

MONTHLY DELIVERABLE

ENNEAGRAM & THE SANDTRAY: COMMON THEMES

So hopefully, you're really diggin' this Enneagram stuff. You know your number and are thinking about your clients through a new lens.

We developed this Enneagram themes cheatsheet to help you understand the struggles of each number and how this may play out in the sandtray. Remember, each number has unhealth and health so it may depend on where they are in treatment, i.e. beginning will likely be unhealth more than in healthy.

TYPE ONE THEMES

- Me vs Them
- Black Vs White
- Order
- Rows
- Work/Earning Love
- Fear of chaos
- Fences

TYPE TWO THEMES

- Client may not even be present in the tray
- All about what they do for others
 - Their community
 - Family
 - Personal sacrifices
- Manipulation through 'service'
 - Lack of self
 - Shame

TYPE THREE THEMES

- Achievement
- Parental views of not enough
 - Rank in society
 - Lack of emotional life
 - Fear of intense emotions
- Stories of strife and how they won

TYPE FOUR THEMES

- Intense emotions
 - Feel alone
- Stories created by client (often not real events)
 - Art/creative life
 - Not understood by others
 - Few friends
 - Eccentric

TYPE FIVE THEMES

- Knowledge and facts
- Fear of being less than
 - Lots of space
- Lack of willingness to open up
 - Fences and forts
 - Burying
 - Cages

TYPE SIX THEMES

- Rows and fences
 - Scarcity
- Pulling in two different directions
 - Anxiety
- Mirrors (different faces for different people)
 - Lack
- Possible empty spaces
 - Achievements

TYPE SEVEN THEMES

- Chaotic placement
 - High energy
 - Pressured speech
- Small or hidden negative parts
 - Rainbow or hope
 - Looking forward
 - 'What's next'

TYPE EIGHT THEMES

- Leadership
- Lack of vulnerability
- Not present
- Aloneness/lonely
- Anger
- Us vs Them
- Journey
- Feeling not understood

TYPE NINE THEMES

- Passive
- Pleasing of others
- Possible codependency
- Empty world
- Meaning through the presence of others
- Possibly not present in the tray
- Ask questions about what you want
- Not want to talk about hard emotions or conflict