

FREE • TO • BE • ME

Using the Enneagram for Personal Growth

TYPE TWO: The Helper

Overview:

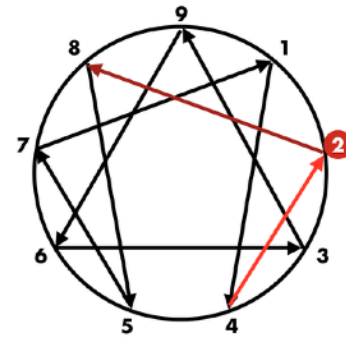
Type Twos are great to have around. They are in tune with the needs of others, so much so that they may see what you need before you yourself are aware of it! Twos have a deep well of love for other people and value their relationships. They are charming people. Where they see hurting or suffering, they will show up and offer comfort. In general, Twos are always looking for how they can be helpful. They will give generously of their talents, time, and money.

Twos struggle with boundaries. How much giving is too much? How much attention to other people's needs goes too far? If Twos are not careful, some of their closer relationships may look more like codependence than a real relationship. A Two wants to believe that they have fewer needs than other people, which is why other people need them to help. Twos sometimes fear deep down that they are unlovable and have a hard time seeing themselves as loved and lovable.

When Twos have given in a relationship to the point that the other person leans on them, they may become burdened or annoyed by the dependence they helped to create. In a less healthy range, Twos give a lot, but their giving may come with strings attached. They become manipulative or controlling if they feel they are losing someone's love. Because they will deny themselves in order to take care of others, they may get overextended and resentful towards others who have received their kindness without reciprocating at the same level.

Am I A Two?

- Are you a people pleaser who will drop your own concerns in order to help others?
- Are you well attuned to what other people are feeling?
- Are you ashamed to ever ask others for help?
- Do you open your home readily to others?



Type Color: **Passionate Red**
National Code: **Italy**



Healthy Mascots
Patient, Hardworking Donkey



Warm, Loyal Irish Setter



Unhealthy Mascots
Overly Demonstrative Puppy



Ambivalent Cat



"I desperately want people to give me positive feedback and compliments, but once they do, I can't enjoy them, because it feels too exposing to have the attention focused on my needs and behaviors."
- Hunter M.

- Does it frustrate you when the people you love have to be told what you need?
- Are you usually the first to apologize and forgive?
- Do you define yourself most often in terms of your relationships? "I'm Jenny's dad." "I'm Billy's mom."

Scriptural Type Two: Mary Magdalene, John, Martha

Jesus had cast seven demons out of **Mary Magdalene**. She was a devoted disciple, and after Jesus had died and been placed in the tomb for the Sabbath, because Mary was the among the ladies who went early on Resurrection morning to prepare Jesus' body for burial, she was the first witness of the risen Lord. (John 20:1)

The **Apostle John** showed occasional Two traits. When there were people not of the Twelve who were casting out demons in Jesus' name, John let Jesus know that they had stopped them from doing it (Luke 9:49). Then when Jesus and the Twelve were turned away from a village, John offered to call down fire to consume it. Twos don't appreciate being unappreciated. When hanging on the cross with his mother near by, Jesus knew that in the culture that without a husband or a son to protect and provide for her, she would be destitute. Jesus turned to John, of all those he could have asked for help, and told him that she was now to be like his mother, and he was to be like her son. He knew he could count on John to take care of her. (John 19:26) Interestingly, John doesn't use his own name in his Gospel when referring to himself, preferring a humbler title—defined by his relationship to Christ!—"The disciple whom Jesus loved."

A less healthy role model for Twos is **Martha**. She was busy serving while everyone else was listening to Jesus. It can be awfully hard to get a Two to stop worrying about everyone else and pay attention to their own needs. She felt like Jesus should scold her sister Mary and tell her to help out, but Jesus gently reminded Martha that it's important to take a break sometimes and nourish your own soul. (Luke 10:38-42)

Twos in Pop Culture

In the movie **The Waterboy** (1998), Kathy Bates plays Bobby Boucher's mother. The movie traces her progression from an extremely unhealthy Two to an integrated Two. She starts off jealous for Bobby's affection, anxious to ward off anyone else who might steal his attention. Everything that's not her is "The Devil." She does everything for Bobby, teaching him that no one would ever love him like Mama does. Abandoned by her husband, she seems to believe she is unlovable and leans unhealthily on Bobby to fill the hole in her life. She goes so far as to fake a major illness to keep all of Bobby's attention. As the movie progresses, she comes to love Bobby and others from a place of joy and wishing them well for their own sakes, not merely for what she expects in return for her kindnesses. She even takes her own turn happily serving water to the thirsty athletes.





type two image from

the
**Visual
 Enneagram**

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Growth for Twos:

Twos have to be careful about *pride*, that other people have more needs than they do who probably need their help. Twos have a hard time saying “no” and will often promise more than they can healthily deliver.

Twos will do well to move toward freedom. Freedom from manipulation, gossip, flattery, false intimacy, sentimentalism, and a continual quest for reinforcement. Healthy Twos can act in love and kindness in a way that sets others free, enjoying the intimacy and connections, but not depending on it. In a strong and healthy place, a Two can show great generosity and love, then be glad to see the other person get stronger to the point that the Two’s help is no longer needed. *I can give something good without wondering whether I’ll get it back.*

“The fruit of the Spirit, or gift, of Twos is humility, the reverse of pride. When Twos reach the point where they recognize their real motives (“I give so I can get”), there comes a sobering more profound than can be imagined. When Twos dare to endure this insight, to chew it, taste it, and digest it, then transformation and healing are possible.”

- Richard Rohr

Twos Need To Learn:

- Pay attention to what you need.
- When someone asks you to do something, learn to say, “Let me think about that and get back to you”...or even “No.” Every “yes” you say in one relationship is a “no” you must say in another if you are to avoid over-extending yourself.
- To help you move toward humility, acknowledge and directly express a need that you have to someone else.
- Resist projecting the image of yourself as the ever-cheerful helper if that is not how you authentically feel right now.
- Be especially careful when you find yourself feeling *ashamed* of having needs, or feeling a need to *assign blame*. Twos can hate as passionately as they can love when they feel shorted, and so it is very important not to confuse *your feelings* with *objective reality*.
- Learn to have limits. The next time you’re about to jump in, pause and challenge yourself to imagine that most people are probably doing ok right now without your help.
- Real relationships are reciprocal. Learn both to give and to receive.
- It doesn’t threaten your relationships for you to pay attention to your own needs. It makes them stronger.
- Learn to commit to fewer relationships and enjoy them more.
- Work on meeting your needs from the inside out, rather than depending on others to fix them from the outside in.
- We love you exactly for who you are. You show us kindness and nourish us and we appreciate you. It matters to *us* that your needs are met, too.

How To Care For The Two In Your Life:

These are mostly taken from Susan Stabile, who is herself a Two.

- Remember to thank them for the ways they help you and encourage you.
- Take time to ask them about their own feelings so it's not always just them asking you about yours.
- Twos experience anxiety when they realize they are feeling their own feelings. They have a hard time acting on their own behalf.
- Try to help Twos find a way to share with you what they honestly feel. "On a scale of 1-10, how important is this to you really?"
- Twos are verbal processors. They don't *think* things through, they *talk* things through. Don't misread them when they want to talk about something that seems confusing to you. It's how they work.
- Don't trust when they say they're "fine." Press deeper.
- Anger or disproportionate emotional responses from Twos usually signal they have unmet needs.
- Twos want honesty, but also take everything personally. "I don't like this casserole" comes to them as "I don't like you." Remind them that things aren't personal.
- In an intimate relationship, Twos need to hear you say, "I'm here and I'm not leaving. There's nothing you need to do. There's nothing you need to be. There's nothing you need to help me with. I love you for you."
- Twos need a partner who wants to meet and know their friends. Remember, they tend to define themselves by their relationships. Their people are really important to them.
- Twos don't mind being second in command, but be sure to acknowledge their contribution.
- Twos need a partner who is demonstrative with affection. It is reassuring for them.
- Sometimes Twos will be overly concerned regarding their relationships with other people. Be patient. Your impatience will only increase their insecurity because now they're also worried about you.