

2

ENNEAGRAM TYPE 2 · HEART (FEELING) TRIAD

The Helper

Twos read what other people need before they ask, and they hope someone will one day do the same for them.

Core fear and desire

Fear: Being unwanted or unworthy of love.

Desire: To be loved and to feel needed by the people who matter to them.

Wings: 2w1 and 2w3

2w1, the Servant. The One wing adds principle and restraint.

2w3, the Host/Hostess. The Three wing adds charm and social ambition.

Subtypes

Self-preservation Two: privilege (countertype). The countertype, the Two whose pride is hardest to see.

Social Two: ambition. The Two who wins over a group.

One-to-one (sexual) Two: seduction-aggression. The classic seductive Two.

What helps in love

- Being asked what they need, then given it
- Thanks that names what they did
- Small surprises that show you thought of them
- Time together with your full attention

Avoid:

- Take their help for granted
- Call them needy or clingy
- Wait for them to ask for help
- Turn down a gift or offer coldly

Three ways to grow

1. Before you offer help, pause and ask yourself what you are hoping to get back.
2. Practise saying one small no each week and notice that the relationship survives it.
3. Write down three things you need this week, then ask someone for one of them.

Passion and virtue

Pride: the belief that they have no needs of their own and that others need them more.

Humility: seeing their own needs as clearly as they see everyone else's.

Stress → 8 • Growth → 4

Under stress a Two moves toward the average side of Eight.

In growth a Two takes on the healthy side of Four: honest about their own feelings and needs, and able to spend time on themselves without guilt.

Strengths

- Empathy in action
- Warmth
- Reading people
- Generosity with time
- Connection

What helps at work

- Specific, personal appreciation
- Colleagues they like and who like them back
- Limits on how much they are asked to absorb
- Work that visibly helps someone
- A manager who checks in on them too

Commonly confused with

Type 9, Type 7. The full profile has a check for each.