

the  
ENNEAGRAM  
and the Pursuit of  
JUSTICE

We  
Welcome.



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# What is the Enneagram?

Welcome to the Enneagram and the Pursuit of Justice! In our opinion, the Enneagram is one of the best tools out there to engage with yourself and your world in a more purposeful way. The Enneagram teaches us not only what behaviors we tend to repeat/default to, but WHY we do them. Understanding our motivations is life-changing when it comes to being intentional about our lives and our contribution to our world. We are beautiful, complex, work-in-progress beings, and being able to look at ourselves with honesty and compassion is one of the best ways to make positive changes in our own lives and the lives of those around us. There are many different pieces to the Enneagram and we are going to touch on a handful of them here. Each one will give you another glimpse into understanding yourself and your motivations, and consequently, help you to take what you've learned about yourself and lean into issues of peace and justice in ways that are in alignment with who YOU are.

So what is the Enneagram? The Enneagram is a theory of personality based on decades of research and observation. It shows us nine profiles of people who have the same motivations and fears, and, because of this, often similar behavior patterns. Different Enneagram experts may differ on certain aspects of the Enneagram, but the basics below are generally accepted as main facets of this theory.



You have your basic type structure (type 1-9) and each type has a core motivation/desire and core fear. So much of what we do is based on us trying to achieve our core motivation and avoid our core fear. But a lot of this is unconscious, so we may not even realize that is what we are going for.

What makes the Enneagram so helpful is being able to be honest with yourself about what patterns or habits you get stuck in trying to achieve a certain outcome. It isn't about shaming yourself or focusing on your negative qualities, but it IS about becoming aware of how your attempts to reach your desire may be keeping you in a cycle of unhealth. As ever-changing and growing human beings, the Enneagram allows us to see the box we've stuck ourselves in, and gives us tools to get out of that box and be a whole, healthy person. It can be a beautiful, but hard, journey. But it is worth it.

If you're unsure of your Enneagram number, it might help to take a [free online test](#) as you begin working through this guide.

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# TYPE TWO

## and the pursuit of justice.

GIVER  
LOVER  
HELPER



The caring, interpersonal type. Twos are empathetic, sincere, and warm-hearted. They are friendly, generous, and self-sacrificing, but they can also be sentimental, flattering, and people-pleasing. Their impulse to serve others is often unconscious, just part of who they are. They are driven to be close to others, and they often do things for others in order to be needed, as they learned somewhere along the way that love is earned through what we do for others. They typically have problems caring for themselves and acknowledging their own needs. At their best, healthy twos are unselfish and altruistic and have unconditional love for themselves and others.

Twos have a fierce strength behind them that isn't always visible underneath their kindness. They build their lives around their relationships and they are always paying attention to the state of the people around them.

One of the hardest things about being a Two is realizing that most people don't help them in the same way they help others. This can set off a cycle of a Two feeling unloved, and then believing they are unworthy of love.

core desire/  
motivation

To be loved and liked

core fear

That they will not be loved  
for who they are

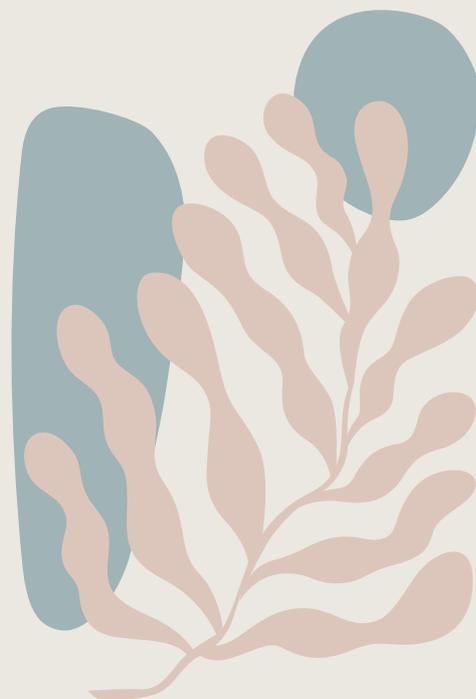
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# Instincts

Each of the types has natural instincts which have been nurtured in us from childhood. These innate instincts arose out of our primal need to be loved. They can become compulsions and make a caricature of us OR they can be subverted and disempowered when they are brought to light. Some of the typical instincts of the Two include:

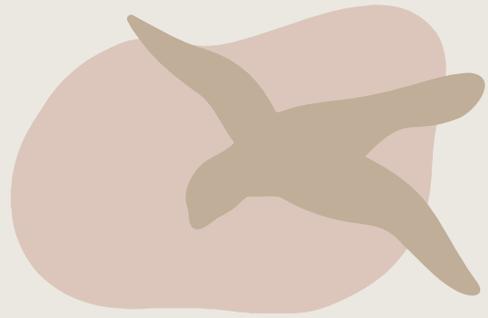
- Always paying attention to who they are with
- Focusing on life outside themselves to make meaningful connections
- Naturally searching for value and identity in their connections
- Suppressing their own needs
- Concerned with projecting the right image: one that will be valued, even if it's a false image
- Always questioning their adequacy and competency - they are very concerned with doing something of worth within their lifetime

Twos, Threes, and Fours are all longing for connectedness. Their go-to strategy to accomplish this is by doing. They are the doers of the Enneagram; they do before any conscious choice has been made. They stay active because of their core desire to ensure an environment in which they remain connected to and valued by other people. For Twos, this looks like helping people. But they know their shortcomings and that they don't live up to the way they project themselves, which leads them to feel shame. To overcome this shame and receive the love and connectedness they long for, Twos do things to please people and engage in acts of kindness or service.



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# Enneagram for Justice Practices



## ACTION STEPS

Type Twos are generous (some would say the most generous type on the Enneagram!), kind, and able to see the good in people. They want to help others and make a difference. This puts Twos in a unique position to care for others when it comes to social justice and current issues in our society.

First, care for yourself. As a Two, you tend to put others before yourself and neglect your own needs, so it's important that you:

- Check in with your needs every day
- Prioritize authenticity: make sure that when you help or communicate with others you are coming from an honest place, not a place of obligation or manipulation
- Ask directly for what you want

THEN, GET OUT THERE AND DO THE WORK.

Because you naturally serve and empathize, consider engaging in actions like these:

- Volunteer or serve with an organization
- Empathize and give space for people to express what they are feeling
- Organize support groups or support a leader who is engaged in social justice
- Help someone by grocery shopping for them or making meals
- Help refugee families by hosting and caring for them
- Use your gift of sensing what people need to communicate with larger organizations about the actual needs on the ground

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What else can you imagine doing that would flow from your personality type?

What do you sense you need to do to bring justice into your world?

When will you do it?

Who will you do it with?

*I hope you know you are loved. Just as you are. No amount of serving others or giving of yourself will make you more lovable. You deserve love and care because of who you are right now. Just because someone may choose to no longer be close to you does not mean you are not worthy of being close to. May you rest in the fact that you are loved. The work you do out in the world is good work. But you are enough as you are today.*



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As we continue our pursuit of justice for the vulnerable, it's essential that we take time to nurture our own emotional and mental health as well. The Enneagram is one tool that we can incorporate into our mental framework of serving our neighbors well. When we better understand our core motivations and fears, we can use that knowledge to equip ourselves to approach the work in a healthier way.

Our hope for this guide is that it breathes life into your personal journey toward a more just world. We are here to cheer on the unique contributions that you bring to the work, and we hope that you also take time to rest well and see your value outside of the work that you do.

We are on this journey together - thank you for being with us.

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## ACKNOWLEDGMENTS

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