

## Stress & Growth / Disintegration Points ♦ Child & Heart / Integration Points

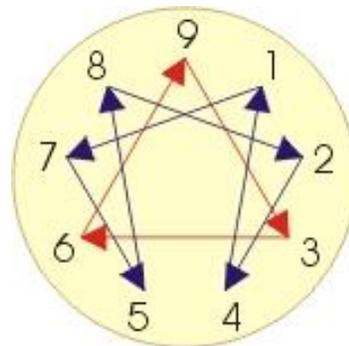
*The Complete Enneagram*, Beatrice Chestnut, PhD

	Type	goes toward	... the Stress / Growth Point for development and expansion	goes toward	... the Child / Heart Point to resolve early issues and find security
1	Perfectionist	→4	Organizing, being right, and perfection have failed. 4s provide greater range of authentic emotions and creativity (self-expression instead of just rules). Goal is emotional freedom and authenticity.	→7	Child received messages to be more adult-like and controlled. Under the surface of good and right 1 is 7's yearning to play and be spontaneous. Goal is balance between responsibility and relaxation. (p.419)
2	Giver Helper	→8	Charm and strategic helpfulness have failed. 8s invite proactivity, directness, and risk to lead. Goal is to own one's power, anger and authority in order to handle conflict effectively.	→4	Child made to feel shame about own needs and emotions so 2s repress them. Under surface of helpful 2 is a deep sense that their emotions threaten relationships. Goal is to be open to and honor 4's emotions and bring balance to own needs and needs of others (p.385)
4	Romantic Individualist	→2	Feeling unique and special has failed and 4s become self-absorbed, depressed and melancholy. 2s provide adaptability and balance of own needs and needs of others. Goal is conscious management of emotions and opening up to others and possibilities in mutual give-and-take relationships.	→1	Child had to downplay their natural abilities. Under the surface of an individualist 4 are feelings of deep imperfection, loss, and lack of structure. Goal is to feel hopeful about possibilities and enact practical ideas and beliefs. (p.304)
5	Observer Investigator	→7	Withdrawing and hoarding have failed. 7s can generate new options and thinking outside the box. Goal is to use levity, innovative thinking, and creative options to direction inactions with outside world.	→8	Assertiveness did not work so child withdrew. Under surface of an observing 5 are vulnerability and loss of power to take care of self. Goal is ability to set healthy boundaries and engage more actively and fearlessly with others. (p.261)
7	Enthusiast	→1	Spontaneity, fantasies, and endless planning have failed. 1s bring accountability, realistic standards and limits, and supportive structure for follow through of goals. Goal is clearer perception of what is ideal and taking action in service of higher good.	→5	Child was given message that private retreat as a way of avoiding fear was not ok. Under surface of impulsive 7 is fear of unknown and inner emptiness. Goal is healthy restraint, healthy sense of privacy, and ability be alone. (p.176)
8	Protector	→5	Power and action have failed so 8s withdraw to conserve energy, to analyze and regroup in order to feel safe. 5s bring balance between withdrawal and moving forward. Goal is to develop restraint, balance, and non-attachment.	→2	Child had to decide between vulnerability and not needing anything from anybody. Under surface of strong 8 is lonely little 2-child desperate for love and being held. Goal is to open channel to 2's loving & supportive relationships. (p128)

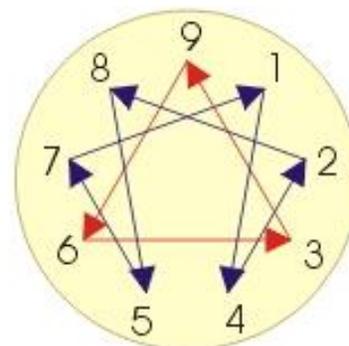
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3	Performer Achiever	→9	Striving for their own success has failed and 3s become exhausted. 9s can go with the flow and bring inclusion and consensus. Goal is to <i>be</i> without constantly <i>doing</i> and to prioritize others' goals without losing self.	→6	Child felt fear and lack of protection so became doers on their own behalf. Under surface of competitive 3 is fear of future. Goal is 9's ability to slow down, to reflect on what is scary, to be able to get in touch with own intuition, and to rely on others. (p.345)
6	Loyal skeptic	→3	Doubting, overanalyzing what might go wrong, and overworking to avoid fear has failed. 3s provide self-confidence and ability to manage emotions and express oneself. Goal is ability to use realistic goals and relationships as supports to overcome fears and take action.	→9	Child lacked trust and support from others who were threatening, unpredictable, or ineffectual. Under surface of insecure 6 is desire for comfort and feeling of security with others. Goal is balance between worrying about environment and trusting and relaxing around others. (p.221)
9	Mediator	→6	Inaction, distraction, forgetting themselves, and not rocking the boat have failed. 9s need greater perception of fears and what might realistically go wrong in order to mobilize 6's courage to act. Goal is to remember themselves and purposefully analyze and move forward.	→3	Child had to decide between own needs and needs of important others, and ultimately had to go along to get along. Under the surface of a compliant 9 are unmet needs. Goal is to actively engage the ability to <i>do</i> own goals. (p.86)



Integration



Disintegration