

# THE Defiant *Spirit*

OWN YOUR NUMBER

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THE ENNEAGRAM TYPE



The Helper

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# The Helper

## WHO

### WHO THEY ARE



#### Alternative Names

- The Giver
- The Lover
- The Caretaker

Enneagram 2s are driven by the need to love, nurture, and provide for others. They are all about relationships, and invest in them with unparalleled attention and effort, demonstrating compassion, generosity, and self-sacrifice like no other type. In **reaction**, they can become intense, needy, seductive, or controlling, seeking validation through their relationships. In **response**, they cultivate a strong sense of identity, let go of the need for validation from others, and give, help, and nurture from a place of unconditional support and love.

#### • CONNECTION

Twos are all about relationships which are at the center of their lives, and building connections is the focus of their life.

#### • COMPASSION

Twos are genuinely compassionate, seeing the people around them, and supporting them through good and bad.

#### • COMMITMENT

Twos value and embody commitment, are devoted to those in their life and expect the same in return.

#### • CONSCIENTIOUS

Twos are highly conscientious, aware of their surroundings, what others need, and the way they present themselves.

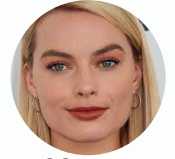
### Famous Helpers



Harry Styles



Florence Nightingale



Margot Robbie



Hugh Jackman



Sara Palin



Celine Dion



Indira Gandhi



Desmond Tutu



Ariana Grande



Danny Glover



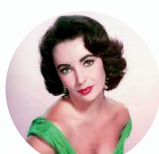
Jennifer Lopez



Stevie Wonder



Mother Teresa



Elizabeth Taylor



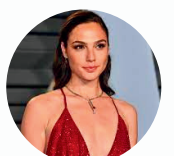
John Travolta



Paula Abdul



Coretta Scott King



Gal Gadot

#### Self-talk

I am supportive, giving, helpful, nurturing, and loving.

#### Worldview

Others depend on me and need my support, affection, and love, as I'm here to give them what they need.

#### Fear

To be unloved, unneeded or unwelcomed, alone and abandoned without connection.

#### Motivation

To connect with others, form lasting bonds, nurture relationships, and be loved and needed in return.



# The Helper

## WHAT

### WHAT THEY VALUE



The Helper expresses their focus on relationships within all aspects of their life. They engage others in a way that places people first, demonstrates concern for other's needs, and are highly attentive to inclusivity and making others feel comfortable. They are sources of unwavering support, unconditional giving, and unparalleled champions of others, their family, community or cause.

## Helpers...

### First Ladies



Laura Bush



Eleanor Roosevelt



Nancy Reagan



Jill Biden



Barbara Bush



Lady Bird Johnson

### Singer Songwriters



John Denver



Lionel Richie



Barry Manilow



Kenny Loggins



Taylor Swift



Dolly Parton

## TWO-ISH SYMBOLS



### Cooking

Twos may or may not like to cook, but nourishing others on every level is what they do.



### A Telephone

Call it old-school, but 2's like to be on the phone, making connections and perhaps indulging in a little gossip too.



### The Heart

If ever there was a 2 symbol, it has got to be the heart. They live with their heart and speak to the heart.



### A Mirror

Two are highly image conscious, wanting to present the most compelling version of themselves to others.

ATTENTIVE



...have a sixth sense for reading the room, knowing who's who and what's needed.

INCLUSIVE



...strive to make everyone feel included and need to be included themselves.

POSITIVE



...don't like conflict, negative discussions, and either giving or receiving criticism.

LIKEABLE



...spend a lot of energy thinking about, strategizing around, and trying to be liked.

WHOLEHEARTED



...are all-in, whether in their work, their relationships, or whatever they are doing. These are people who live "wholehearted" lives.



# The Helper

## WHY

### WHY THEY DO WHAT THEY DO



At the heart of the Helper's, WHY is connection. They have a sixth sense of who others are, what they need, and how to connect with people, support those around them, and provide for them at the deepest level.

### Why Helpers REACT

The Helper is the most sensitive of all the Enneagram types. This can result in them reacting to even the most minor of hurts, rejections, or failures to appreciate their efforts or attempts to connect. They may keep score, hold grudges, or give to get. **Here are some signs they are reacting...**

- **Manipulative:** They will use subtle or blatant manipulation to meet their needs, ranging from flattery and seduction to outright coercion.
- **Catty:** They can become hurtful, even spiteful, to get payback.
- **Sensitive:** They will become overly sensitive, taking everything personally (and definitely not happy with the above statements).

### Why Helpers RESPOND

The Helper will work harder for those whom they nurture and serve than any other type. Once they do some inner work, stop taking things personally, and get clear about who they serve and why they do it, they illuminate the world for those around them. **Here are some signs they are responding...**

- **Thoughtful:** They will be the most thoughtful and supportive partners, friends or leaders, always putting the needs of others first.
- **Aware:** They become extremely aware of their surroundings, sensitive to who needs what and how they are perceived.
- **Giving:** They will give the best of what they have, with no conditions, but can say "no" and not give what's not there's to give.

## Twos In Pop Culture

### Supporting Actress



Twos tend to dominate Best Supporting Actor/Actress, both at the Oscars and in life.

### You're A 2?



Twos tend to get stereotyped into a certain gender, look, style, or even size. "That's funny, you don't look 2-ish."

### Mama Bear



Twos are often the mama bear of the family and the matriarch or patriarch of the clan.

### Second, Soon To Be First



Sure, Pacman, Mickey, Daffy... may have come first, but make no mistake about it, Ms. Pacman, Minnie & Daisy are right behind.

### Sidekicks



Behind every great superhero is a 2 who makes it possible and picks out their cape.



# The Helper

## HOW

HOW THEY MOVE THROUGH THE WORLD

the defiant spirit | discover, own and defy your number | OWN your number

Twos tend to operate from the heart center, defaulting to feeling and relationships as the primary way they take in the world. Twos are the most emotive Enneagram type, only rivaled by 4s.

### Heart Types & Shame

#### Shame



Like all Heart types, 2s struggle with shame, attempting to suppress it by denying their own needs and tending to others.

### Heart Types & Image

#### Image



The Heart types all revolve around their image. Twos present a pleasing and desirable image so that others will move toward them.

### Heart Types & Attention

#### Attention



The Heart types all seek to gain the attention of others. Twos do so by being seen as selfless, magnanimous, and central to the lives of others.

### Heart Types & Relationships

#### Relationships



All Heart types define themselves by their relationships. Twos seek secure and lasting relationships as a source of meaning and purpose for their lives.

### Reference & Movement

#### Self & Other-Referencing

Enneagram 2s are other-referencing, focusing on who is around them, often to the point of forgetting themselves and their needs. They naturally move outwards towards others, focusing on others to meet their needs.

### Time & Energy

#### Present-Oriented

Twos are present-oriented, as this is where relationships take place and needs are fulfilled. They naturally become compliant in how they deal with people, moving towards them to either get their needs met or alleviate conflict.

## If Twos Were....

#### AN ANIMAL

No doubt about it, the 2 animal is a dog, and a puppy at that. They are all about relationships, need to be needed, and when you don't pay attention, look out!



#### A COUNTRY

Italy is a 2 country. Italians are warm, loving, and focused on relationships. However, dig a little deeper and there is definitely a keeping score and "give to get" thing that happens.



#### A PROFESSION

Healthcare practitioners are often 2s, particularly nurses as they are caring, focused on your needs, and it's all about you and making sure you are alright.

