

the helper

giver & pleaser

MOTIVATION Twos are motivated by a desire to be loved.

FEAR Twos fear being unloved, unwanted or not needed.

GROWTH WORK

IN HEALTH

Pulls from the positive traits of a four:
Sensitive
Authentic
Expressive
Self-nurturing

IN STRESS

Pulls from the negative traits of an eight:
Blunt
Aggressive
Argumentative
Controlling

TRAITS

STRENGTH

Selfless
Warm
Empathetic
Friendly
Intuitive
Generous
Giving

WEAKNESS

Prideful
Demanding
Manipulative
Flattering
Possessive
Insecure
Martyrish

Acts 20:35 -I have shown you in every way, by laboring like this, that you must support the weak. And remember the words of the Lord Jesus, that He said, 'It is more blessed to give than to receive.' ”

Twos are constantly assessing and tending to the needs of others. They want to know that the relationships in their lives are okay. They have a hard time saying no and when they've been helping constantly they may start to feel taken advantage of. They tend to dismiss and ignore their own needs. They want to know they are loved and they show their love in big ways to those around them. Twos may feel that they have to earn the love of others around them by helping, doing & caring for those around them. Sometimes this may come across as manipulative to those on the receiving end of the help.

Are you a Two?

- Do you often remember the little things people say about themselves?
- Do you find yourself worrying about being seen as insensitive or unkind?
- Is it hard for you to say no?
- Does helping others make you feel valuable, but also sometimes taken advantage of?
- Do you wish that people just knew how to show you love?
- Are you focused on the health of your relationships and how you could make them better?
- Do you sometimes get caught up in what others think of you?
- Do you intuitively know what others need help with?
- Do misunderstandings or miscommunications weigh heavily on you?

(Eddy, Pg 42)

Childhood wound

The Two child may have had to take care of a caregiver, felt a lack of nurturance, guidance or structure from a protective figure, or were simply told they needed too much. Their caregivers may have been inexperienced or

overwhelmed, failing to provide some basic aspects of love and care. While this could include all sorts of basic needs, Twos generally report that it was the early emotional needs they missed the most, like the need to feel recognized and loved unconditionally.

These experiences reinforced the way they looked at the world and they became experts at sensing others' needs and working out how to meet them. As they grow, they gain approval and affection by being likable and selectively supporting the people they most want to reciprocate love and support in return.

This shows up as the two child doing the household chores of younger siblings or taking on the responsibilities of the parents as a way to make their lives easier and also earn their family's love and affection.

(psychologyjunkie.com & truity.com)

At their best & worst

Healthy Twos can often name their own needs and feelings without fear of losing relationships. They are generous in their efforts to love well and care for others. These happy, secure Twos also have appropriate boundaries, knowing what is theirs to do and what is not. They create a comfortable, safe space for others and are often considered to be a friend to many. Loving and lovable, they adapt well to changing circumstances and are aware of the true self that exists beyond their relationships.

Average Twos are convinced that the expression of their own needs and feelings will automatically threaten the stability of their relationships. They are generous people, but they often consciously or subconsciously expect something in return for their efforts. They have poor boundaries and generally only know themselves in relation to other people. They are attracted to powerful people, whom they expect to define them, and they'll use flattery to pull them in.

Unhealthy Twos are codependent. In their desire to be loved they will accept almost any substitute: appreciation, neediness, companionship, and purely utilitarian relationships. These Twos are insecure, manipulative and often play the role of the martyr. They don't give so much as invest, trying to earn love by meeting others' needs – but always expective a high return on that investment.

(The Road Back to You, pg 111)

The Wings of Twos

With a One wing (2w1), Twos will be more concerned about getting things done properly wanting to be seen as dependable and responsible. 2w1's will be more critical, controlling, and prone to guilt. However, they have less trouble setting boundaries and will be more aware of their emotional needs but may have trouble expressing them. They trust less and expect more in return for their help.

With a Three wing (2w3), Twos will be more ambitious and extroverted. They are more concerned about relationships than a 2w1. These Twos are more confident. They achieve more, desiring to be seen as successful (a close second to being loving and generous). These Twos can be more chameleon, blending easily with those around them – matching people they desire approval from. Denying their true selves, they may come across as fake or disingenuous.

IN RELATIONSHIPS

What twos can do to have better relationships with others.

Listen to criticism. Your first reaction to criticism will be to use it as fuel that you are unloved, that you are not good enough, evoking a feeling of shame. When a peer or leader gives you feedback, listen to it and learn from

it. God calls us to help each other grow. *Proverbs 27:6, Faithful are the wounds of a friend; profuse are the kisses of an enemy.* By pulling from your growth number (eight), you can remind yourself that if the reprimand is truth (eights are good at recognizing truth apart from feelings), you can accept it as a statement of fact and not a personal attack, being able to use the information to learn rather than holding onto it as an insult.

Set boundaries. You may have found yourself saying yes to multiple requests. In turn, you have felt overwhelmed, underappreciated, and taken advantage of. The growth pattern to help resolve this is twofold. First, by allowing yourself to move to your growth number, you can more easily say no to tasks that will tax you, tasks you don't have time for or ones you aren't equipped to handle at the current time. (Eights are great at saying no.) Secondly, you will need to recognize your involvement in the amount of tasks you've taken on. However heartfelt your intentions, you may begin to feel like no one sees how hard you are working, recognizes your effort or is grateful for your sacrifices. Stop to think, 'did someone actually take advantage of me, or did I put myself in this position?' This will give you perspective and ownership over the place you're in. Learning to take on less tasks (whether asked or whether self-appointed) and learning to recognize your own involvement in the situation will help you to act in setting boundaries for yourself and others.

What others can do to have better relationships with Twos.

You are on a mission to find ways to help Twos express their needs and feelings. They process their thoughts verbally. So let them talk through everything as they process. Press further when a two says they're fine or good, there may be something beneath the surface. Be affectionate and do not let your emotions seem out of control. That will make a Two feel unsafe to share their more vulnerable thoughts.

Since we are all created in the image of God, we all resemble Him in certain ways. That's why we need all of us, together, to make up the complete body of Christ. Put us together and we resemble a fuller image of God to the world. Twos reflect the love and kindness of Jesus. Sacrificing themselves to care for the people around them. Hebrews 13:6 - So we can confidently say, "The Lord is my helper; I will not fear; what can man do to me?"

WHAT IT'S LIKE TO BE A TWO

HARD TO SAY NO

When it comes to taking care of others, I don't know how or when to say no.

GOOD LISTENER

I remember the stories that make up people's lives.

HARD TO ACCEPT HELP

I am more comfortable giving than receiving.

PEOPLE PLEASER

I care a great deal about what people think of me.

EASY TO TRUST

Even people I don't know well share deep stuff about their lives with me.

BE CAREFUL WITH FEEDBACK

I want honest feedback but it's easy for me to take it personally.



Colossians 3:23 - And whatever you do, do it heartily, as to the Lord and not to men, ²⁴ knowing that from the Lord you will receive the reward of the inheritance; for you serve the Lord Christ.

Threes want to be successful. They also want those around them to be successful and will push and motivate those around them to achieve. They are highly driven and may try to earn love by doing more and doing it better.

Are you a three?

- Do you find it easy to put aside your emotions to get something done?
- Are you a big believer in making a good first impression?
- Do you enjoy being acknowledged for your accomplishments?
- Are you sometimes afraid that people will find out when you've overembellished a facet of your life?
- Do you always know what goal you're working toward next?
- Do you automatically notice the way people are responding to you in the moment?
- Do you sometimes overwork yourself and then feel numb from exhaustion?
- Do people see you as inspiring and productive?
- Are you sometimes worried that you won't be able to keep up with the success you project to the world?
- Do you find it hard to pause and celebrate an accomplishment before starting the next goal?

(Eddy, pg 58)

Childhood Wound

Some Threes had well-intentioned parents who praised them for their accomplishments, for what they 'did' rather than for who they are. Or they may have been part of a big family and did not receive the attention they needed. So they started performing, finding ways to stand out and get noticed, such as being the family comedian or opera singer. Some Threes simply lacked parental support and protection. For example, if their father, or father figure, was absent, the Type Three child may have felt the need to step in and fill the gap left by that protective presence.

At their best & worst

When *healthy threes* are living from a place of trust and belief in their identity in Christ, they will set and accomplish goals without believing that their value and self-worth depend on it. They are in tune with their feelings and can express them to others. They can see the way they portray themselves to others. They choose to show their true self, no matter who they are with, they know their worth regardless of the person's response.

If you are trying to take control of your life in your own strength, you will display the characteristics of an *average three*. You will try to earn love and admiration by portraying success. You will focus most of your energy trying to make every area of your life highly successful, relying on your own energy and strength. You will seem overconfident and ignore your emotions.

Unhealthy threes become fixated on embellishing and polishing their persona to gain admiration from others, become more competitive, and can harm other people with their deceptions. They believe a lie that sounds good is better than the truth, which may point out your flaws and failures.

(Eddy, Pg 60)

The Wings of Threes

Threes with a Four wing (3w4) may have an inner struggle because while the three blends into what different people want them to be, the Four wing will be an inner voice, recognizing their phoniness, calling them out on their fraud. Which will help them become more authentic to who they really are. The Four wing allows the Three to be more in touch with their feelings and they'll be more sensitive to others' feelings. They aren't as driven to be stars as the 3w2 but they can be more pretentious.

Threes with a Two wing (3w2) are charming and intimate. But, they can become hostile and angry when they don't get the recognition they feel they deserve. These Threes embody some of the love and kindness other Threes may have to imitate. They want to accomplish great things but they will also help and encourage others to accomplish great things as well.

IN RELATIONSHIPS

What threes can do to have better relationships with others

Showing your true self. If you have been covering your flaws or putting on the face you think people want to see, you'll develop some relationships but they will never be the deep intimate ones you need. The relationship you form while pretending to be what you think the other person wants will not be a real relationship, based on truth. The other person may never meet the 'real you.' Focus on letting the person you are be known to others and the relationships you form may be fewer but they will be deeper and more fulfilling, both for you and for them. Do this by leaning into your growth number. You can become more loyal to the well-being of others, seeing the needs of the group and becoming more cooperative. Let people see who you are underneath all your

accomplishments. Let them see your failures and admit to your faults. You'll be respected and loved for it more than you'd expect.

What others can do to have better relationships with threes.

Be sure that the Threes in your life know that they are valued for what is beneath the success. Be patient in conversation. Much of their energy is focused on the future and they may have trouble focusing on right now. Don't judge things as liked or disliked, this will help threes not focus on the things they think you want them to do well. But if you do have a sincere compliment, say it, Threes want your approval & praise. Help them identify their feelings and emotions but don't dwell on them for too long. They'll need a break from emotional talk.

Since we are all created in the image of God, we all resemble Him in certain ways. That's why we need all of us, together, to make up the complete body of Christ. Put us together and we resemble a fuller image of God to the world. Threes reflect the excellence of God. God does all things well, he gave threes a little piece of Himself in that. *Isaiah 12:5 Sing to the LORD, For He has done excellent things; This is known in all the earth.*

TIPS TO GET ALONG WITH A THREE

Give me words of affirmation.

Please don't take it personally when I get distracted during a conversation. It happens to me a lot.

Please don't interrupt me while I am working.

Let me know you love me for who I am and not what I do.

Limit negative talk. I prefer to stay positive and optimistic.

Give me accurate instructions ahead of time. I love to do things for others, but I want to know how.

Resources

[The Holy Bible: English Standard Version](#). 2016. Wheaton, IL: Crossway Bibles.

[The New King James Version](#). 1982. Nashville: Thomas Nelson.

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The Enneagram for Beginners by Kim Eddy. 2020. Penguin Random House, LLC. New York

The Path Between Us by Suzanne Stabile. 2018. Downers Grove, IL. InterVarsity Press.

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The Childhood Wounds of Every Enneagram Type by Susan Storm. 2020. psychologyjunkie.com