

Regulating Your Inner World

WORKBOOK



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Enneagram

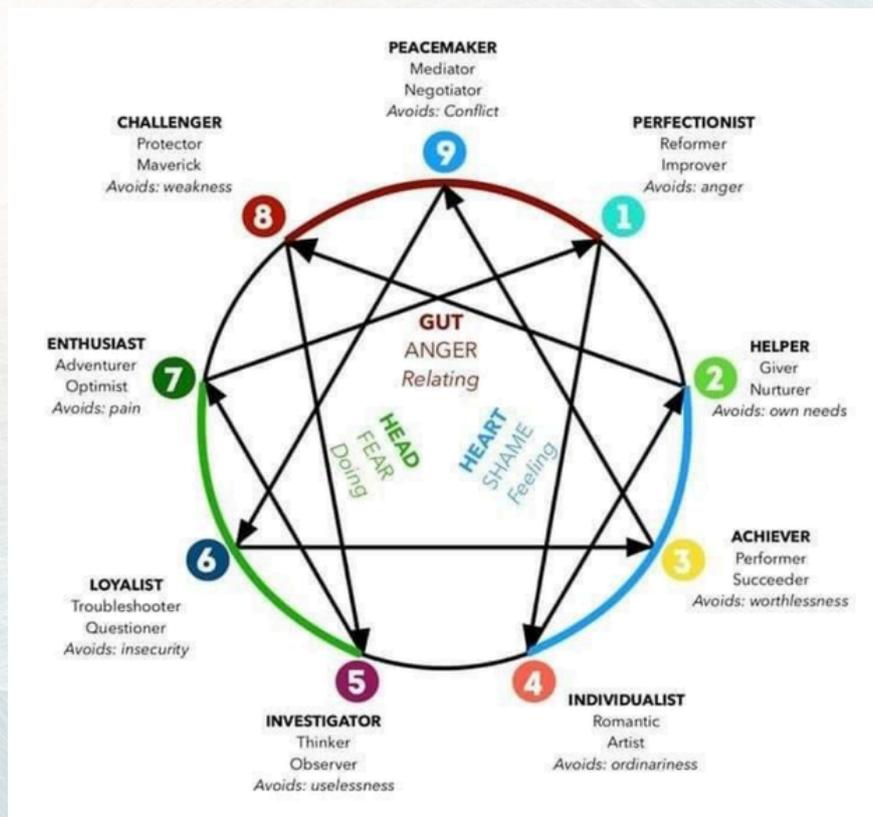
The Enneagram is an ancient symbol that has roots in multiple wisdom traditions from the Middle East and Mediterranean regions.

In the early 1900s the Enneagram symbol was introduced into the West as a tool for understanding human patterns and transformation.

Over time, it was integrated into modern psychology which helped shape the nine personality types framework that most people learn today.

From there, the Enneagram spread through psychology, coaching, leadership work, spirituality, and personal development.

It is not a box nor identity measure, it is best used to bring awareness to patterns of behaviour learned in infancy and childhood.



Processing Life & Stress Responses

The Scenario “The Unexpected Conversation”

What is the FIRST thing you notice in yourself?

- Thoughts?
- Feelings?
- Physical sensations or urges to act?

What do you imagine you would DO next?

- Defend yourself?
- Explain?
- Withdraw?
- Fix things?
- Ask questions?
- Shut down?

Other _____

What feels the MOST uncomfortable in this moment?

- Not knowing what they think?
- Feeling judged?
- Losing control?
- Conflict?
- Letting someone down?

Other _____

What do you wish you had access to right then?

- Clear thinking?
- Emotional calm?
- Confidence or grounded action?

Debrief Bridge

Easiest Centre To Access (Dominant)_____

Next Centre To Access_____

Hardest To Access (Repressed)_____

My Immediate Stress Response is_____

Other Stress Responses I Experience Are_____

Growth happens when we learn to access all three centres instead of living from only one.

The body grounds us in the present moment.

The heart connects us to what truly matters and what we feel.

The head gives us perspective, reflection, and wise decision-making.

When one centre dominates, we react.

When all three are online, we respond with awareness.

✨ The Enneagram Patterns I Lead With_____

Uniquely You~ Enneagram Gifts

Type 1 – The Reformer / Perfectionist 🏛️

- Virtue: Serenity
- Positive Qualities: Ethical, principled, disciplined, fair-minded, conscientious, responsible, dedicated to improvement.

When regulated, they become calm, patient, and a source of integrity for others.

Type 2 – The Helper / Giver ❤️

- Virtue: Humility
- Positive Qualities: Compassionate, nurturing, generous, empathetic, relationally intuitive, supportive.

When regulated, they give without expectation, radiating warmth and selfless care.

Type 3 – The Achiever / Performer 🌟

- Virtue: Truthfulness
- Positive Qualities: Motivated, adaptable, confident, charismatic, goal-oriented, inspiring.

When regulated, they are authentic, self-aware, and inspiring without needing validation.

Type 4 – The Individualist / Romantic 🎨

- Virtue: Equanimity
- Positive Qualities: Creative, sensitive, authentic, emotionally deep, expressive, imaginative.

When regulated, they embrace their uniqueness without self-judgment, turning vulnerability into art and connection.

Type 5 – The Investigator / Observer 🧠

- Virtue: Detachment
- Positive Qualities: Insightful, analytical, curious, perceptive, independent, knowledgeable.

When regulated, they share wisdom freely, balancing intellect with presence and engagement.

Type 6 – The Loyalist / Guardian 🛡️

- Virtue: Courage
- Positive Qualities: Loyal, responsible, trustworthy, supportive, cautious yet resourceful.

When regulated, they act with confidence and resilience, becoming steadfast protectors and wise advisors.

Type 7 – The Enthusiast / Visionary 🎉

- Virtue: Sobriety
- Positive Qualities: Joyful, spontaneous, optimistic, adventurous, imaginative, resourceful.

When regulated, they focus fully, channeling their energy into meaningful, enriching experiences.

Type 8 – The Challenger / Protector 💪

- Virtue: Innocence
- Positive Qualities: Assertive, decisive, protective, confident, strong-willed, empowering.

When regulated, they use their power for justice and empowerment, leading with compassion and integrity.

Type 9 – The Peacemaker / Mediator ☮️

- Virtue: Action
- Positive Qualities: Calm, accepting, harmonious, patient, easy-going, inclusive.

When regulated, they assert themselves and act with clarity while maintaining peace and connection.