



#### CORE DESIRE

Enneagram Type 2's desire to be appreciated, loved and wanted.

#### CORE FEAR

##### Blind Spot

Weakness or roadblock

- Being rejected, unwanted, useless or abandoned
- Pride

##### Trigger

What brings out the worst

- Being taken for granted
- Being excluded

#### PERSONAL GROWTH

##### Shift to

High side of 4

- Express yourself creatively
- Acknowledge your own needs
- Set limits or boundaries

##### Shift to

High side of 8

- Connect with and assert your own needs
- Take the lead
- Care less about what others think about you

# TYPE TWO

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## THE HELPER

If it wasn't for you, our world would be without the generous and helpful love you pour out on others. You seek love by helping and loving others in hopes that they will give back.

Though you are friendly and caring, you struggle with showing yourself that same kind of love. Remember that you don't have to sacrifice your own needs for the needs of others.

Remember that relationships are a partnership and be aware of being taken advantage of. Notice when you feel sadness or shame and ask yourself if you are helping people for the right reasons.