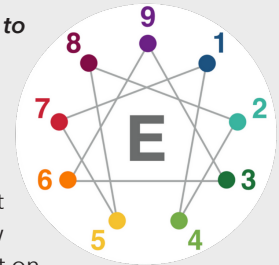


ENNEAGRAM TYPE 3

Coaching Session #5 - Continuing Transformation

Implications of Grace for a Type Three

- The message the gospel says to you is: ***"You are loved for just being you. You do not need to perform to earn my love."*** Because of his great love for the real you, you do not need to strive to become anyone else.
- The truth is that there is no more need to chase after success to receive the love of the Lord. You already have his love.
- And you already have the perfect status you are striving for because Christ accomplished it for you and gave it to you. This understanding allows you to pause, rest, and reflect on how this frees you from the tyranny of believing you always have to be the best. He was the best on your behalf. You no longer need to earn love, for it was freely given to you.
- You are not what you do. You are God's beloved child whom he deeply cherishes. He loves you for exactly who you are. He sees you completely (weaknesses, frailties, strengths, successes, failures), and he pursues you with his great love. So open up your heart, feel his warm embrace, and allow your emotions to flow. This is where your authentic self will come forth. Do not be afraid of raw emotions. These emotions may feel uncomfortable and unproductive, but the opposite is true. In time, you will become comfortable with your emotions. These emotions will allow you to love yourself, others, and God in much deeper and richer ways.
- Because you are forgiven and loved, you can now admit that you are prone to deceiving yourself and others to earn their love and affection. You can see this internal struggle and give it to God. He will enable you to be honest, genuine, and vulnerable. His grace will catch you, so allow your authentic self to come forth!



Type 3

The Successful Achiever

Core Fear: Failing, being incompetent, inefficient, exposed, worthless, or unable to appear successful.

Core Desire: To be valuable, admired, and respected (deteriorates into chasing after success).

Self-Image: I am successful, efficient, competent, focused, and productive.

Core Weakness: Deceit- Deceiving themselves into believing that they are only the image they present to others through success and achievements.

Message Your Heart Longs to Hear:
You are loved and valued for being you.
You do not need to achieve my love.

Going Deeper

- Give an example of a time when you were able to let go of your Core Fear and Core Desire and see who YOU really are in the way God sees you.
- What feelings, thoughts, or body sensations arise when you think about being seen for who you are? How does it feel to know that you are loved in all of your glory and your depravity? How does it feel to know that Christ pursued you simply because he loved you and wanted to bring you back in relationship with him?

Knowing You Are Loved for You

- Since God truly loves and values you for you and not for what you do, how has it changed how you view your relationship with yourself, others, and God?
- In moving forward, how will you now recall the truth that you are loved for who you really are and implement it into your everyday life (especially when your Type Three "lies" try to take over)?

How Have You Grown?

In five sessions, we have learned about your:

- **Triad: Feeling Center** - Shame & significance.
- **Arrows:**
 - Move toward high side of 9 - empathy, others-focused, learning to "BE" verses "DO."
 - Move toward high side of 6 - focusing and committing to the group versus your own image.
- **Hidden Side:** You experience inner insecurity but conceal it beneath your likable, smooth, and efficient personas.
- **Relationship Issues:** Status-driven, workaholic.
- **What growth looks like for a Three:** Genuine authenticity about who you are.
- **Wings:** 3w2 "Star" and 3w4 "Professional."
- **Levels of Development:** Healthy, average, unhealthy.
- **Childhood Patterns:** Connected to the nurturer and needed to be the golden child.
- **Defense Mechanism:** Deceit (more to yourself).
- And more...

Going Deep

- Identify at least one area in your life - a relationship, a place, a time - in which you felt that you were seen, loved, and valued for just being you.
- Picture yourself in this particular setting. How did it feel? How can you remember this feeling and live in this truth in your daily life now?

Reflection Time

- What is your most important takeaway from these five sessions?
- What are three other very important things that you learned about yourself that you will continue to work on this year?
- What do you desire to know more about?
- What else do you need help with?

