

*Healthy Primal Requirements -*  
**Learned Childhood Strategies -**

*Protection & Respect*

**Rage/Anger & Fight**

8's childhood strategy is to seize control and emotional dominance. They define the game rather than be defined by it. Feeling the power to do this, the child denies his/her own vulnerability.

9's childhood strategy arises from the self-perception of not being important enough to love, and the child turns inward. Nothing and no one is more important than anything or anyone else.

1's childhood strategy is to find out the rules of the game and master them in order to do a good job, and thereby win approval if not love. They want to have a means of judging others and their place in relation to them.

**Goal—Grounded Presence**

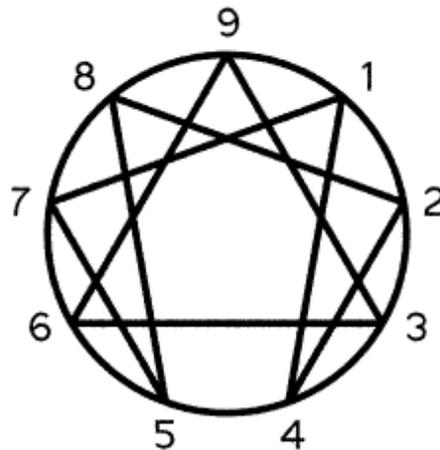
**8 • 9 • 1**

**Instead of focusing on physical tensions and imaginary boundaries, focus on Essential Being in here & now.**

**Goal—Quiet Mind**

**7 • 6 • 5**

**Instead of focusing on chatter of fears & defending ego, focus on higher guidance, inner knowing, and ground of Being.**



**Goal—Open Heart**

**2 • 3 • 4**

**Instead of focusing on emotional fearful reactions & identification with false self, focus on genuineness of authentic being, uniqueness, value, and True Self.**

*Acknowledgement & To Be Seen*

**Terror/Fear & Flight**

5's childhood strategy decides that people threaten something essential to their survival. They develop protective strategies of playing possum, camouflaging her existence, and reducing needs to a minimum so as to become unnoticeable as possible. They then discover that they can pursue their own interests undisturbed.

6's strategy is to focus on danger, to scan the environment for all possible threats, and to program their behavior to avoid them. An alternative, if they can muster the strength, is to meet danger head on and defuse it.

7's strategy involves three elements. First, it is difficult to hit a moving target, so the 7 avoids threat. Second, a multitude of interests guarantees that no one thing or person will ever be of such importance that its loss would be devastating. Third, the interests themselves are sufficiently absorbing so that no energy is left over to consider less manageable matters.

*Connection & Love*

**Panic/Sadness/Shame & Freeze**

2's survive through sensing what powerful other person wants and altering him/herself to become or provide that want.

3's find activities and attributes that the child decides will win the widest approval. Child creates image with these qualities to avoid a sense of being unacceptable.

4's prevent immobilizing depression experienced with actual loss. Thereafter, he/she avoids total emotional involvement in current relationship. After the real loss, child fills life with imagination and fantasy, explores symbolic interpretations of what happened, and plays at edge of desire, to be close and to be destroyed.

*Emotions & the Enneagram, Keyes  
 Understanding the Enneagram, Riso & Hudson*