

Enneagram identity work: What's your number?

Unitarian Universalist Fellowship, Athens, GA, Kelly Simonson, Ph.D., April 20,2022

Before the SGM meeting, got to the website below and read the 9 descriptions.

<https://www.enneagraminstitute.com/type-descriptions>

Read the 6 word description of the 9 types and see which one you think is the best fit for you. You can click on the name and read much more. If in doubt, check out the basic fear and basic desire of each type (listed at the beginning of the descriptions when you click on them) as this will usually narrow it down for you. Focus on what motivates you in life at the deepest level. Each type is known by the number and every person can be at unhealthy, average, or healthy levels of their type.

Lighting the Chalice

By Elizabeth Harding

We Unitarian Universalists don't drink from our chalice. Instead, we use it to hold the flame. The circle of the chalice helps keep the fire small. The flame doesn't blind us. It doesn't burn us. It gives us light, so we can see all the different things in the universe: even the invisible ones, because the Unitarian Universalist flame is a light of learning.

The flaming chalice is a symbol of learning and of love. It's our symbol: the symbol of Unitarian Universalism.

Check in

Quotes

"The more you know yourself, the more patience you have for what you see in others."

~Erik Erikson

"The self is not something ready-made, but something in continuous formation through choice of action." ~John Dewey

"The better you know yourself, the better your relationship with the rest of the world."

~ Toni Collette

"He who knows others is wise; he who knows himself is enlightened." - Lao Tzu

Discussion questions

1. When you read your type, what elements of the description fit for you?
2. What parts don't fit?
3. Have you seen changes in yourself over time or across situations? Maybe times you were presenting in unhealthy ways versus healthy ways for your type?
4. How do you focus on developing the healthier levels/ aspects of your type and forgiving yourself and have compassion for the less healthy aspects?
5. How do you want to use this information about yourself moving forward? Do you think it will impact you at all? Your relationships?

Ending quotes

"Identity is a prison you can never escape, but the way to redeem your past is not to run from it, but to try to understand it, and use it as a foundation to grow."-Jay Z

"If you really have your own identity you'll keep on doing what you think is really right for you, and you'll also understand the next step you want to take." -Helmut Lang

"Self-discovery is the secret ingredient that fuels daring." - Grace Lichtenstein

Likes/wishes

Extinguishing the chalice

We extinguish this flame but not the light of truth, the warmth of community or the fire of commitment. These we carry in our hearts until we are together again.