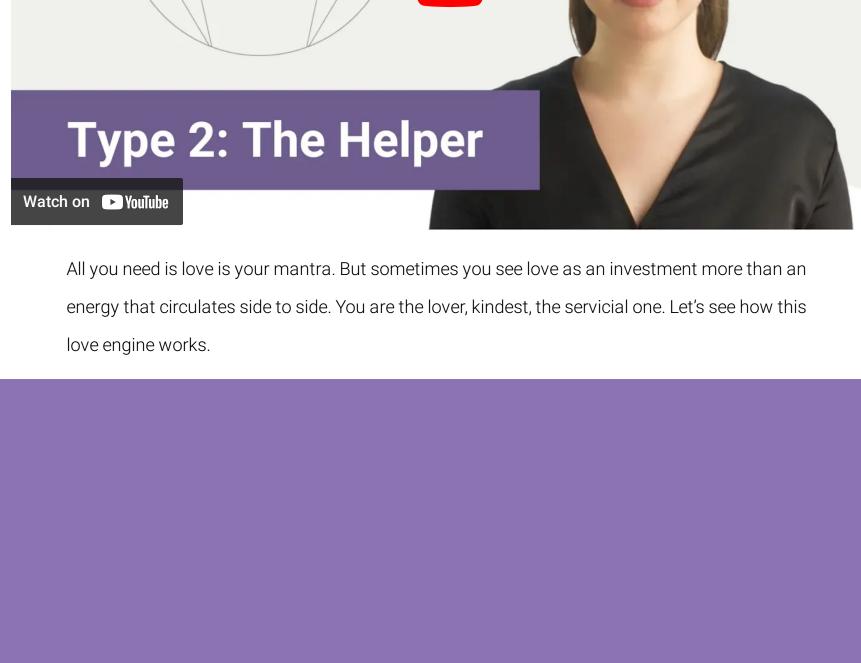


Enneagram Type 2 - The Helper - [Highlights]



Enneagram 2: Overview



What Motivates You? Love is the most important thing to you, or better said "being loved". As Bob Marley sings: Could you be loved and be loved? you are always deeply expecting if the other loves you as much as you would like, and even more. Sometimes there is a

How Do You Think? You think you're ok if you are being loved by the rest of the people. Of course, we all want and need love and be loved, but we can't expect that only other people and their reactions, their decisions define our value; you think that the more you sacrifice for other people the more worthy of their love you are. Love is sacrifice, abnegation. For you, thinking and taking care of your needs is unfair, selfish and you can't accept that. Being selfish is the worst thing to do, nobody loves who is like that. Everything in your life is measured by a bar that defines two poles: being good and helpful (+) or being selfish and thinking only about yourself (-). You feel that to be loved is required to renounce yourself but at the bottom is not a disinterested resignation but the price is in the whole action itself.

You're a safe space for **VERY HIGH** vulnerability **SELF-CONFIDENT** You struggle with saying "no"

If you feel you are losing your beloved person you can

turn really possessive and intense by doing whatever

something back, you do more valuable things, finally it

seems the other person it's in debt with you. These

attitudes can be born from an unconscious plane

which supports old beliefs that sustain dependent

to hold him/her back. To feel the right to ask

85%

relationships.

Enneagram Wings

EMPATHETIC

NEEDS APPROVAL

You always want to help and never get tired

subtle fear, will they stay if you are not making an effort to feel

loved too? You feel called to help, to be generous, to hold up

other people. That makes you feel good with yourself and

feel the duty of fulfilling them.

worthy of love. You see the needs of people around you and

and deep conversations that open the way to what is intimate and treasured by the other, that's the most certain way to connect

by paying special attention to the other.

How Do You Love?

Have you ever heard that song of The Cardigans: love me, love

me, say that you love me?. Well, I'll take the risk to say that song

was written by a Two, just for this part: Just say that you need me,

passionate and give everything to your beloved. You like the long

and win the trust and the love of the other person. That's the best

way to ensure there is a solid relationship. So, you usually seduce

I can't care 'bout anything but you. In the love field, you are

This eclipse derives in an interesting more balanced subtype.

In this case you are interpersonal and still very selfless

motivated but without losing sight of your duties. The

good equilibrium surges from this reunion.

Onewing gives a little of objectivity and brings back to the

Earth from the sky of helpfulness the Twos live in. A really

Enneagram 2 Wing 3: The Hostess

This wing brings you winds of charming. Makes you outgoing,

social and flexible which is very attractive to people. You are

because that kind of thoughts could make you less cool than

one can resist that smell. Ok that's not the best picture but

works.

you are when in a good mood. You are sweating self joy, and no

less worried about please (although it's your main engine)

The Average Two

spend so much time thinking about what to do to get closer to the

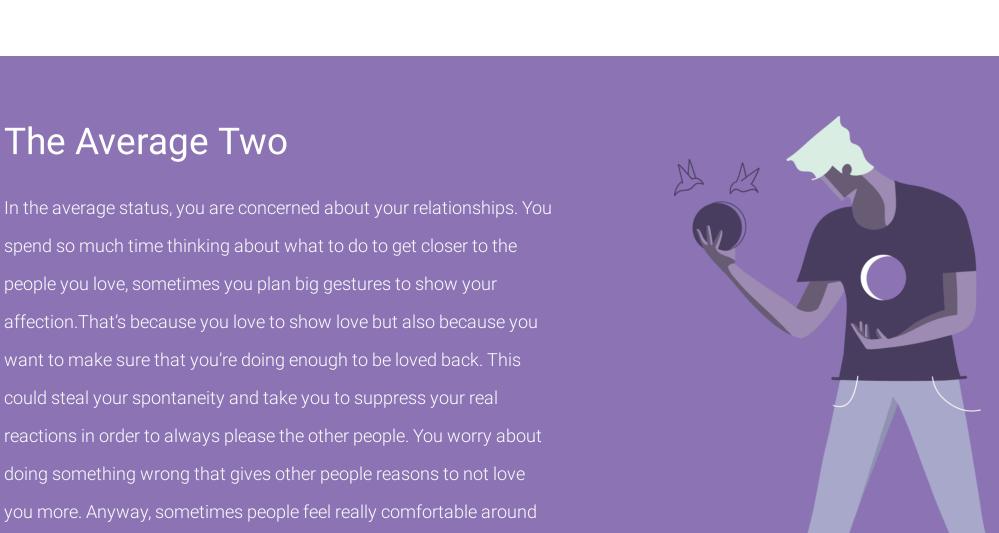
want to make sure that you're doing enough to be loved back. This

people you love, sometimes you plan big gestures to show your

could steal your spontaneity and take you to suppress your real reactions in order to always please the other people. You worry about doing something wrong that gives other people reasons to not love

The Servant

you, you are generous, empathetic and a really good listener.



The Healthy You

Now, let's talk about the prettier part. We all want to see us

in our best. Accepting our backlights could be hard but

nothing is more necessary than that. On a healthy basis,

compassionate. People love to be around you because you

highlight the best of them. It's a religious experience as

Enrique Iglesias said. You truly love, you irradiate love and

forgiveness. Nothing is more graceful than seeing you just

be you because it's uncommon to feel that kind of warm.

You are an unconditional love source since you are not at

war with yourself anymore. You're unconditional to you,

there is no broken mirror now, no more sharp tips in your

reflection. There are no threats. Isn't it interesting that your

unhealthy version just shows you that the more you resist

to love you the less you are able to feel and receive love?

you are deeply dedicated to people, unselfish and

You have the key, you can use it to close the door or to open it. The Unhealthy You On an unhealthy level, you start to manipulate people to love you or to feel in debt with you. If nothing you naturally do works to attract the ones you love, you start to act possessively without assuming that's wrong because in some way you think that's justified ("toxic" from Britney Spears is your soundtrack). Recognition and being loved is

so important to you that the fear turns you into an

aggressive and selfish lover. Begging for love it's such a

ask for something you deserve? Why does nobody see

everything you do for them? Maybe it's time that you give

yourself what you expect and idealize from other people

because if not it's like getting desperate for not seeing

nothing while keeping your eyes closed. Don't bite your

shadow, give her love. Anyway, in an unhealthy type you

can pose like Rose posed for Jack in the Titanic but for a

Tips To Help You Grow:

Well, I love this part. Because you always discover that pain

and unhealthiness just are truly indicators of a better path. So

baroque painting as a martyr.

painful way of life that you get hungry. Why do you need to

my advice is few but hard. I know you can deal with it. When you notice you are worried about not doing enough for other people, and that makes you feel awful, like a stone in the chest... do the opposite! Do nothing. Sit down and breathe, think. Do people need you to struggle for them to be happy? Are there other ways to show love or help other people that make you feel less worried? You can see it like, love and generosity could be your best allies, they could show you how to give people a higher self, they deserve it yes. You deserve it more.

Your Main Challenges:

How To Address Them?

How To Be The

Best Version Of

The Yourself?

important. The manner is the hardest and wonderful art that ever existed. There is a phrase that says something like When you move away from a flower, do so with the same delicacy with which you approached to smell it. Try to think about other people's ways of love. Love is a construction between parts involved. Don't try to impose your way, let people have the chance to show how they love. Try to see and number if it's worthy for you, which are the things you love, which you don't. Do you inspire yourself with the same love and service as the other people? How could you honor yourself?

You have already found the message: love is a fundamental

axis of our life. But the exercise of love is even way more

POSSESSIVENESS INSECURITY SOLITUDE Let relationships breathe and trust that love does not Talk. Let other people take care of you. Giving is as Be unconditional to you, give yourself the attention you need to justify itself. Remember that freedom takes need. Remember, we can't share what we don't have. important as receiving. Learn to ask for help and care of real love. compassion.

Ego?

yourself.

natural self.

love.

Anything To Deserve It?

► How Can I Love From My Soul Rather Than From My

In some way, every type achieves this. You are not broken,

failed or complicated. Every human being is on the path of

learning how to love from the soul instead of the ego and

that's why enneagram and other tools are useful. First of all,

it's necessary to identify with surgical precision, where your

pain is. Maybe, when you find it you'll feel ashamed because

much time to grow and learn and we are tired* so finding out

we don't want to accept our illness, our needs. It took so

we still have a backlog could be hard. But, let's update

ourselves. It sounds more easy than it really is but be first

your own mother and father, race yourself again with the

love you needed. Everyone did what it was in their scope.

to do with control (repeat it: love has nothing to do with

yourself and embody your own mission. Be servicial,

unconditional, kind, and affectionate with you. Intimate

*We are tired because we are always fighting with our

▶ I Feel Live In A Tragedy. How Will I Be Loved If I Don't Do

Love is not the return of an investment. The one who loves

you will still do it in the darkest hours. There is nothing you

can do but be yourself to get genuine love. Some people say

what's ahead or what's really happening inside other people (

if we don't even see clearly inside ourselves) even so the only

way to keep walking through the blindness of future is with

Spoiler: No matter what you do, you don't love them as they

hope I was. I still haven't achieved that state yet. I am in the

same path of you, healing, everyday I keep drawing thorns

from the depth of my heart as the song says. However, I took

a look sometimes, I know that exists. I can affirm it with my

own existence but it's like a math problem: sometimes you

want them either. And even so, you know you love them.

that love is more like a leap of faith, you will never know

Now it's your responsibility to heal yourself. Love has nothing

control). Control is from the ego. Love is movement. Forgive



So....different languages, same feeling. ▶ Is It Possible To Reach An Unconditional Love State? Of course it is. Tell me how it is when you reach it. No joking, I

▶ Why Don't People Love Me As I Want To?

unconditional love state is like a sparkle, take care of the ember as your life depends on it (and it does) lightly blow the fire, be picky of what you are feeding with. You are your fire guardian.

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₩ INVITE

Astral Chart Astral Chart

get to the result and don't know how! Let's discover the procedure, let's explore ourselves. Sometimes an

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