
The Helper

Report for Enneagram
Style Two

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Full Report

This report specifically addresses an advanced understanding of a person whose style is Two: The Helper.

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Your Enneagram Style: Two

The Helper



Summary

As Helpers, Twos seek to bring unconditional love to the world around them with their gifts of sacrificial love and generosity. Twos are open-hearted, nurturing and supportive.

Twos live to help others. You can trust that they will always show up in your time of need. They are compassionate, empathetic and sensitive to the needs of others and will strive to meet those needs. They are generous and hospitable with their time, talent and resources when caring for others. They will be first in offering to meet a need when someone is hurting or sick.

Twos love to encourage. They nurture those around them out of a desire to see others thrive and find joy. They exhibit kindness and grace and connect with others in a truly heartfelt way. They are caring, joyous and humble.

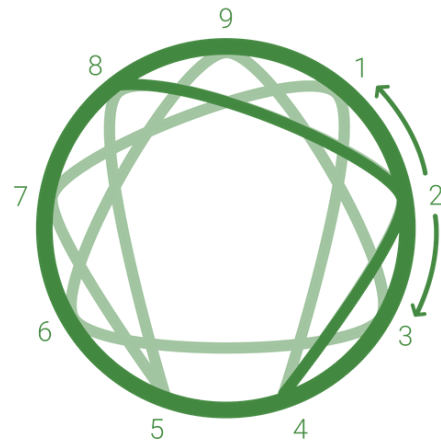
Motivation & Core Fear

Twos are motivated by the desire to be loved. They seek after approval and gain their worth from the acceptance of others. This motivation is driven by their fear of being unappreciated and unwanted. While they greatly desire unconditional love, they have developed a core fear that they must earn this love by serving others.

Wings

Each person is unique. Thankfully, the Enneagram recognizes this and actually shows how each style carries “flavors” of the other styles.

On the diagram to the right, the lines on the outside of the Enneagram drawing (pointing from the Two to the One and to the Three) are called “Wings.”



If you've taken our assessment, your wing is the higher score between a One or a Three.

TWO WITH A ONE WING

This variance is often called “The Servant.” Having Servant tendencies means that you are probably generally optimistic, reasonable and that you quietly serve others. You can also be more critical toward yourself and others when you're trying to ensure that you're loved.

TWO WITH A THREE WING

This variance is often called a “Host/Hostess.” Having Host/Hostess tendencies means that you are probably more self-assured, sociable, talkative, and adaptable. You may also be overly-friendly and flattering to others in order to feel accepted when you're trying to ensure that you're loved.

Subtypes

Each style has three different "subtypes" or instincts often referred the self-preservation, social, and one-to-one (sexual).

The self-preservation instinct is interested in our safety and well-being.

The social instinct is very aware of others and how we affect those around us.

The one-to-one instinct has a higher drive for intimacy in another person.

SOCIAL

- This subtype has the desire for more power and has a lot of influence over their audience. In fact, their behavior tends to resemble a Three or Eight.
- They can be generous to ensure that people will follow them and to appear influential and competent.
- In order to feel loved, they will make themselves indispensable to family, friends, and colleagues.
- They enjoy being supportive, giving advice and helping the community.

SELF-PRESERVATION

- This is the "counter type" and behaves much differently. Since being told "no" can be interpreted as rejection, they can be a bit indirect in how they ask for their needs to be met.
- They tend to seduce to get their needs met, but fear being rejected. So, they can lure people by being needy and irresponsible to get others attention or help.
- However, they also can be playful, charming and have a child-like demeanor.

ONE-TO-ONE

- This subtype uses seduction of a partner to get their needs and desires met. This feels like love and intimacy to them.
- They inspire others by giving off good feelings and passion.
- They also can present themselves as irresistible to have their need for love and admiration fulfilled. When this works they feel satisfied, but when it doesn't they can become very deflated.

Note: You use all three of these, but one is more influential upon your style. Also, the order of intensity of these three is why you can be very different than another person with the same style.

Your Circumstances

Childhood

As children, Twos may have learned early on that they had to put the needs of others first. They may have also experienced that in order to get love, they had to do something to earn it. They may have found that they were rewarded for looking after siblings, doing tasks, or in some way attempting to minimize stress in the family environment. Instead of simply modifying their behavior (as other children might), Twos learned that caring for and serving others was their responsibility. This leads to an intuitive gift of knowing the needs of others while often times denying their own.



At Work and in Relationships

When they operate from a place of health, Twos can be supportive, empathetic, service-oriented, upbeat and able to encourage others to use their gifts and talents. At their best, high-functioning Twos embody a “first responder” as they can quickly discern a need and act on it. They are able to collaborate and support their team with energy and dedication.

When Twos are behaving in unhealthy ways, they can become resentful when their efforts are not appreciated. They may feel like they

are doing the majority of the work with little help from others. They may overcommit by saying yes to too much or may overstep their role through too deeply involving themselves. When confronted, Twos can have a hard time being truthful and specific about what is bothering them.

Twos need to establish healthy boundaries and say “No” to some commitments in order to be emotionally healthy. They need to understand that they don’t have to gain approval to find the love they are looking for.

Stress & Security

The lines on the inside of the Enneagram drawing (pointing from the Two to the Eight and the Four) are called "Arrows." They reflect how a person operates in times of stress or security.

Generally, Twos gain a few characteristics of Eights under stress. When Twos react in an unhealthy manner under stress, they can become more blunt, forceful, demanding and controlling. They feel unloved when others don't show sufficient appreciation. But when Twos operate healthily in times of stress, they can also grow more confident, decisive and honest. Beware: this increase in confidence and honesty can lead to overstepping boundaries when Twos insist that they know what others need.

In a more secure or relaxed setting when Helpers feel comfortable expressing their innermost thoughts and feelings, they gain a few characteristics of Fours. They may begin to recognize that they are free to experience their own feelings. This self-expression allows them to nurture themselves, often finding creative outlets such as dance, art and journaling. They also have a heightened awareness of the feelings of others. Occasionally, when Twos become emotionally temperamental and self focused, they may also tend to have higher expectations of others.



Gold & Shadow

When Twos are motivated to secure the love and acceptance they long for through service to others, they operate in the dark side of their personality and often feel pride. But when Twos have most of their needs met and are well-loved, they can love others and themselves unconditionally while finding acceptance and serving with humility.

The following table shows your responses in the assessment. Typically, they are your characteristics when you are healthy (gold box) and your characteristics when you are unhealthy (gray box):

Nurturing

I support and encourage others to see them thrive.

Caring

If you need help, I will be there for you.

Hospitable

I enjoy making all kinds of people feel wanted and welcomed.

Empathetic

I identify with how others feel.

Encouraging

I enjoy verbally building other people up.

Smothering

I overly attach myself to other people.

Possessive

I don't like to share the people I love with others.

Hard to Ask for Help

I don't like asking for help.

Dependent

I can rely too much on others for support.

Overprotective

I work constantly to keep those I love safe and unharmed.

Healthy

When they experience unconditional love, healthy Twos are able to love themselves and express their feelings and needs in a direct way, without seeking constant acceptance and affirmation. This love also helps them see others for who they are, understanding them with deep empathy and encouraging them to thrive.

Healthy Twos are able to readily forgive both themselves and others. They demonstrate patience while remaining helpful, generous, compassionate and joyful. They have a desire to help and care for others, but are able to do so in a balanced way.

They set healthy boundaries, saying no to responsibilities that aren't theirs. Exercising good boundaries allows them to connect deeply and fully engage in their relationships without smothering others. They commit to serving others in humility without seeking repayment.

Average Health

At an average health level, Twos tend to focus their attention on earning the love and affection of others. They want to win the acceptance of others by helping, serving and supporting. Twos instinctively sense the needs of others, but can become resentful, feeling unloved or unsupported when others aren't able to do the same for them. They may become overly dependent in their relationships in order to feel needed and wanted. They can smother others through acts to make sure that the relationship continues. They may hide or be indirect in communicating their own needs for fear that sharing them they may risk their relationship. Average Twos will pursue friendship through flattery and pandering to the desires of others.

Unhealthy

Unhealthy Twos can drive people away. They offer unsolicited help, "taking over" and becoming overbearing when they sense the slightest need. When others start to pull away, they rationalize this by blaming the other person for being ungrateful. They keep a mental ledger, constantly reminding others of the ways in which they have helped and becoming angry when others don't seem appreciative. They need constant affirmation to prove that they are wanted and needed.

Next Steps

Here are some helpful steps in how you can boost your understanding of yourself and the people around you.

Personalize It!

Begin by reading through your report with purpose. Grab a highlighter and mark any word or phrase that is especially true of you. This process will help you evaluate your results and “hone in” on the truths that are most applicable to your growth.

Team Building

This study is perfect for groups and leadership teams. Your group will grow in empathy, understanding, and in the ability to speak to one another in a more personalized way.

Spiritual Questions?

Since the Enneagram emphasizes emotional health and character growth, it's a great tool to explore the spiritual beliefs that drive your motivations.

We also have courses for leaders who want to learn all nine Enneagram styles from a Christian perspective. To learn more, click the link below.



[Click Here to Preview Courses](#)

Coaching

We're happy to help boost your self-awareness, spiritual vibrancy and giftedness for individuals, couples and teams. We will customize our time to meet your needs and desires.

Speaking

We are equipped to help boost productivity, unity and the health of your leadership team through retreats and conferences. Email us at john@peoplelaunching.com.