

What a Type 2 needs:

Appreciate me for my independent self, not for what I do for you.

Pay attention to my real needs.

Ask about my needs.

Reinforce me for saying no when appropriate.

Express appreciation for my giving.

Don't be seduced by the help I give.

Enneagram Type 2

We learned to get our personal needs fulfilled by giving others what we felt they needed and wanted. We expected that they would do the same for us. We developed feelings of pride at being indispensable.

Pride

VS

Humility
Freedom

The Helper - The Giver - The Pleaser

Reactive to: Rejection; feeling unappreciated or uncared for; feeling controlled; unmet personal needs and wants; people not caring for and supporting others.

"I often know how people feel before they themselves do."

Pray for us that we may:
open to your grace and know we are loved for who we are, not for how much others need us.

Scripture: John 8:32

"Then you will know the truth, and the truth will set you free."