

# Unlock the Secrets of Helper Enneagram Personality Types: A Comprehensive Guide

In the realm of personality typology, the Enneagram system stands out as a profound tool for understanding our inner motivations, strengths, and challenges. Among the nine distinct Enneagram types, the Helpers – Enneagram Type 2, Type 9, and Type 7 – embody the essence of compassion, support, and optimism. This article delves deep into the complexities of these Helper types, providing invaluable insights for personal growth, interpersonal relationships, and career success.

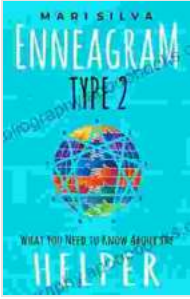
Enneagram Type 2s are known as The Helpers for their unwavering desire to provide assistance and support to others. They are empathetic, caring individuals who derive a sense of purpose from fulfilling the needs of those around them. Type 2s are highly sensitive to the emotions of others and possess a natural ability to put people at ease. Their warmth, kindness, and genuine concern make them invaluable friends, partners, and colleagues.

Enneagram Type 9s, also known as The Peacemakers, seek harmony and tranquility above all else. They are conflict-averse individuals who prefer to avoid confrontation and maintain a peaceful coexistence. Type 9s are often described as easygoing, relaxed, and open-minded. Their ability to see different perspectives and find common ground makes them excellent mediators and peacemakers.

## Enneagram Type 2: What You Need to Know About the Helper (Enneagram Personality Types) by Mari Silva

★★★★☆ 4.4 out of 5

Language : English



File size	: 5743 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 117 pages
Lending	: Enabled
X-Ray for textbooks	: Enabled
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Enneagram Type 7s, known as The Enthusiasts, are the optimists of the Helper triad. They possess an infectious enthusiasm and a knack for finding joy in every situation. Type 7s are adventurous, curious, and always looking for new experiences. Their positive outlook and ability to motivate others make them inspiring leaders and uplifting companions.

Like all Enneagram types, Helpers possess unique strengths and face specific challenges:

### **Enneagram Type 2 (The Helper)**

- **Strengths:** Compassionate, empathetic, supportive, selfless
- **Challenges:** People-pleasing, boundary issues, self-neglect

### **Enneagram Type 9 (The Peacemaker)**

- **Strengths:** Peaceful, non-confrontational, inclusive, adaptable
- **Challenges:** Indecisiveness, lack of assertiveness, avoidance of conflict

## Enneagram Type 7 (The Enthusiast)

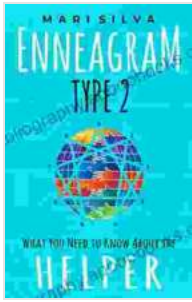
- **Strengths:** Optimistic, enthusiastic, adventurous, motivating
- **Challenges:** Scattered, impulsive, difficulty focusing, avoidance of pain

When Helpers are out of balance, they can exhibit traits that are opposite to their usual nature. This is known as the "shadow side" of the Enneagram.

- **Shadow Side of Type 2 (The Helper):** Manipulative, controlling, narcissistic
- **Shadow Side of Type 9 (The Peacemaker):** Inert, lazy, apathetic
- **Shadow Side of Type 7 (The Enthusiast):** Hedonistic, irresponsible, escapist

Understanding the intricacies of Enneagram Helper personality types empowers us to embrace our strengths, manage our challenges, and build fulfilling relationships. Whether you are a Helper yourself or interacting with one, this comprehensive guide provides invaluable insights for personal growth, interpersonal harmony, and professional success.

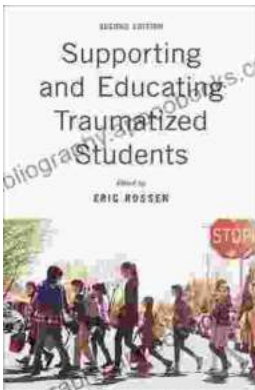
Embrace the multifaceted nature of the Helper triad and discover the transformative power of compassion, peace, and optimism. By delving into the depths of Enneagram Type 2, Type 9, and Type 7, you will unlock a wealth of knowledge that will empower you to live a more authentic and fulfilling life.



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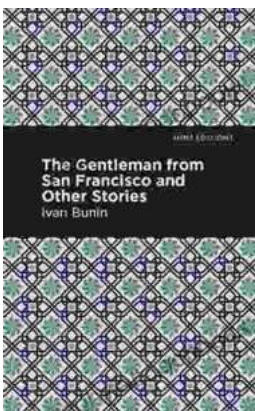
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