

# WEAVING TOGETHER THE ENNEAGRAM AND INNER CHILD WORK



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Each of us is dominant in one of the 9 types in the Enneagram, and learning and working with this system will help to illuminate our strengths, and also our wounds.



Some messages that each type often longs to hear:

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# TYPE 1: THE REFORMER OR PERFECTIONIST

- You are good, and you are enough.
- You do not need to fix anything or anyone.
- All of your feelings are safe, and welcome.



## TYPE 2: THE HELPER OR GIVER

- You are worthy of love without giving or helping others.
- You do not have to earn love.
- I choose you.



## TYPE 3: THE ACHIEVER OR PERFORMER

- You are worthy of love even when you don't win or achieve.
- I see who you are, and it is beautiful.
- I love you for you.



## TYPE 4: THE INDIVIDUALIST OR ROMANTIC

- I want to know who you are.
- You are so special to me.
- Your big feelings are safe with me.



# TYPE 5: THE INVESTIGATOR OR OBSERVER

- I'm interested in you.
- Your needs are important to me.
- I love the way you think.



# TYPE 6: THE LOYALIST OR LOYAL SKEPTIC

- I am always here for you.
- You have my love and support.
- You are safe.





# TYPE 7: THE ENTHUSIAST OR EPICURE

- I am here to take care of you.
- You are safe, right here in this moment.
- You are never “too much.”



# TYPE 8: THE CHALLENGER OR PROTECTOR

- I've got you.
- It's safe to be vulnerable.
- I will never betray you.



# TYPE 9: THE PEACEKEEPER OR MEDIATOR

- It's safe to express your feelings; I want to hear what you have to say.
- You matter to me.
- You are so loved.



## Whether we are a Heart, Mind or Body Type

— the most basic of all distinctions between the 9 types — we experience the energy of each of the other types as well, both in aspects of ourselves and through interactions with our coworkers, friends and loved ones. Learning about our own type is crucial, at the same time when we examine the truths of all nine types, we are able to bring the whole picture into focus and understand more fully how we experience the world and each other.

I encourage anyone seeking more self-awareness to learn more about the Enneagram, and start along the path of awakening to our true nature.



*Thank you!*

Ramona offers one-hour Enneagram consultations, during which a client can discover their Enneagram personality type, learn about the Enneagram as a system for self-awareness and growth, and learn how to use the Enneagram to become their most authentic self.

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