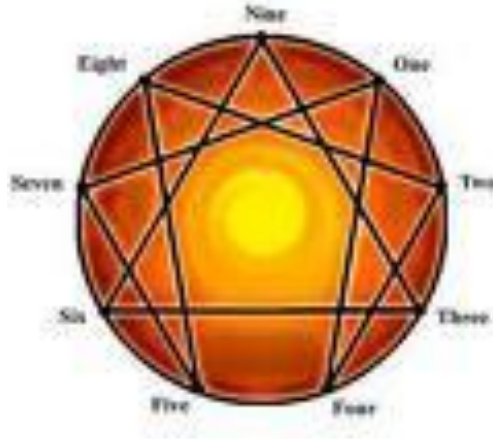




Clear Impact

Simple truths. Consistently applied.



Deepening Understanding of the Enneagram

Integrating the Wisdom of the Lines

A Life-Long Journey

v1.2

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Introduction to the Wisdom of the Lines. For each type you will see:

- The general type description, including the **Striving** (what we think we need to feel to have satisfying life) and the characteristic **Two Word descriptions**
- **Polarities** are based on the two connecting lines of each type: integration and stress. We've given two representative examples. Please see our Workbook for more polarities for each type.
- In general, the movement along each of the two lines of **Integration** and **Stress** based on the level of functioning at the core type. You may remember that the level of freedom and awareness are **High Performance** (where we are truly aware and able to make choices to bring out our best), **Average** (which goes from relatively well-functioning at the higher end of Average, to contentious and combative at the lower end), and **Acute/Chronic Stress** (which is a seriously devolved level of functioning).
- **Direction of Integration.** This is what each type incorporates at the High-Performance level of freedom.
- **Direction of Stress:** This is how each type, under stress, tries to stabilize itself.
- **Direction of Security:** This is the same as the Integration Line, but it's more about how each type, at the Average level of freedom, sometimes acts in situations of safety and trust.
- **Contradictions:** These come from Mario Sikora's work, and are also based on the Integration Line, including the shadow of the type.
- **Ego Disintegration ("The Missing Piece"):** This represents the final movement of high spiritual evolution, after the Direction of Integration, for the dissolving of each type's ego fixation. This material comes from Russ Hudson.

Please remember that Awareness ≠ Change
It requires reflection and perspective taking & seeking

Instinctive/Belly/Anger Center

Autonomy

- **Qualities of Being:** Strong will, strength, power, grounded.
- **Average level:** Not wanting to be controlled or messed with. Anger when autonomy is threatened. Aggression, abuse or abdication of power. Issues with resistance vs. openness, tension vs. relaxation, independence and autonomy, boundaries and control.

Type Eight: The Challenger

Striving to feel Powerful - The Powerful, Dominating Type

Polarities

Eight	Two		Eight	Five
Leading	Supporting		Action	Reflection
Willful	Heartful		Intensity	Control
Friction	Soothing		Initiation	Contemplation

Direction of Integration (Two): Shows a deep and caring heart, expresses vulnerable feelings in a soft and open way.

Direction of Stress (Five): After trying to have an impact and repeatedly getting frustrated, withdraws and processes what has happened, at times with periods of retreat or even isolation.

Direction of Security (Two): Turn toward those they trust to be reassured about the other's need for them. Appear tough in public while showing emotional and even sentimental side to trusted others, doting on key people or pets. Wanting to be acknowledged for their help and support or get others to depend more completely on them. Hidden feelings of rejection can lead them to seek to hold onto those they feel close to, including manipulation and undermining the other. Unwilling to acknowledge their real needs or feelings of hurt.

Contradiction: Assertiveness vs. Neediness. Eights strive to feel powerful and may neglect the strategy at Point Two, striving to feel connected. They sometimes repress their healthy heed for support from and empathy toward others, pushing it into their shadow. Eights are usually assertive and self-sufficient, but sometimes may become needy. For example, they may demand emotional support and appreciation from the people close to them. When Eights become aware that they are behaving this way they will quickly revert to their typical "Eight-ish" behavior of seeming autonomous and stoic.

Ego Disintegration - "The Missing Piece" (Five): Embracing emptiness, "the void," that at the core of everything is pristine nothingness. Sees that there's ultimately no need to assert own existence, to "make anything happen." Finally lets go of any struggle, profoundly relaxes into peaceful stillness.

Type Nine: The Peacemaker

Striving to feel Peaceful - The Easygoing, Self-Effacing Type

Polarities

Nine	Three		Nine	Six
Background	Foreground		Relaxed	Alert
Humility	Confidence		Cooling Down	Heating Up
Accommodating	Asserting		What's Right	What's Wrong

Direction of Integration (Three): Moves firmly into action, even if it's uncomfortable or leads to tension or conflict. Is willing to be in the "spotlight" if that's what the situation calls for.

Direction of Stress (Six): Becomes agitated, fearful, even paranoid. Mind racing.

Direction of Security (Three): Attempt to demonstrate their value, desirability accomplishments or even superiority. Dealing with stress by working more and by being productive, even if this productivity is really "busy work" designed to stay unaware of more crucial problems. Busyness to build a sense of confidence and value. Usually unaware when they are trying to impress others.

Contradiction: Self-Sacrifice vs. Self-Centeredness. Nines strive to feel peaceful and may neglect the strategy at Point Three, striving to feel outstanding. They sometimes repress their healthy need for acknowledgment and recognition, pushing it into their shadow. Nines usually seem to be self-sacrificing and diminish the importance of their goals, but sometimes they become self-centered. For example, though they often ignore their own needs and desires, at times they become frustrated at sacrificing for everyone else and selfishly focus on their own wants. When Nines become aware that they are behaving this way they will quickly revert to their typical "Nine-ish" behavior of seeming self-deprecating and unassuming.

Ego Disintegration - "The Missing Piece" (Six): Profoundly courageous so there's no inhibition to express full radiance and brilliance of who he or she is at the highest level.

Type One: The Reformer

Striving to feel Perfect/Beyond Reproach - The Rational, Idealistic Type

Polarities

One	Seven		One	Four
The Right Way	Options		Rational	Emotional
Serious	Playful		Deliberate	Impulsive
I Should	I Want		Objectivity	Subjectivity

Direction of Integration (Seven): Becomes more playful, spontaneous, curious. Sees from different perspectives, and shades of grey. Takes self less seriously. Relaxes.

Direction of Stress (Four): Normally rational and emotionally controlled, now moody, perhaps depressed, feels like a victim.

Direction of Security (Seven): Become playful and uninhibited. Let their “silly side” out and show more emotional range and humor. Can be outspoken and impulsive, distractible, scattered, also demanding and selfish.

Contradiction: Restraint vs. Indulgence. Ones strive to feel perfect and may neglect the strategy at Point Seven—striving to feel excited. They sometimes repress their healthy need for pleasure and enjoyment, pushing it into their shadow. Ones usually seem to act with restraint and self-control, but sometimes they can become indulgent. For example, they may secretly overeat or pursue other pleasures when they think no one notices. When Ones become aware that they are acting this way they will quickly revert to their typical “One-ish” behavior of seeming proper, discreet, and “well-behaved.”

Ego Disintegration - “The Missing Piece” (Four): Effortless flow replaces rigid internal control. Shifts to deepest wisdom, and from there trusts the unencumbered expression of that. Ecstatic dive into ecstasy, the mystery and depth of the Beloved. Rumi – expression of the ecstatic embrace.

Feeling / Heart / Image Center

Value/Image

- **Qualities of Being:** Sensitive, heartfelt, deep connection, sense of preciousness and meaning in life.
- **Average Level:** Creation of an image, construct an identity to be appreciated/valued, looking for validation. See me the way I want to be seen, you make me real. Sometimes experiences shame when not validated. Issues with value and identity, self-worth, self-image.

Type Two: The Helper/Mentor

Striving to feel Connected - The Caring, Interpersonal Type

Polarities

Two	Four		Two	Eight
Your Needs	My Needs		Supporting	Leading
We're the Same	We're Different		Heartful	Willful
Positivity	Authenticity		Soothing	Friction

Direction of Integration (Four): Takes time to explore and appreciate own inner depth. Takes care of own needs as well as those of others, rather than discounting or ignoring own needs.

Direction of Stress (Eight): Lashes out, especially at those who haven't been sufficiently appreciative, and knowing exactly where to strike for maximum impact.

Direction of Security (Four): May risk expressing neediness and darker impulses. Can become moody, self-absorbed and temperamental, revealing true depth and extent of their emotional needs, self-doubts and disappointments (particularly with others). Easily hurt. More self-indulgent to compensate for their sacrifices.

Contradiction: Giving vs. Envy: Twos strive to feel connected and may neglect the strategy at Point Four—striving to feel unique. They sometimes repress their healthy need for individuality and genuine self-expression, pushing it into the shadow. Twos usually seem to be focused on others and helpful, but sometimes become envious of others' ability to express their desires. For example, they may demand that people focus on them and their needs and become jealous of the attention paid to others. When Twos become aware that they are acting this way they will quickly revert to their typical "Two-ish" behavior of seeming self-sacrificing and supportive.

Ego Disintegration - "The Missing Piece" (Eight): Lets go of always seeing self in relationship to others and stands fully and strongly as a source of Truth.

Type Three: The Achiever

Striving to feel Outstanding - The Success-Oriented, Pragmatic Type

Polarities

Three	Six		Three	Nine
Individual	Team		Foreground	Background
Me	We		Confidence	Humility
Confidence	Doubt		Asserting	Accommodating

Direction of Integration (Six): No longer alone as moves from “me” to “we.” Enjoys giving and receiving support and being of genuine service.

Direction of Stress (Nine): Becoming lost in fantasies or success, losing a sense of priority, or engaging in compulsive avoidant behaviors (like computer games).

Direction of Security (Six): More open about expressing anxieties and frustrations. Positive all day, then come home and download their dissatisfactions on spouse or partner. Surfacing feelings of self-doubt, dread, suspicion and anger.

Contradiction: Achievement vs. Anxiety. Threes strive to feel outstanding and may neglect the strategy at Point Six—striving to feel secure. They sometimes repress their healthy need to blend in and find security in being one of the crowd, pushing it into the shadow. Threes usually seem to be achievement focused and confident, but sometimes give in to their repressed desire for security and support and experience significant anxiety. For example, they may anxiously seek recognition and praise from others as assurance that they are doing a good job. When Threes become aware that they are acting this way, they will quickly revert to their typical Three behavior of seeming self-assured and in control.

Ego Disintegration - “The Missing Piece” (Nine): The bliss and value of just being. Profound radiance. Knowing own value and preciousness has nothing to do with any action or doing.

Type Four: The Individualist/Designer

Striving to feel Unique - The Sensitive, Withdrawn Type

Polarities

Four	One		Four	Two
Emotional	Rational		My Needs	Your Needs
Impulsive	Deliberate		We're Different	We're the Same
Subjectivity	Objectivity		Authenticity	Positivity

Direction of Integration (One): Lets go of reliance on depth of feelings (particularly darker ones) to determine self-identity, and instead surrenders to right action in each moment, reliance on knowing and expression of higher values and meaning.

Direction of Stress (Two): In reaction to perceived imminent loss, becomes excessively focused on trying to take care of others.

Direction of Security (One): More openly controlling, impatient and critical. Frustration and disappointment with others finally erupt. More demanding, pointing out others' deficiencies. Particularly those who had been idealized are now seen as irritating or annoying. Compensates for ragged emotions by driving themselves excessively.

Contradiction: Nonconformity vs. Rigidity. Fours strive to feel unique and may neglect the strategy at Point One—striving to feel perfect. They sometimes repress their healthy impulse to follow the rules that others follow—in a sense, to conform—pushing it into the shadow. Fours usually seem to be nonconformists who reject rules, but sometimes they can be very rigid in their behaviors and expectations. For example, they can be perfectionistic and intolerant of others who do not act “the right way.” When Fours become aware that they are acting this way they will quickly revert to their typical “Four-ish” behavior of seeming emotionally sensitive and rebellious against the norm.

Ego Disintegration - “The Missing Piece” (Two): Knows that everything is and has always been Love, so there's never been a disconnection, there's no need to be seen, nothing to make up for. Tragedy dissolves into bliss.

Mental / Thinking / Fear Center

Safety & Security

- **Qualities of Being:** Inner guidance, discrimination, clarity, wisdom. Spacious, quiet and peaceful mind. Trust, confidence, serenity.
- **Average Level:** Issues with safety and security. Looks for groundedness, guidance and support, something to trust. Fear, anxiety, worry, uncertainty, issues with making decisions.

Type Five: The Observer/Investigator

Striving to feel Competent/Knowing - The Intense, Cerebral Type

Polarities

Five	Eight		Five	Seven
Reflection	Action		Realism	Idealism
Control	Intensity		Planned	Spontaneous
Contemplation	Initiation		Detached	Engaged

Direction of Integration (Eight): No longer retreating into own head, now moves powerfully into embodied action. Shows up fully. Is willing to feel and integrate what was previously cut off. Fully engaged with others

Direction of Stress (Seven): Becomes flaky and scattered, may want to escape or otherwise avoid issues.

Direction of Security (Eight): Rather than withdrawing in response to the intrusion of others, they may risk forcefully asserting their boundaries and confronting anyone or anything that displeases them. Become feisty, argumentative, and relentlessly provocative, taking a tough stance, letting others know they cannot be trifled with. May become domineering, even aggressive while questioning others' competency.

Contradiction: Reserve vs. Hostility. Fives strive to feel detached and may neglect the strategy at Point Eight—striving to feel powerful. They sometimes repress their healthy need for assertion and visceral engagement, pushing it into their shadow. Fives usually seem to be reserved and self-contained, but sometimes they can display hostility toward others. For example, they can be arrogant, aggressive, and dismissive of the ideas of people who they believe are intellectually inferior. When Fives become aware that they are acting this way, they will quickly revert to their typical “Five-ish” behavior of seeming distant and aloof.

Ego Disintegration - “The Missing Piece” (Seven): Joyful, exuberant, optimistic, full engagement in life. Profoundly happy without needing a reason. Deep connection to freedom and spontaneity, lightness.

Type Six: The Loyalist/Troubleshooter

Striving to feel Secure - The Committed, Security-Oriented Type

Polarities

Six	Nine		Six	Three
Alert	Relaxed		Team	Individual
Heating Up	Cooling Down		We	Me
What's Wrong	What's Right		Doubt	Confidence

Direction of Integration (Nine): Relaxes into the body, and by doing so gains access to deeper inner wisdom and guidance, letting go of the chronic ambivalence that comes from trying to make decisions and determine direction from within a chaotic mind.

Direction of Stress (Three): Responds to fears and anxieties by becoming excessively busy/productive, as well as becoming deceitful.

Direction of Security (Nine): Deal with stresses by shutting down and becoming indifferent to their surroundings, and not wanting to be disturbed or bothered by significant others. Pleasant one moment, stubbornly resistant and shut down in the next if they are feeling pressured by others. Can become unavailable and passive-aggressive, with comforting but numbing routines.

Contradiction: Responsibility vs. Laziness. Sixes strive to feel secure and may neglect the strategy at Point Nine—striving to feel peaceful. They sometimes repress their healthy need to feel calm and safely unburdened, pushing it into their shadow. Sixes usually seem to be responsible and dutiful, but sometimes they may become lazy and neglectful. For example, they may leave simple tasks undone or expect others to do a job for which the Six is responsible. When they become aware that they are acting this way they will quickly revert to their typical “Six-ish” behavior of seeming anxiously productive.

Ego Disintegration - “The Missing Piece” (Three): Lets go of reliance on always seeing self in relation to people and internal and external structures, and steps into the radiance of own divine self.

Type Seven: The Enthusiast

Striving to feel Excited/Stimulated - The Busy, Fun-Loving Type

Polarities

Seven	Five		Seven	One
Idealism	Realism		Options	The Right Way
Spontaneous	Planned		Playful	Serious
Engaged	Detached		I Want	I Should

Direction of Integration (Five): Lets go of scatteredness and instead focuses on the depth and profoundness of each moment. Settling down inside, deals with whatever arises and discovers vast inner resources.

Direction of Stress (One): Becomes irritable, edgy, impatient, judgmental, snapping at people.

Direction of Security (Five): Exhausted from entertaining others and keeping everything positive, they withdraw and seek seclusion and non-interference, almost obsessively focused and preoccupied. Body language and aloof responses let others know they want space and privacy. Retreating from contact to restore their energy

Contradiction: Enthusiasm vs. Withholding. Sevens strive to feel excited and may neglect the strategy at Point Five—striving to feel detached. They sometimes repress their healthy need disengage and recharge, pushing it into their shadow. Sevens usually seem to be enthusiastic and upbeat but sometimes they can be withdrawn and emotionally unavailable. For example, they may avoid social settings and interacting with others so they can get relief from their role as group energizer. When Sevens become aware that they are acting this way they will quickly revert to their typical “Seven-ish” behavior of seeming hyperactive and excitable.

Ego Disintegration - “The Missing Piece” (One): Lets go of life based on having freedom and options and surrenders instead to Divine Will, embracing Thy Will instead of My Will.