

## Practices & Strategies

	Types	Motivations	Paths of Transformation	Practices & Strategies <sup>1</sup>
1	<b>Perfectionists Reformers</b>	Being good & fixing things	Acceptance	Compliant type needs to cultivate quiet mind to allow openness in thinking; allows grieving & processing of feelings, especially frustration & resentment
2	<b>Givers Helpers</b>	Taking care of others' needs	Self-nurturing	Compliant type needs to cultivate quiet mind to allow openness in thinking; releases blocked energy in body, especially repressed need & hostility
3	<b>Performers</b>	Busy achieving success & good image	Authenticity	Assertive type need to open heart to authenticity & emotions; allows grieving & processing of feelings, especially inadequacy & shame
4	<b>Romantics Artists</b>	Comparing & searching for idealized love	Forgiveness (others are special also)	Withdrawn type needs grounding in body, instincts & connectedness; reframes distorted thinking & perceptions, especially negative interpretations of self & others
5	<b>Observers Investigators</b>	Analyzing & conserving energy & resources	Direct Knowing (versus book knowing)	Withdrawn type needs grounding in body, instincts & connectedness; allows grieving & processing of feelings, especially rejection & futility
6	<b>Loyal skeptics</b>	Planning & searching for certainty	Courage	Compliant type needs to cultivate quiet mind to allow openness in thinking; reframes distorted thinking & perceptions especially ones caused by anxiety & projection
7	<b>Enthusiasts</b>	Optimizing & ensuring options for the future	Gratitude (right now)	Assertive type need to open heart to authenticity & emotions; releases blocked energy in body especially repressed sadness & regret
8	<b>Protectors Challengers</b>	Taking charge & reversing injustices	Self-surrender (restraint)	Assertive type need to open heart to authenticity & emotions; reframes distorted thinking & perceptions especially denial of fear & vulnerability
9	<b>Mediators</b>	Responding to others & mediating agendas	Self-remembering	Withdrawn type needs grounding in body, instincts & connectedness; releases blocked energy in body especially repressed rage & fear

<sup>1</sup> Don Richard Riso & Russ Hudson, *Understanding the Enneagram* [spiritually based], p.279