

Original Wounds & Super Powers

Type	Original Wounds	Compulsions*	Super Powers & Divine Images*
1	Humiliation, criticism	<p>Skewed towards anger. Nothing is the way it should be; only perfection is acceptable. They are blinded by an inability to trust the promises of others. They have learned to not rely on others or on life to care or support them because they feel unimportant and ashamed. This protects them from the pain of their <i>original wound</i> – the pain of betrayal.</p> <ul style="list-style-type: none"> The <i>antidote</i> is patience to be able to see what is beyond into the unfolding mystery of what might be. 	<p>Perfecting</p> <p><i>Path Finding</i></p>
2	Rejection, abandonment, neglect	<p>Skewed towards pride in their self-sacrifice. They know you need only them but are totally unconscious of their need for you. They are blinded by an inability to trust their own dignity and goodness. They feel dull and invalidate and repress their needs, dignity and personhood. This protects them from their <i>original wound</i> – the pain of betrayal.</p> <ul style="list-style-type: none"> The <i>antidote</i> is humility in seeing themselves as both needy and helpful, weak and strong. 	<p>Nurturing</p> <p><i>Partnering</i></p>
3	Rejection, scorn, contempt, disregard	<p>Skewed towards deceit. They believe that their external image, appearance and performance is reality. They are disoriented by an inability to believe in the constancy of love and search for a dependable substitute in the eyes of others who admire their success while isolating themselves to protect their vulnerable emotions. This protects them from their <i>original wound</i> – the pain of emotional alienation.</p> <ul style="list-style-type: none"> The <i>antidote</i> is integrity in firmly adhering to a code of internal and external values of honor, dignity and value of their own personhood. 	<p>Aspiring</p> <p><i>Motivating</i></p>
4	Desperation, abandonment	<p>Skewed towards envy. They are hyper-aware of all the good qualities and possessions of others, and not seeing their own hidden strength, want what other people have. They must develop every possible potential and thoroughly understand themselves. They are crippled by an inability to hope in others and only risk placing all their hope in themselves since others always abandon them. This protects them from their <i>original wound</i> – the pain of abandonment.</p> <ul style="list-style-type: none"> The <i>antidote</i> is serenity – the composure and self-control needed to put focused energy into expressing their gifts and talents. 	<p>Validating</p> <p><i>Building</i></p>
5	Limitation, intrusion	<p>Skewed towards greed. They feel inadequate and believe that a wealth of uncommon knowledge, time alone, and original thoughts will make up for their deficiencies. They are crippled by an inability to hope in themselves and only dare to hope in the external, impersonal world of knowledge. This protects them from their <i>original wound</i> – the pain of intrusion.</p> <ul style="list-style-type: none"> The <i>antidote</i> is generosity in their time, privacy and knowledge in order to reap the benefits of relating and of community. 	<p>Teaching</p> <p><i>Exploring</i></p>

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6	Conflicting orders, threats	<p>Skewed towards fear. They live with a level of anxiety about life that makes them seek out the people or information needed to make appropriate decisions. They are crippled by an inability to trust other people or themselves and continually seek reassurance, stability and security of others. This protects them from their original wound – the pain of betrayal and the untrustworthiness of life.</p> <ul style="list-style-type: none"> • The <i>antidote</i> is courage to halt the frenzy of activity and create open spaces for quiet reflection where they can face their fears. 	<p>Serving</p> <p><i>Stabilizing</i></p>
7	Forced happiness, limitations	<p>Skewed towards gluttony, more and more of anything that makes them happy. They believe that pain and sorrow can be eliminated by thinking positively and doing only things that make them feel good. are crippled by an inability to love others and must take care of themselves first. They concentrate on the future because it distances them from others. This protects them from their original wound – the pain of emotional alienation.</p> <ul style="list-style-type: none"> • The <i>antidote</i> is fortitude to be able to endure the frustrations that come with stage-by-stage growth. 	<p>Linking</p> <p><i>Illuminating</i></p>
8	Mistreatment, neglect	<p>Skewed towards lust, a ravenous appetite for experience. They intend to satisfy their passions through power and control with their overabundance of energy, never letting down their guard. They are crippled by an inability to love themselves and focus on the external world as they bury their emotional needs. This protects them from their original wound – the pain of alienation and neglect of their emotional needs.</p> <ul style="list-style-type: none"> • The <i>antidote</i> is compassion, empathy and gentleness with their vulnerabilities. 	<p>Leading</p> <p><i>Contributing</i></p>
9	Conflict, rejection, neglect, emotional desertion	<p>Skewed towards laziness. They must preserve the status quo and ward off outside opposition with power of passivity and silence. They are crippled by an inability to hope in others and themselves because they feel unimportant and need to find reliability and safety in the inner stamina and outer tranquility. This protects them from their original wound – the pain of abandonment.</p> <ul style="list-style-type: none"> • The <i>antidote</i> is diligence to persist in their commitment to reaching their goals. 	<p>Being present</p> <p><i>Welcoming of all</i></p>

*My Best Self, Kathleen Hurley
9 Lenses, Jerome Wagner; Archetypes, Susan Rhodes; and
Instincts, centers and subtypes, *Enneagram Monthly* #239, May 2018, p.11