

a journal to help you
connect with your full self

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*How we spend our days
is of course
how we spend our lives.*

Annie Dillard

about this journal

Dear reader,

How do you make decisions?

How do you process information?

Have you ever stopped to think about how you think?

The three centers of the enneagram give language for the ways we process the world through our minds, hearts, and bodies. For each of us, one of the three centers is primary, and one tends to lie more dormant.

A strong connection with all three centers brings balance to our lives.

A healthy relationship with our head center gives us inner guidance and clarity in decision-making. The heart center gives us a compassionate connection with our hearts and relationships. The gut center gives us strength, groundedness, and autonomy in our environment.

Whether enneagram is new to you or something you have been working with for many years, this journal can be a guide for your development.

May we all move forward with greater wholeness.

In hope,
Stephanie

what's inside

Overviews (pages 7-10)

Use this section to learn more about the enneagram framework, and how the centers fit into the greater system.

Reflections (pages 11-28)

Use this section to reflect on your relationship with each center. If you don't know your enneagram type, thinking about which center is primary can be a way to narrow down options. Also, whether we know our type or not, growing in awareness of how we are (or are not) using each center is important. It can show both gifts and blindspots in the way we are processing the situations we face.

Engagement (pages 29-38)

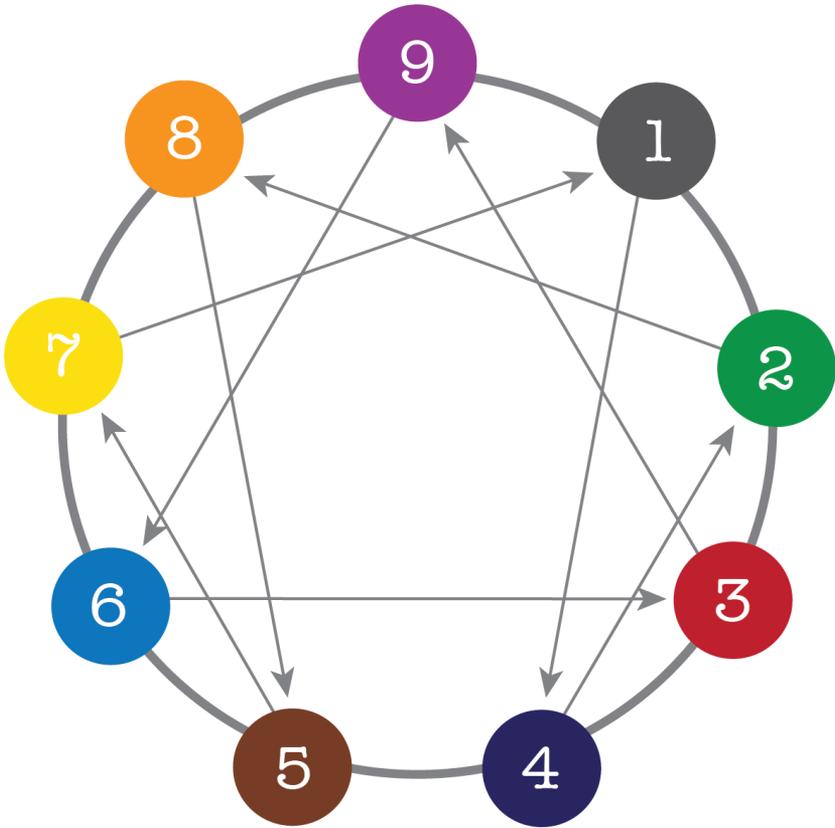
Use this section to decide how you can consciously connect to each center. Whichever center you notice in the reflection is most dormant to you might need particular attention. When we open to the energies of each center, it can get us unstuck in decision-making and provide release from stress. It also gives us compassion for those who process through other centers than our primary.

Practices (pages 39-43)

Use this section to apply the centers to experiences and interactions in your everyday life.

Resources (page 44)

Use this section to dive deeper into the enneagram tool and how it can help your life.



an overview of enneagram

Enneagram is a framework that gives us insight into nine primary ways people engage in the human experience. These nine numbers are the enneagram types. The symbol that holds these numbers is a visual picture of the energy and interaction of the types. It is a framework that holds both complexity and unity, allowing us to be both a lot like other people and uniquely ourselves.

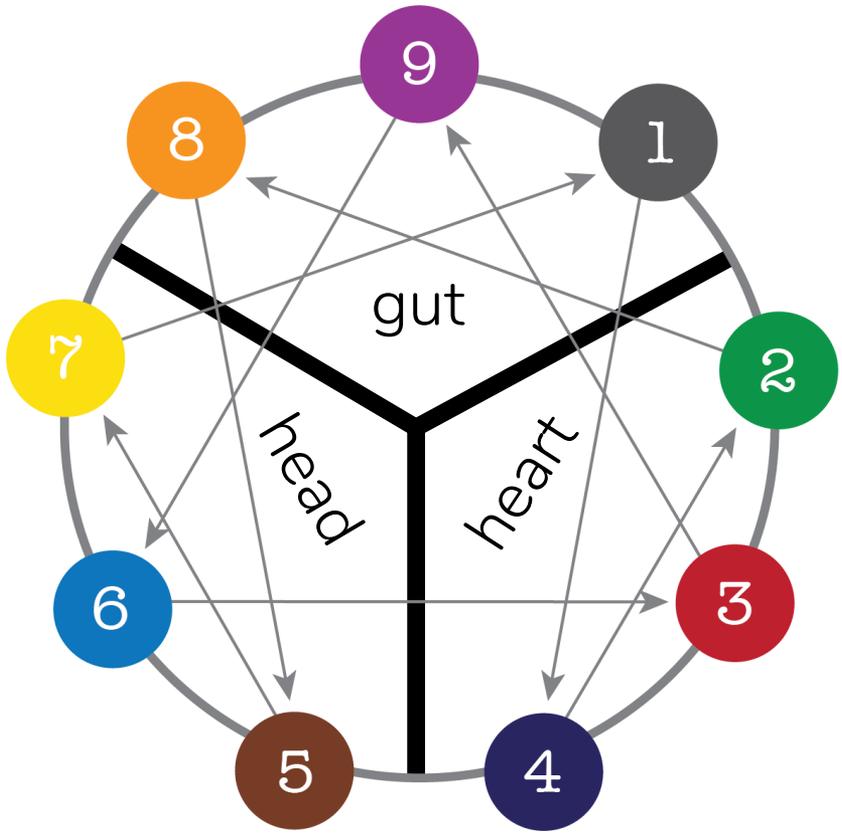
The circle reminds us we are all connected. We hold and display all numbers to some extent. However, we rest in one number as our home-base.

Our home-base enneagram type is the lens through which we see and experience the world.

When we know our type, we find language for the underlying factors that motivate us. We think about things like what we are afraid of, what we desire, and what makes us feel vulnerable. Knowing our enneagram number helps us name our shadows with compassion and take steps to live more deeply into our gifts.

No enneagram type is better or worse than another type. This is why numbers are more helpful than titles. As soon as we add words, there are things we do and don't want to be.

All nine enneagram types carry important facets of what it means to be human.



an overview of the centers

The head-heart-gut triad breaks the nine points into three centers. Every human has access to each center, and all three are important. However, one of them is primary for each of us.

Types 8, 9, and 1 are in the gut center.

They are body types, who struggle for control. Their communication style tends to be direct and sometimes defensive. Decisions are based on comfort, instinct, and autonomy. They ask themselves, "What does my instinct tell me is true?"

Types 2, 3, and 4 are in the heart center.

They are feeling types, who struggle with shame. Their communication style tends to be filled with stories and sometimes carrying implied but unspoken meaning. Decisions are based on relationships, image, and emotion. They ask themselves, "How does this affect my connection to self and others?"

Types 5, 6, and 7 are in the head center.

They are thinking types, who struggle with anxiety. Their communication style tends to be analytical and sometimes complicated. Decisions are based on logic, security, and planning. They ask themselves, "How can I prepare myself and those around me?"

Deepening of our relationship with all three centers brings important balance and discernment to our lives.

*Wisdom is not a
product of schooling
but of the lifelong
attempt to acquire it.*

Albert Einstein

head center

When you are functioning in the head center, you think through your actions.

You employ reason or brainstorm ideals, and make a plan about what to do. You may strategize or research your way to an answer to your questions. You can get caught in the struggle of fear as you search for security.

When you find your way to the core of this center, you find clarity and guidance.

head center reflections

How often do I use my head center? Is it primary? Is it dormant?

When has the head center helped me make a good decision?

head center reflections

When has the head center negatively impacted my life?

Is there someone in my life I depend on to function as the head center on my behalf?

head center reflections

When has a focus on the future caused me to deny or struggle with anxiety?

What helps me find clarity and inner guidance?

Love is what carries
you, for it is always
there, even in the
dark, or most in the
dark, but shining out
at times like gold
stitches in a piece of
embroidery.

Wendell Berry

heart center

When you are functioning in the heart center, you consider how your actions will affect your relationships.

You are focused on feelings and emotions, either those of the people around you or your own. You can get caught in a struggle of shame as you look for attention and a stronger sense of self-worth.

When you find your way to the core of this center, you find authenticity and compassion.

heart center reflections

How often do I use my heart center? Is it primary? Is it dormant?

When has the heart center helped me make a good decision?

heart center reflections

When has the heart center negatively impacted my life?

Is there someone in my life I depend on to function as the heart center on my behalf?

heart center reflections

When has a struggle with my image, relationships, or identity brought up feelings of shame?

What helps me be authentic and compassionate, with others and myself?

Our body is precious.

*It is our vehicle for
awakening.*

Treat it with care.

Buddha

gut center

When you are functioning in the gut center, you trust your own actions.

You know what you want or need. You may even sense a response in your body, either through sickness about the wrong choice or calm about the right one. You can get caught in the struggle of anger as you desire to guard your autonomy and power.

When you find your way to the core of this center, you find serenity and strength.

gut center reflections

How often do I use my gut center? Is it primary? Is it dormant?

When has the gut center helped me make a good decision?

gut center reflections

What is my relationship like with my gut center?
Is it primary, functional, or repressed?

When has the gut center helped me make a good decision?

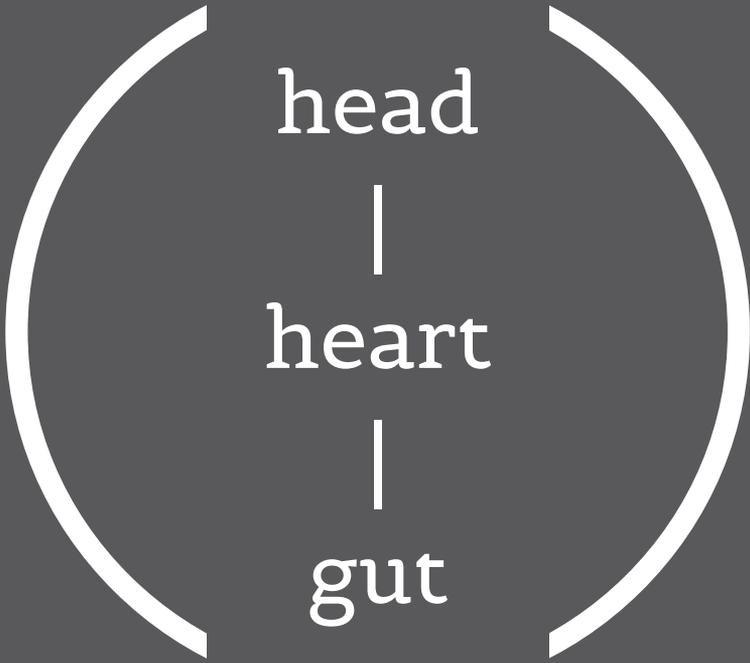
gut center reflections

When has the gut center negatively impacted my life?

Is there someone in my life I depend on to function as the gut center on my behalf?

*Every moment and
every event of every
man's life on earth
plants something in
his soul.*

Thomas Merton



We feel most in balance when connected to all three of our enneagram centers- head, heart, and gut. That means our self-care needs ebb and flow. If I am in a season using a lot of my head center, my self-care should focus more on my heart and body.

engaging the centers

Which center am I using the most right now? The least?

What center do I need to consciously engage with to bring balance in this season?

ideas to connect with the
head center

listen to a podcast
watch and process the news
make plans for the weekend
build a system for your tasks
problem solve an issue
read a book

engaging the head center

What actions do I enjoy that could help me get more in touch with my head center?

Would a regular rhythm or practice that engages the head center be helpful for my life right now?

ideas to connect with the
heart center

journal
meditate or pray
talk with a friend
do something creative
listen to music
send a card to someone

engaging the heart center

What actions do I enjoy that could help me get more in touch with my heart center?

Would a regular rhythm or practice that engages the heart center be helpful for my life right now?

ideas to connect with the
gut center

organize a room
spend time outside
exercise
sleep
breathe intentionally
take civil action

engaging the gut center

What actions do I enjoy that could help me get more in touch with my gut center?

Would a regular rhythm or practice that engages the gut center be helpful for my life right now?

*life will ask a lot of
you, but it is worth it
to go awake.*

Morgan Harper Nichols



the
three
legged
stool

a practice in decision-making

The head, heart, and gut centers can each become centers of intelligence when we are present to them in a grounded and open-hearted way.

Each center is like one leg of a three-legged stool of decision-making.

When I feel myself caught in a “swirl” of stress or indecision, it’s like trying to balance on only one leg of that stool.

Is there a decision I am trying to make that feels like a "swirl" right now?

On which leg (center) am I trying to balance?

How can I bring this decision to the other two centers in order to gain grounding?



speaking
vs
hearing

a practice in compassion

Our primary center affects how way we communicate.

The communication style of the head center

tends to be information-gathering and analytical, with a focus on planning.

The communication style of the heart center

tends to be filled with stories and metaphor, often carrying implied but unspoken meaning.

The communication style of the gut center

tends to be uncomplicated and blunt, usually focused on the comfort of the present moment.

Our center affects both how we speak and how we hear, which can lead to misunderstanding with those communicating from a different primary center.

Reflect on past conflicts.

Have you been impatient by someone's long processing of information, whether external or internal? Is it possible they were speaking (or not speaking) from the head but you were hearing from the heart or gut?

Have you been frustrated by someone's long stories or implied meaning? Is it possible they were speaking through the heart but you were hearing from the gut or head?

Have you been offended by someone's bluntness? Is it possible they were speaking through the gut but you were hearing from the head or the heart?

enneagram resources

If enneagram is new to you, or you want to learn more, here are some places to explore.

personalized coaching

Whether you are new to the enneagram or have a pile of books on your shelf, a conversation creates a different kind of space for understanding. Starting with a free 15 minute call, I can point you in the direction of good resources, and we can find out together which of my coaching services is the best fit for you.

- calendly.com/stephjspencer

beyond your number journals

There is one journal for each type, with questions designed to open space for you to see your behaviors, motivations, fears, and hopes with more clarity and compassion. The more honest we are with ourselves, the more insight we have into what practices might help us move forward in wholeness.

- stephaniejspencer.com/beyondyournumber

websites

- integrative9.com
- enneagraminstitute.com

reading

- Enneagram Magazine Primer (Issue #1)
- The Enneagram in Love and Work by Helen Palmer

music

- Atlas: Enneagram by Sleeping at Last