our Higher Power to help dissolve these defenses so our true self can emerge.

She reminded everyone: the only wrong way to do a Fourth Step is not to do it. She encouraged everyone to focus on the pattern beneath the story and to honor the discomfort as part of growth. The meeting closed with reassurance that even painful awareness is progress, and that compassion—never self-contempt—is the source of spiritual growth.

Summary Video 16 & 17 (4:4)

Today's session introduced the Harm Launch Questions for Step Four and continued reinforcing the shift from traditional "list everything you've ever done wrong" inventories to a focused, compassionate uncovering of **defenses**. The facilitator reminded everyone that we work the steps by type, and emphasized that self-contempt blocks spiritual growth. The intention is not to relive every story, but to look at what is taking up space in your mind *right now* so you can identify the patterns and emotions—especially the feelings beneath your behaviors—that reveal your key defenses. Some people have said that this approach feels relieving, clarifying, and sometimes uncomfortable as old shame, fear, and identity wounds surface. The facilitator reminded everyone that these reactions are expected, and that compassion—not perfection—is the foundation for change.

Harms often illuminate how one's type-structure affects others and how uncovering only one to three core defenses is the real purpose of Step Four and Step Five.

She clarified that we never owe amends for feelings—only actions—and encouraged everyone to stay focused on "How did I feel?" and "How did I act?" rather than dwelling in old narratives. Remember that discomfort is a sign of growth, and the reminder that Steps Six and Seven—not willpower—are where the deeper transformation happens.

ASSIGNMENT: Briefly answer the Harms questions



STEP 5

Summary Video 18 & 20 (5:1)

In today's session, the facilitator introduced Step Five as a compassionate, discovery-based process rather than a rigid, structured presentation. The purpose of Step Five is to speak the truth aloud—to ourselves, to another human being, and to our Higher Power—so the old story can finally lose its power.

Participants were reminded that a “kind observer” is not a sponsor or an advice-giver, but a benevolent listener who reflects back recurring words, themes, or patterns. Most people enter Step Five by retelling columns one and two (the story of who hurt them and how), but the transformative work begins when they shift toward column three: how the experience made them feel, and how those feelings shaped their actions. This is not about performing or getting it right; it is about presence, honesty, and compassion.

The sharer is to focus on feelings, not on retelling events. The Observer will observe without interpreting; and name repeated emotional words without judgment.

The facilitator introduced instinct theory (self-preservation, social, and one-to-one) and demonstrated how instinct + type create subtype patterns that shape behavior, blind spots, and growth paths. The instincts reveal where we withdraw, where we connect, and where we push into the world—and that understanding these can illuminate defenses that appear in Step Five work. The session closed with encouragement: there is no wrong way to do Step Five except not doing it, and whatever emerges is simply part of the journey from false self to true self.

This manual is meant to become *your* personal TYPE manual

For each step:

1. Visit the **Step [#] page for your Enneagram type** on the Surrender School website.
2. Print that web page.
3. Place the printed web page for Step 5 here.
4. Then use this instruction page for your reflection, notes, and insights.

Choose a “Kind Observer” to listen to your Step 5. Make sure they understand their job is to LISTEN (not give advice) so they can help you determine which DEFENSE you will work on in Steps 6 & 7.



STEP 6

Summary of Video 22 (6:1)

In today's session, the facilitator explained how Steps Four and Five prepared us for the deep work of Step Six: identifying **one** core defense that we are entirely ready to have removed. She reframed "character defects" as *character defenses*—automatic ego responses that once protected us but now sabotage connection, peace, and spiritual growth. We aren't looking for everything wrong with us; we are choosing **one specific pattern** that repeatedly causes suffering.

She introduced the concept of the "racket" (from Landmark Forum): a persistent complaint paired with a fixed way of being that always shows up in the same situation. When these combine, they create repeating patterns that keep us stuck. Step Six begins by honestly naming these patterns, understanding their cost, and—most importantly—identifying the hidden payoff our ego receives, which is what makes them so sticky.

This is not about self-judgment but awareness with compassion. We begin observing our rackets gently—seeing the complaint, seeing our predictable reaction, and noticing the emotional and relational cost. She reminded the group that the ego leaps in to defend without our permission, and each type's defense matches its Enneagram wiring (e.g.,

anger for Eights, shame for Twos and Fours, fear for Sixes). Step Six is about becoming willing—truly willing—to let those automatic defenses go.

Remember: "the magic you are seeking is in the work you are doing," and the purpose of Step Six is simply to prepare the heart so that in Step Seven, we can sincerely ask our Higher Power to remove what no longer serves us.



Summary of Video 23 (6:2)

In this session, the facilitator deepened the group's understanding of Step Six by explaining how our persistent reactions—what Landmark calls a "racket"—reveal the daily ego defenses that cause suffering. Step Six is not about eliminating feelings but about seeing how our ego interprets those feelings and jumps in to "protect" us without permission.

Each type's passion, basic fear, and basic desire shape this reaction cycle and identifying one specific defense is essential. By breaking it down into: *something happens* → *I have a feeling* → *my ego reacts*, participants were shown how to locate the real problem—not the event itself, but the story the ego attaches to the feeling. **This is the defense Step Six asks us to become entirely ready to release.** The "cost" is always borne by the true self

(exhaustion, disconnection, isolation), while the “benefit” always goes to the ego (feeling superior, justified, safe, in control, or protected). Recognizing this dynamic helps participants see why their defense persists and what keeps it alive.

How does your ego think this defense helps you? What does it cost you? What do you fear about letting it go? How would you benefit from being free of it? Answer these four questions specifically for the *one defense* uncovered in Steps Four and Five—the one pattern that most consistently blocks their peace, usefulness, and connection. Step Six is slow, personal work designed to make the heart truly ready for Step Seven’s request for release. The goal is not to change everything about themselves but to allow God to remove the one defense that consistently produces suffering. Feelings remain valuable teachers; it is the automatic ego reaction that we are preparing to surrender.

Remember: this work takes time, practice, and compassion, and that Step Six becomes transformative when we gently separate feelings from ego stories and become willing—really willing—for our Higher Power to help remove what no longer serves us.



Summary of Video 24 (6:3)

In this session, the facilitator explained that Step Six is fundamentally about recognizing the ego’s stories and the patterned ways we protect ourselves without permission. She emphasized that spiritual growth depends on seeing these patterns clearly: first, *awareness* (“Oh—this is a story I’m telling myself”), then *identifying* the story, and finally examining the *costs and ego benefits* that keep the pattern alive. She described the “story cycle” this way: something happens → I have a feeling → my ego interprets that feeling and creates a story → the story triggers a predictable reaction. Participants were encouraged to notice that these stories often feel like “truth,” even though they are interpretations—usually rooted in old wounds, childhood experiences, or Enneagram-type defenses. Step Six invites us to look at one specific defense closely enough that we can see how it shows up in real time, how it separates us from our true self, and how much suffering it creates when left unquestioned.

The facilitator also clarified how to choose the one defense to work with throughout Steps Six and Seven. Rather than selecting something huge or abstract like “I abandon myself,” she encouraged participants to identify the concrete form that self-abandonment takes—such as overgiving, people-pleasing, boundarylessness, anger, avoidance, victimhood, or control—because transformation is easier to see when the behavior is specific. Step Six, is “a practice to create a practice,” training us to repeatedly recognize ego-driven reactions as they arise and pause long enough to ask: How does my ego think this protects me? What does this cost me? What do I fear losing if I let

this go? And what might life feel like without it? Letting go of a long-held defense often requires grief, compassion, and patience, and genuine change comes from cooperation with a Higher Power—not self-force. The session closed with encouragement to continue noticing stories gently and to choose one manageable defense that can realistically open the door to deeper freedom.



Summary of Video 25 (6:4)

The facilitator explained how participants begin to recognize the *one ego defense* that is most ready to be transformed. Selecting a defense is not about choosing the “biggest” flaw or the one that feels overwhelming, but choosing the one that is *visible, workable, and specific*. Many defenses—like control, victimhood, anger, fantasy, people-pleasing, self-abandonment, or intensity—are deeply interwoven, but Step Six asks us to focus on just one concrete expression. She taught that big umbrella concepts (“self-abandonment,” “overcontrol,” “anger”) often contain several behaviors, and the work becomes clearer when we identify the *particular tentacle*, not the whole octopus: people-pleasing, avoidance, pushing opinions, fantasizing, withdrawing, caretaking, etc. The facilitator reassured everyone that the emergence of a clearer defense mid-process is normal, and that noticing

new layers is a sign of awareness — not failure. Step Six is a practice of seeing how defenses actually operate in real time, not a moral judgment.

The teaching then focused on the “Circle of Change,” the model showing that the *need* for change begins inside us but the *change itself* begins externally through behavior. Step Seven asks us to show our willingness through micro-actions — “trying the opposite” — not mastering it.

Opposite actions are small, clumsy attempts to behave differently: a two practicing gentler boundaries, an eight pausing before reacting, a four stepping out of fantasy into present reality, a one softening rigidity. These attempts are the signal to the Higher Power: *I am willing*. The facilitator explained that genuine transformation happens when our willingness meets God’s power — our effort creates space for grace. Over time, trying the opposite weakens lifelong patterns and makes room for new, more truthful reactions.

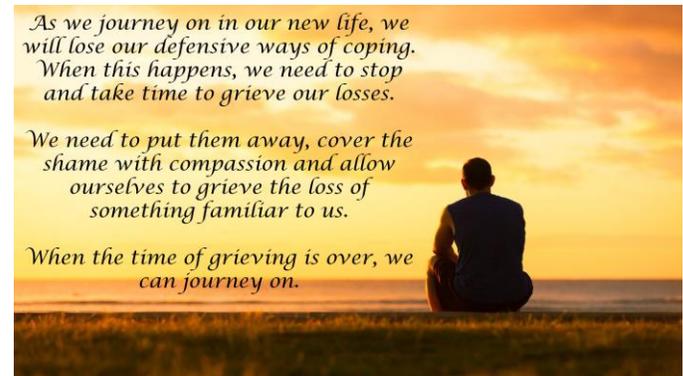
Participants were encouraged to trust that real spiritual change often becomes visible in small ways: less reactivity, more empathy, fewer compulsive defenses, and moments of calm where there used to be struggle. Step Six concludes with the understanding that we are preparing ourselves — gently and honestly — to let God remove what no longer serves us.



Summary of Video 26 (6:5)

This week explored the *Circle of Change*, a core teaching that shows how real transformation unfolds. The *need* to change rises from within — the inner ache, the discomfort, the spiritual longing that brought each person to the work. But the *actual change* begins externally through small shifts in behavior. Step Seven is where we demonstrate willingness, not mastery. We do this by “trying the opposite”: choosing a behavior that contradicts our long-standing defense pattern. The facilitator emphasized that this is not perfection; it is practice. Just like a toddler taking two steps before falling, the attempt itself is the victory. Trying the opposite — even clumsily — is how we signal to our Higher Power: *I am willing*. When we take even small outward actions, our Higher Power creates the internal transformation we cannot manufacture ourselves. Participants were taught how to articulate this willingness with a simple structure: “I’m entirely ready to have this defense removed, and I’m willing to try the opposite, which is....” The focus is on finding an identifiable defense (anger, people-pleasing, withdrawal, self-criticism, rigidity, future-tripping, etc.) and pairing it with a concrete opposite behavior that can be recognized in daily life. This week also introduced mantras—short, powerful phrases unique to each Enneagram type—designed to be used during the pause that interrupts old reactive patterns. The facilitator reinforced that mantras serve as anchors, reminders of the new direction we’re choosing, and are to be memorized for Step Seven. Finally, participants were reminded that releasing defenses often brings unexpected grief. Letting go of what

once protected us can feel like loss, even if the old strategy caused suffering. Step Six closes with humility, honesty, and the willingness to let our Higher Power replace what no longer serves us.



As we journey on in our new life, we will lose our defensive ways of coping. When this happens, we need to stop and take time to grieve our losses.

We need to put them away, cover the shame with compassion and allow ourselves to grieve the loss of something familiar to us.

When the time of grieving is over, we can journey on.

This manual is meant to become *your* personal TYPE manual

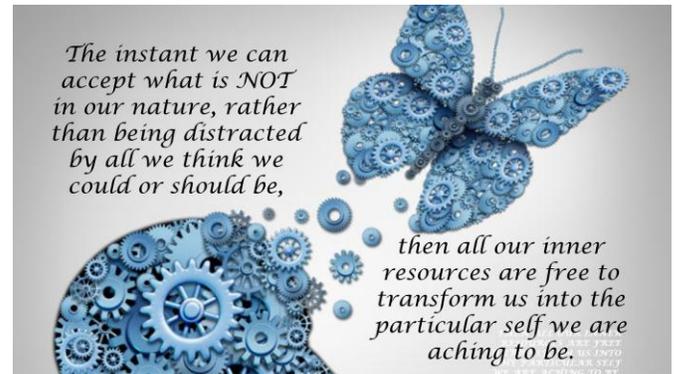
For each step:

1. Visit the **Step [#]** **page for your Enneagram type** on the Surrender School website.
2. Print that web page.
3. Place the printed web page for Step 6 here.
4. Then use this instruction page for your reflection, notes, and insights.

Steps 1–6 Re-Cap Session Summary

In this recap session, the facilitator walked newcomers and returning participants through the purpose, structure, and philosophical heart of Surrender School. She clarified that the mission is not only recovery from food-related struggles, but recovery of the *self* through compassion, presence, and the 12 Steps—integrated with the Enneagram. The first part of the session emphasized that Surrender School is a “pirate ship” in the best sense: deeply faithful to the spirit of the Big Book, while free from the shame-based interpretations that have developed over the decades. She explained that Steps 1–3 are about acknowledging powerlessness, building trust in a Greater Power big enough to help, and making the decision to turn our will and life over—followed by action. The Enneagram plays a central role here: each type has a core fear, a core passion, and a core defense structure that subtly drives compulsive behaviors. Seeing these type-specific patterns with compassion begins to crack the “ego shell” so true growth can start. Participants were reassured that the Steps can be worked kindly, gently, and in alignment with their type, without the self-contempt that often stalls spiritual growth.

The second half of the session recapped Steps 4–6, highlighting how Surrender School approaches these steps differently from traditional formats. Step Four was reframed as uncovering *defenses*, not defects—short, focused inventories of repeated emotional reactions rather than long historical confessions. Step Five’s “Kind Observer” model helps participants see blind spots with compassion rather than shame, allowing patterns to emerge



clearly. Step Six introduced the practical foundation for transformation: identifying *one defense* to work with—something visible, type-specific, and workable—and beginning the “story cycle” awareness process. The facilitator explained that real change follows the Circle of Change: the *need* to change arises inwardly, but the *change* itself begins outwardly through behaviors that “try the opposite” and demonstrate willingness to a Greater Power who performs the deeper transformation. The recap closed with a clear set of catch-up assignments for newcomers and an invitation to begin Step Seven, reminding everyone that sustained change is possible—not through self-force, but through compassion, awareness, and cooperation with the Spirit of the Universe.

Summary Video 27 (7:1)

In Step 7, Week 1, we gently shift from *seeing* our defenses to actually *inviting change* with the help of a Greater Power. Building on the groundwork of Steps 1–6, this session focuses on what Step 7 really means in lived, practical terms: not hating ourselves into “better behavior,” but humbly asking for help with **one specific defense** that no longer serves us. We explore the difference between gritting our teeth to “fix” ourselves and opening to a Power greater than our personality structure—trusting that transformation is possible, one pattern at a time.



Step 7 becomes less about “please remove all my defects forever” and more about “I’m willing to work with You, here, on *this* real thing I do, in real life, with real people.”

Together, we look at how our **type-specific defenses** (people-pleasing, withdrawal, overcontrol, performance, etc.) are rooted in fear, and how Step 7 asks us to become willing to let those defenses loosen—without losing our dignity, safety, or identity. We revisit the **Circle of Change**: the *need* to change starts on the inside, but our *willingness* shows up in simple, outward actions as we “try the opposite” in daily life.

Participants are invited to choose *one* defense to bring to Step 7, connect it to their Enneagram type, and begin practicing small, concrete experiments that say to their Greater Power: “*I’m willing. Please help me with this.*” This first week of Step 7 is all about grounding that prayer in clarity, compassion, and courage—so the spiritual work of real change can truly begin.



Summary Video 28 (7:2)

Step 7, Week 2 deepens the move from *identifying* defenses to *praying into* real change with a Greater Power, using language that actually fits each person's experience.

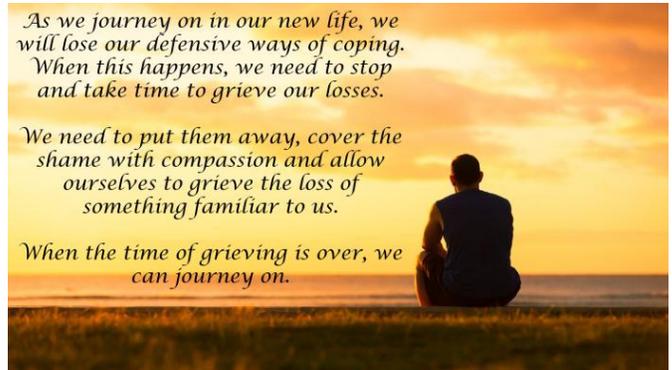
The heart of the session is a **fresh Step 7 prayer**. Instead of the traditional "remove every single defect of character," Surrender School's version is focused and type-specific:

Higher Power, I am now willing that You should have all of me, true self and false self. I pray that You now remove from me the defense of _____, when it stands in the way of my usefulness to You and my fellows. Help me to see my other defenses as I live my life in service to You. In my vulnerability lies my strength. (added mantra)

Key nuances:

- We use **"when" (not "if")** to honor that some traits can be useful in certain contexts and harmful in others.
- We don't assume we always know what "stands in the way" — that's up to our Greater Power, not our self-criticism.
- We focus on **one core defense** (perfectionism, victim mentality, comparison, resistance to guidance, future-tripping, neglecting personal needs, lust for intensity, over-control, pride, etc.) so we can see real change, not just vaguely hope to be "better."
- We remember that when something is removed, it helps to **replace** it (e.g., with gratitude,

trust, willingness) and to allow for **grief** as we loosen an ego pattern we long thought was "just who I am."



The big themes:

- Step 7 is about **partnership** with a Greater Power, not self-improvement by willpower.
- Short, honest prayers you can actually *use in the wild* are better than long, perfect ones you'll never say.
- We're not trying to become flawless — we're learning to **love ourselves into change**, one defense, one day, one little prayer at a time.

Summary of Video 29 & 30 (7:3)

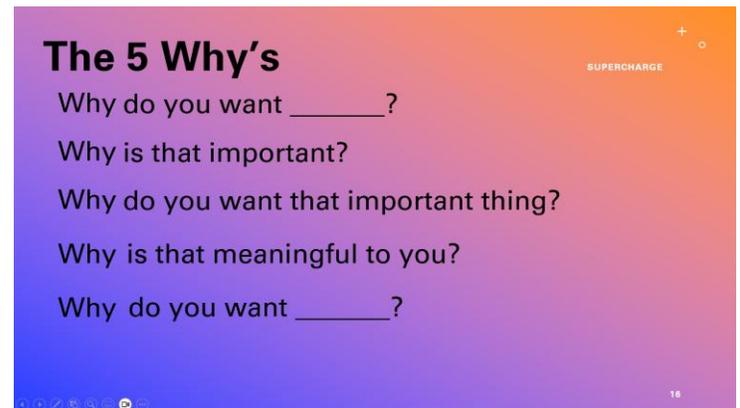
Spiritual growth rarely arrives dramatically — instead, it shows up like a moon shadow: infrequent, subtle, delightful, and only visible when we're facing the right direction. These moments occur when we *notice* a familiar defense rising, *pause* rather than react automatically, and choose a different behavior that reflects our true self rather than our ego structure. Step 7 doesn't remove our defenses entirely; instead, it restores our freedom to choose. The facilitator emphasized that the pause — the ability to stop, notice, feel emotions without suppressing them, and consciously respond — *is* the miracle of recovery.

Participants were encouraged to focus on one chosen defense and watch for real-time shifts, even tiny ones, as evidence of cooperation between their daily work and their Higher Power's grace.

The session also reinforced the purpose of Step 7: partnering with a Greater Power to remove a defense *when* it interferes with usefulness, integrity, or alignment with one's true self. Participants reflected on how increased awareness is bringing more clarity, more feeling, and more authenticity to their relationships and choices. The facilitator discussed the importance of self-compassion, boundaries, and recognizing defenses as automatic ego reactions rather than moral failings.

She introduced the "Five Whys" as a tool to uncover deeper motivations beneath each defense, and clarified that

Step Eight will build on Steps Four and Six by identifying amends based on behavior, not feelings. The week closed by celebrating many examples of "moon shadows"—moments of pausing, choosing differently, and witnessing real change, reminding everyone that spiritual progress is visible, accessible, and already unfolding within their daily lives.



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For each step:

1. Visit the **Step [#]** **page for your Enneagram type** on the Surrender School website.
2. Print that web page.
3. Place the printed web page for Step 7 here.
4. Then use this instruction page for your reflection, notes, and insights.

Summary Video 31 (8/1)

The facilitator explains that Step 8 has three distinct parts—*spiritual discernment, obstacles to willingness, and types of amends*—and that these will be introduced separately so participants can understand each one clearly before bringing them together.

She emphasizes that **amends are not owed for feelings, discomfort, or another person’s reactions.** Amends are only needed when our defenses (identified in Steps 4, 6, and 7) led to real emotional, physical, financial, or spiritual **harm**. She clarifies that we are responsible for our *actions* and *intentions*, not for managing someone else’s emotional experience or their interpretation. Participants are reminded that truth spoken kindly, healthy boundaries, and the pause are not harms. The group is encouraged to “check motives” rather than apologize automatically, and to remember that many types—especially 2s, 4s, 6s, and 9s—tend to apologize unnecessarily.

The rose metaphor from Mark Nepo is introduced to illustrate that the unfolding of change is slow, natural, and not something we can force; we are asked to bring compassion to the discomfort of feeling “in between” Steps 7 and 8.

The second half of the session focuses on applying discernment with tenderness and honesty. Participants explore the difference between actions that legitimately require amends and actions that simply triggered someone else due to their own history or type structure.



The facilitator highlights that Step 8 begins a *new path*—a shift from the deep inner work of Step 7 to evaluating the real-world impact of our behavior. The group reflects on the pause, opportunities to choose between ego and true self, and the way our Enneagram type shapes both our reactivity and our blind spots.



The facilitator assures the group that most people will owe far fewer amends than they expect, and Step 8 is not about shame—it’s about clarity, self-honesty, compassion, and preparing the way for Step 9 with integrity and spiritual grounding. The session closes with reassurance: growth takes time, and like the rose, each person is exactly where they are supposed to be.

Summary of Video 32 (8/2)

The facilitator clarifies the purpose of Step Eight and why so many people feel confused or overwhelmed at this stage. The group explores the idea of working “one thread at a time,” returning to the single defense they identified in Steps Six and Seven and tracing how that defense may have caused real harm. Instead of suddenly facing “everyone we’ve ever harmed,” participants are encouraged to locate one specific example of their chosen defense in action and gently discern: *Did I harm someone?* and *What, if anything, blocks my willingness to make amends?*

The facilitator emphasizes that Step Eight is not about apologizing for feelings, triggers, or discomfort—only for actual harm caused through behavior. She reiterates that we become willing gradually, and that emotional overwhelm is normal because our “ball of yarn” begins to unravel as we identify the thread.

Participants practice identifying one actionable example of their chosen defense (people-pleasing, withdrawal, emotional intensity, over-control, resistance to guidance, etc.) and begin the spiritual discernment process that prepares them for Step Nine.

The facilitator introduces the three types of amends—direct, indirect, and living amends—offering clear guidance for discerning which type fits each situation.

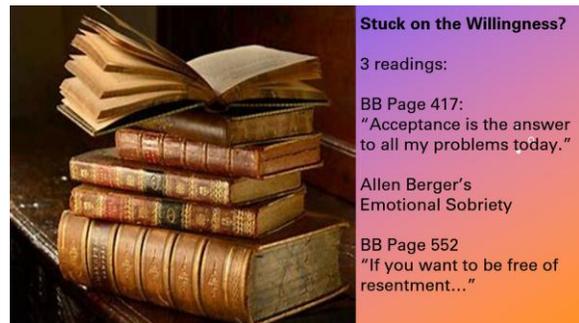
*Direct amends involve making things right with the person harmed when it is safe and appropriate; *Indirect amends are used when someone has died, cannot be found, or would be harmed by direct contact;

*Living amends involve changing our behavior going forward, especially toward ourselves.



The facilitator offers grounding reminders:

- 1) we never owe amends for feelings;
- 2) motives matter more than perfection;
- 3) boundaries are not harm; and
- 4) willingness unfolds gradually.



Assignment: take the one defense, name one example, discern whether an amends is owed, identify the type of amends, and prepare the heart for the deeper work of Step Nine.

Summary of Video 33 (8/3)

The facilitator reviews the purpose of Steps 6–8 and re-centers everyone on compassion, self-awareness, and personal responsibility. She explains that this journey is deeply personal: some weeks we move quickly, and some weeks we barely move at all—and both are normal. The session revisits the three types of amends (direct, indirect, and living), emphasizing that Step Eight is *not* about making amends yet but about spiritual discernment, willingness, and naming the one thread we are pulling. Surrender School encourages participants to choose *one* example of harm connected to their core defense (identified in Steps 6–7), and prepare *one* amends card—not to perform the amends, but simply to understand it.

She clarifies that no one should attempt a Step Nine amends until they are truly ready; readiness includes clarity, humility, emotional stability, and the absence of anger or resentment.

The focus remains on cleaning up *our* side of the street without rushing, forcing, or pushing ourselves into actions that would cause harm.



EXERCISE: The heart of Week 3 is a powerful writing exercise. Participants first think of someone who harmed them, write that person’s name, and then—imagining that this person has done the full spiritual work of recovery—write the amends letter they wish they had received. After the letter is written, everyone is invited (gently, not forcefully) to “forgive them and be free.”

The facilitator explains that this forgiveness is not for the other person—it is a gift to ourselves, a release from the emotional burdens that eat us alive.

This exercise helps people understand how it feels on the receiving end of a sincere amends, preparing their hearts for Step Nine without requiring them to make actual amends yet.

The session closes with reassurances: anger is fatal for us, forgiveness frees us, and no one has to make an amends before they feel truly ready.

ASSIGNMENT: read the Step Nine intro, read the principles, and create *one* amends card—no action required, no pressure to deliver it, simply preparation for spiritual growth.

This manual is meant to become *your* personal TYPE manual

For each step:

1. Visit the **Step [#]** **page for your Enneagram type** on the Surrender School website.
2. Print that web page.
3. Place the printed web page for Step 8 here.
4. Then use this instruction page for your reflection, notes, and insights.

Summary of Video 34 (9/1)

The focus of this whole course is reaffirmed—understanding your false self, embracing your true self, and working the steps by type with unrelenting compassion. Participants are reminded: *You cannot hate yourself into recovery—only love yourself into recovery.*

Before entering Step Nine, the facilitator revisits last week’s powerful forgiveness exercise. Many shared how writing the letter they wished they had received brought peace, clarity, and lightness. The teaching is sharpened: forgiveness is not “can/can’t”—it is “will/won’t.” Forgiveness does *not* mean condoning wrong behavior; it means giving up the personal need to punish—because punishment never hurts the other person, only us. Forgiveness frees *us* so we can move into Step Nine.

With that foundation, Step Nine is introduced gently. Amends must never be made when angry or unready, and never when doing so would harm others. Expectations must be released—no rehearsing imagined conversations, no predicting outcomes. Amends are for spiritual freedom, not for controlling results.

The facilitator reminds everyone: simple amends often happen in ordinary moments—a conversation over coffee, a small shift in behavior, or a quiet willingness to change.



Summary of Video 35 (9/2)

The facilitator reminds participants that this work is both personal and uncomfortable—because growth and comfort rarely hold hands. Spiritual growth requires noticing patterns with honesty and treating ourselves with kindness while practicing new behaviors.

The teaching then shifts into foundational amends principles. Before making direct amends, participants are encouraged to seek guidance from a sponsor or trusted person—especially those who tend to over-own or under-own responsibility.

Each Enneagram type has its own obstacle to willingness (e.g., Ones resisting imperfection, Twos fearing selfishness, Sevens avoiding discomfort, Nines procrastinating, Eights avoiding vulnerability), and noticing these resistance points helps soften them. The facilitator explains the layers of amends: simple apologies, acknowledging defect or defense, taking ownership of specific harms, and—at the deepest level—approaching the other person with sincerity that may even help heal the relationship.

The central message is repeated: if we cannot give something away, it still owns us. Real freedom comes from owning our part, clearing our side of the street, releasing expectations, and trusting that amends blesses both the giver and the receiver.



Summary of Video 36 (9/3)

This session focuses on the Step Nine Promises and how they begin showing up organically when we work the steps with honesty, willingness, and compassion. The facilitator reads the Promises in full and highlights several key ideas: knowing a new freedom and happiness; not regretting the past; feeling serenity and peace; losing self-pity; growing beyond self-seeking; shifts in attitude; fear falling away; and the powerful moment when we “realize God is doing for us what we could not do for ourselves.” She explains the deeper meanings behind several lines—especially that *self-seeking* does not mean selfishness, but seeking validation or identity from others (particularly common for Types 2, 3, and 4). She reminds the group that although these promises may not arrive all at once, they do become real “sometimes quickly, sometimes slowly,” and that many parts of them show up first as small moments rather than dramatic transformations. Participants share their own lived examples of new freedom: feeling more confident in groups, softening long-standing resentments, rebuilding strained family



relationships, learning to pause, releasing perfectionism, and no longer being fully hijacked by emotional intensity or fear.

The second half of the session moves into practical Step Nine guidance. Step Nine requires *doing no harm*, which means checking motives carefully: am I making this amends to clean my side of the street, or to relieve my own discomfort? The facilitator warns against “dump and run” amends or drive-by apologies and teaches that real amends should both heal our side and—when appropriate—offer repair to the other person. Participants explore the difference between bringing emotions into an amends (which can cause harm) and doing the emotional work privately beforehand through prayer, writing, and the pause.

The practice of pausing—creating space between stimulus and response—is introduced through the metaphor of whale watching, illustrating how deeply present, patient, and attentive we become when we wait for something meaningful to surface. This capacity for pause is what allows the “best of us to run the rest of us,” preventing reactive behavior and supporting thoughtful amends. The session closes by emphasizing that Step Nine is guided by love, discernment, honesty, humility, and gentleness—and that each person is exactly where they need to be on their path to living the promises.



This manual is meant to become *your* personal TYPE manual

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1. Visit the **Step [#]** **page for your Enneagram type** on the Surrender School website.
2. Print that web page.
3. Place the printed web page for Step 9 here.
4. Then use this instruction page for your reflection, notes, and insights.

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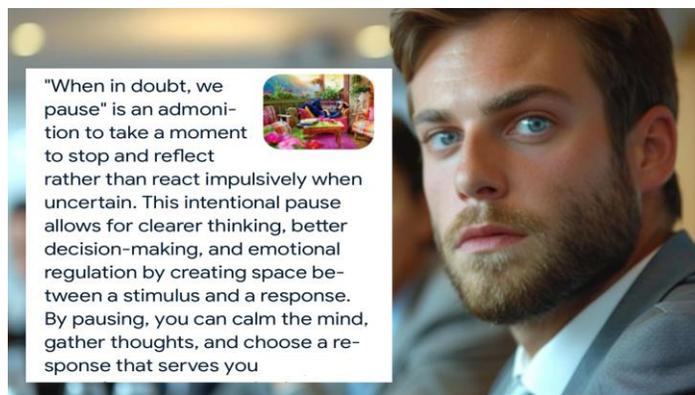
Summary Video 37(10/1)

This session introduces the heart of living in ongoing recovery: the pause, the spot-check inventory, and the early signs of emotional sobriety. Step 10 is where we begin practicing continuous awareness of our ego structure, learning to catch the old patterns *as they arise* rather than after they have overtaken us. The session focuses on the transformative power of the pause—“when in doubt, we pause and wait for the next right thought or action.”

Through examples like entering a room late, she illustrates how quickly self-consciousness and self-judgment can flare, and how the pause allows us to recognize, “This is not about me.” This moment of space lets the promises start to emerge—freedom from fear, release from self-pity, shifts in attitude, and ease around others.

The facilitator then teaches the Step 10 “spot-check inventory,” showing how spiritual awareness develops over time. Early on, we only notice mistakes long after the fact; with practice, the awareness comes sooner—sometimes right after an interaction, and eventually even *during* it. This progression forms a continuum from unconscious reaction to immediate correction.

The session closes with an introduction to “Signal, Stop, and Swap”: every ego defense begins with a physical signal (tight chest, flushed face, rising energy, shutdown, hypervigilance); the pause is what allows us to stop; and with awareness, we can swap the old defense for a healthier action aligned with our type’s growth path. Participants identify their own physical signals—tightening, urgency, hypervigilance, shutting down, holding breath—and reflect on how recognizing these signals is the doorway to living Step 10 in real time.



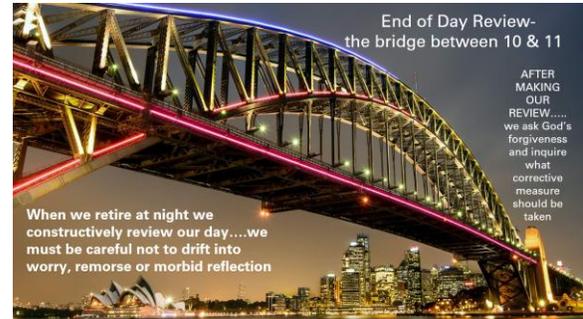
Summary Video 38 & 39 (10/2)

Step 10 Week 2 goes deeper into *living* the pause through the “Signal–Stop–Swap” practice and the reality of our ego patterns by Enneagram type. Building on last week’s introduction to spot-check inventories, this session invites participants to identify the specific *signals* that show their ego structure is gearing up—tight chest, shallow breath, heat in the face, bracing in the body, urgency to fix, explain, withdraw, or control.

From there, the group explores how to use the pause to *stop* automatic reactions long enough to invite their Higher Power in. The facilitator emphasizes that this is not about perfection; it’s about progress and awareness—catching the pattern a little sooner, softening the reaction a little faster, and allowing the Step 9 and Step 10 promises (freedom, peace, usefulness, and right-sizedness) to show up in everyday situations.

The session also introduces the “swap” piece: choosing a new response that supports emotional sobriety instead of reinforcing the old defense. Each type is invited to imagine what a swap might look like—an Eight softening instead of attacking, a Two pausing before over-giving, a Six trusting rather than catastrophizing, a Nine staying present rather than checking out, and so on. Participants share real-life examples where they felt the inner signal, paused (even briefly), and chose differently—sometimes making an amends quickly, sometimes simply refusing to escalate. The facilitator normalizes that much of Step 10 is *retrospective* at first (we see it after the fact), but as we practice Signal–Stop–Swap and continue to ask for guidance, our response time shortens. Over time, Step 10 becomes

less about “cleaning up messes” and more about walking through the day with increasing clarity, humility, and compassion for ourselves and others.



Summary of Video 033 (10/3)

This session focuses on applying Step Ten to real-life relationships through the “Signal–Stop–Swap” practice and the deeper meaning of the nightly review. The facilitator emphasizes that Step Ten is not a one-time inventory but an ongoing spiritual discipline—one that helps us remain awake to our ego defenses as they arise throughout the day. Participants explore the subtle difference between *reflection* and *rumination*: reflection allows us to see the pattern, take responsibility, and make corrections, while rumination traps us in self-judgment, fear, or looping stories. The facilitator revisits the Step Ten questions from the Big Book, showing how they guide us to look honestly at selfishness, dishonesty, resentment, and fear, and then immediately reconnect with our Higher Power. The group reflects on the relief and grounding that comes when we recognize “this is simply my ego structure,” rather than believing something is wrong with us.

The session closes with encouragement to keep nightly review gentle, honest, and spiritually anchored—an invitation to learn from the day rather than judge it.

This manual is meant to become *your* personal TYPE manual

For each step:

1. Visit the **Step [#]** **page for your Enneagram type** on the Surrender School website.
2. Print that web page.
3. Place the printed web page for Step 10 here.
4. Then use this instruction page for your reflection, notes, and insights.

Summary Video 40 (11)

Step 11 centers on deepening our conscious contact with our Higher Power through prayer, meditation, quiet reflection, and whatever personal spiritual practices truly support us. The heart of the session is a rich discussion of how different members seek spiritual connection—whether through traditional prayer, two-way prayer, meditation, daily readings, breathwork, rituals, tarot, gratitude practice, time in nature, or simply beginning the morning with a willingness to be guided.

The facilitator emphasizes that conscious contact does not require perfection or lengthy routines; even a simple “Help” or “Thank You” can open the door. Participants reflect honestly on their blocks (busyness, avoidance, fear, shoulds, or the belief that they must “do it right”) and also on the transformative moments they’ve experienced when they pause, seek guidance, and allow themselves to be found by their Higher Power.



The second half of the session explored the misunderstandings many of us carry about God—especially the idea that God is a “Santa Claus” who fulfills wish lists or a distant judge we must appease. Instead, Step 11 invites

alignment with a will greater than our ego, which is where peace and purpose emerge. Members shared with vulnerability how spiritual practice stabilizes them in the morning, grounds them at night, and helps them move from fear, shame, anger, and control into compassion, presence, and acceptance. The conversation expanded into community: how breakout groups feed connection, how different Enneagram types seek spiritual contact, and how small type-based support circles (like the 9s and 4s) naturally form outside Surrender School. The session closed with encouragement: seek God in ways that match your wiring, release self-judgment, and let spiritual practice be an act of love—not a should. Step 11 becomes not a task, but a daily experience of being met, guided, and supported.

This manual is meant to become your personal TYPE manual

For each step:

1. Visit the Step [#] page for your Enneagram type on the Surrender School website.
2. Print that web page.
3. Place the printed web page for Step 11 here.

Summary Video 41 (12)

This final Step Twelve session celebrates the completion of the Supercharge course and invites members to reflect on spiritual awakening, daily practice, and living the principles in all areas of life. The facilitator reviews the purpose of Step Ten (live clean), Step Eleven (seek God), and Step Twelve (help others). The facilitator emphasizes that growth always comes from compassion, not self-contempt; that practice—not perfection—is the point; and that noticing progress (“the gain,” not “the gap”) is essential.

Participants share powerful experiences of amends, boundaries, inner-critic work, reparenting, relying on their Higher Power, and unexpected “God shots” that guided them through difficult moments. This reflection becomes a living testimony to spiritual awakening unfolding in real time.

The class ends with gratitude, encouragement to notice growth. Members close the session celebrating 42 weeks of deep inner work and the shared experience of recovering together.

This manual is meant to become *your* personal TYPE manual

For each step:

1. Visit the **Step [#]** page for your **Enneagram type** on the Surrender School website.
2. Print that web page.
3. Place the printed web page for Step 12 here.
4. Then use this instruction page for your reflection, notes, and insights.

