

Practices for Self and Relationships Development

UPDATED
EDITION

enneagram,
relationships,
and intimacy

Understanding One Another
Leads to Loving Better
and Living More Fully

DAVID DANIELS, M.D.

Adjunct Clinical Professor Emeritus
Stanford University Medical School

SUZANNE DION

FOREWORD BY

DANIEL J. SIEGEL, M.D.

WORKBOOK

“The Enneagram, Relationships, and Intimacy”

COMPANION WORKBOOK

By Dr. David Daniels, M.D. and Suzanne Dion

WELCOME

Welcome to the companion “workbook” or as David would call it, “The “Practice Book” that accompanies the updated edition of the book, *The Enneagram, Relationships, and Intimacy: Understanding One Another Leads to Loving Better and Living More Fully*, now released by Morgan James Publishing, New York.

David Daniels was a big believer in not just Awareness and mindfulness, but also the practices of Acceptance, Appreciation, Action, and Adherence. He also was a believer in practicing these qualities of being 5-10 minutes a day.

Repetitive, consistent, devotional practice can and will improve our relationship to ourselves as well as will improve our capacity for loving and receiving, contributing greatly to becoming good parents, great colleagues, and fulfilled partners. These practices are the method by which we enhance all of our relationships, including our most intimate, those with family members and friends, with our bosses and our subordinates, neighbors and our communities.

HOW TO USE

The workbook has been designed as a “writeable” PDF document, which gives you two options:

- Download and save the PDF on your computer (phone or tablet) and simply type your responses into the fields provided.
- Download and print it out, then set it on your night stand, desk, or wherever you like to reflect. There’s room to write your responses right into the print out. Or get a companion journal that allows you to respond—even continue to respond and reflect again—over time.

The workbook includes various question-prompts and exercises for you to do on your own as well as in pairs, as a couple, with a group of others, with family members, or even with business partners.

However, please note that the majority of practices are for intimate couples.

- **CHAPTER 7**
Explore which of the three survival instincts—Self-Preservation, Sexual, or Social—is your dominant instinct.
- **CHAPTER 9**
Use the 5As’—Awareness, Acceptance, Appreciation, Action, and Adherence—Steps and Practices for Loving Better and Living More Fully.

- **CHAPTER 10**
Practices to Move from Judgmentalness, Anger, and Resistance to Acceptance, Constructive Conversations, and Love.
- **CHAPTER 11**
Learn How Intimacy and Sexuality are Different but Connected
- **CHAPTER 12**
Explore What Either Diminishes or Enhances Intimacy
- **CHAPTER 13**
Create Intimate and Fulfilling Relationships with the SIX INSIGHTS to Greater Intimacy

WHY THIS WORKBOOK—THESE PROMPTS and PRACTICES?

It's our belief that focusing on the processes that build our capacity to better interact with our own inner states of being—and subsequently with those of others—leads to fuller, more intimate and more enjoyable, far healthier relationships and more deeply lived life experiences.

Refer back to this workbook as often as you'd like to review and respond, including how to establish a presence process that includes personal reflection, a recognition process, and the development of present-moment self-awareness.

Practicing ways to add "that pause" inside of ourselves is inevitably what leads to our ability to hold and reflect first when experiencing (or struggling with) ourselves and when relating to (or struggling with) others.

These are the practices that lead each of us to more fully connect with others as well—with those others that support our lives, co-create our world, and with whom we share our many and most-dear of life's travails.

TABLE OF CONTENTS

Chapter 7 Three Driving Instincts and Their Impact on Relationships

Questions Around the Self-Preservation Instinct	page 5
Contemplation: Do you relate to the self-preservation instinct?	
Questions Around the Sexual Instinct	page 8
Contemplation: Do you relate to the self-preservation instinct?	
Questions Around the Social Instinct	page 11
Contemplation: Do you relate to the social instinct?	

Chapter 9 Developing Mindfulness Awareness Calls for a Methodical Practice

A1 Awareness	page 14
Awareness Practice for Ourselves	
Awareness Practice for Pairs/Couples	
A2 Acceptance	page 16
Individual Practice for Allowing Acceptance	
Individual Practice for Dealing with Reactivity	
Pairs/Couples Practice for Allowing Acceptance	
A3 Appreciation	page 18
Individual Practice for Appreciation in a Pair/Couples Relationship	
Pairs/Couples Practice for Appreciation in a Pair/Couples Relationship	
Intimate Couples Practice for Sexual Experience	
A4 Action	page 21
Individual Practice for Action: What Blocks us from Taking Conscious Action?	
A5 Adherence	page 22
Individual Practice for Adherence	

Chapter 10 What Separates Us From One Another and From Ourselves

Superego and the Critical Judging Mind	page 23
Individual Practice for Relaxing the Superego/Critical Judging Mind	
Pairs/Couples Practice for Relaxing the Superego/Critical Judging Mind	
Working with Anger	page 25
Individual Practice for Working with Anger	
Pairs/Couples Practice for Working with Anger	

The Negative Superego, Shame and the “Unforgiven” Something.....page 27

Individual Practice for Working with the Negative Superego

Individual Practice to Experience the Higher Essential Qualities (Holy Ideas)

Individual Practice for the Nine Enneagram Types

Chapter 11 Intimacy and Sexuality

Combining Intimacy and Sexuality.....page 29

Questions About Physical Intimacy and Sex

Questions About Connecting and Combining Intimacy with Sexuality

Chapter 12 Obstacles and Misunderstandings: What’s Impacting Our Intimacy

Intimacy Basics.....page 34

Questions About Self-Intimacy

Questions About Preoccupations During Intimacy

Questions About Sexual Compatibility and Intimacy

Physical Intimacy Basics.....page 42

Questions About Biology and Hormones

Questions About Pairs/Couples Touching

Questions About Physical Attraction

Questions About Sexual Expression

Questions About Gender Roles

Reflection on Intimacy.....page 54

Pairs/Couples Basic Reflection Practice

Chapter 13 Insights and Suggestions for Consciously Impacting our Intimacy

The Six Insights on Sexuality.....page 55

#1 The Importance of a Unique and Independent Self

#2 Creating Fulfilling Sexual Expression is About Cultivating Presence

#3 Communicating our Deepest Desires

#4 Understanding Our Own and Our Partner’s Struggles to Stay Present

#5 Integrating Receptive, Expressive, and Balancing Energies with The Sexual Experience

#6 Desire for Arousal Doesn’t Need to Come Before Actual Arousal

Reflection on Consciously Impacting Intimacy.....page 64

Pairs/Couples Basic Reflection Practice

Questions Around the Sexual Instinct

Questions to help determine your dominant instinctual drive being that of sexual, one-to-one:

1. How important is it for you to be intensely and passionately involved with another person, a project, or a purpose? Explain:
2. Do you ever seek others for more-than-superficial emotional connection, as well as for intensity or stimulation? How often? Describe:
3. How important is “being passionate”—about something or someone—to you?

7. How important is mutual attraction (chemistry) to you? How much emphasis do you place on this? Can you be in an intimate relationship without it?

8. How important is intensity/depth to you (be it intellectual, emotional, or physical)? If so, how do you create it, express it, and stir it up?

Contemplation: Do you relate to the Sexual Instinct?

Each of these questions aim to highlight sexual, one-to-one issues, needs, and musts that lead to a preoccupation with intensity, purpose, and targeted relating/connecting—when sexual, one-to-one is the dominant instinct.

This domain features a preoccupation with a partner, a purpose, a project, a form of expression. In the case of intimate partnering, there's a focus of attention on the other that manifests energetically as intensity and heat. Depth of bonding, closeness, intimacy, and union with that special other(s) drives this instinct. Relationships get infused with vitality and passion, particularly those that are emotionally and physically intimate.

Questions Around the Social Instinct

Questions to ask ourselves in determining our dominant instinctual drive being that of social:

1. Where and with whom do I feel I need to belong?
2. How do I go about ensuring that I am included with others, and how important is this for you?
3. How important are your affiliations to you? How much energy do you put into your affiliations and associations, ensuring you are seen and known and have some kind of role or contribution to make?
4. What is your role, position, or contribution to any given group? What does this role mean to you?

9. Is the group sticking together—to achieve its goal—important to you? Why?

Contemplation: Do you relate to the Social Instinct?

Each of these questions aim to highlight social issues, needs, and musts that lead to a preoccupation with roles, status, and inclusion—when social is the dominant instinct. This domain features a preoccupation with membership and contribution, “belonging and fitting in,” navigating the room or the group, knowing who’s who and being known by a group of others. This is what becomes the more dominant survival themes.

This instinctual drive is concerned with group cohesion, functioning with others, having a role within a greater group, and the group’s effectiveness. Those leading with the social instinct more often indulge energy into finding their tribe and being known in it—whether through religion, like-minded groups and causes, community issues, politics, and societal/communal rather than individual personal interests.

CHAPTER 9

Developing Mindfulness Awareness Calls for a Methodical Process

MAIN POINT: Use the 5As'—Awareness, Acceptance, Appreciation, Action, and Adherence—steps and practices for loving better and living more fully.

A1: AWARENESS

Awareness Practice for Ourselves

Here is the Basic Breath Practice to build awareness and train the curious and neutral, inner witness. This practice goes through several steps in order to direct our attention inward, to quiet the mind, and to focus—to concentrate—our attention. Simply sit comfortably in a chair with your eyes closed or sit in the lotus or semi-lotus position on the floor. Do what's needed to reduce external stimuli and feel relaxed.

Step 1: **Pause**

Sit comfortably upright with your head situated comfortably above your shoulders. Put your feet on the floor and close your eyes or soften them in order to reduce the distraction of external stimuli.

Step 2: **Observe the Breath**

Place your attention on your breath and just follow its process. Observe the inhale as you bring the air in deeply through your nostrils. Observe the exhale as you release the air from your lungs, and as the air exits through your mouth. Allow yourself to be breathed.

Step 3: **Relax the Grip into Open Heartedness**

Allow your busy mind to let go and your body to soften and relax, while at the same time, remain lucid and engaged. Enter into a receptive (welcoming, openhearted) state as you concentrate on your breath, in and out. In and out.

Step 4: **Continue to Focus on Deep Inhales and Exhales**

As you continue to follow your breath, let it deepen and notice that it disappears 2-3 finger-widths below the belly button, in the gravitational center of your body. You may also enhance this effortless process by starting out with a contraction of the perineum at the bottom of your pelvis as you breathe in and then relax it fully on the exhale. Repeat this for several breaths. Then, simply return to the natural and comfortable inhale and exhale of your natural breathing pattern.

Step 5: Follow Your Attention

Become aware of where your attention goes during this exercise. Your attention, when focused on your breath, may still wander away to some thought, feeling, or sensation instead (and it will, time and again). Simply observe this, take note of it, and then consciously reclaim your attention by returning it to following your breath, the always-present inhale and exhale. When your attention wanders, you have three options:

- **Option 1:** Continue to follow your breath, all the while tracking your attention.
- **Option 2:** Allow yourself to be present to whatever is arising, whether thoughts, feelings, and/or sensations. Acknowledge them, as in, notice them consciously, but don't engage with them. Meaning, don't follow them and add to them or give them energy. Do not follow them with any emotional response; just note them. This part of an awareness practice is about letting them go as they come. Just actively return your mind to a formless and spacious openness, turn it to the silence inside of you, which is a state that is not focused on the content of your thoughts, feelings, or sensations.
- **Option 3:** Choose a word that is meaningful to you in order to locate that place in your mind of formless openness. Examples of words you may choose are "peacefulness," "calmness," "presence," or "acceptance."

Step 6: Come Back to Your Environment

When you're ready, bring your attention slowly back to the external world. Notice yourself sitting in the chair (or on the floor), hear the sounds around you, and open your eyes.

Allow 5–20 minutes or more for this practice. If five minutes seems too long, start with a shorter amount of time. Start with only two minutes or so. Once we are well practiced with this exercise, we will find that we can access states of calm that are grounded in presence—in just a few breaths, and at will.

Awareness Practice for Pairs/Couples

Step 1: Pause

Sit comfortably together, facing each other in a chair or on the floor, with legs crossed (semi-lotus position). Start a timer or select one of you to bring you both back at the end of the practice, after 5–10 minutes.

Step 2: Acknowledge and Look at Each Other, Breathe

Gently look at each other with soft eyes in order to help prevent your attention respectively from going to external stimuli. Then each of you close your eyes and put your attention on your breath, the inhale and the exhale, and just follow it. Allow your breath to breathe you. Allow your body to soften in a relaxed yet engaged state. Allow yourselves to feel safely openhearted and receptive as you concentrate on the inhale and the exhale of your breathing.

Step 3: Focus Lovingkindness on Each Other

With calm abiding, let your attention access lovingkindness and direct that toward each other as well as direct it back to yourselves.

Step 4: Come Back to Your Environment

When it is the agreed-upon time, bring your attention slowly back to the external world. Notice yourselves sitting in the chair or on the floor, hear the sounds around you, and open your eyes.

Step 5: Share Your Experiences

Take a few minutes to open-mindedly share your experiences with each other before going on with your lives, embodying what you have just experienced and shared.

A2: ACCEPTANCE

Individual Practice for Allowing Acceptance

Step 1: Pause

Sit upright comfortably with your head about equal to your shoulders. Put your feet on the floor and let your eyes close or soften in order to prevent your attention from going to external stimuli.

Step 2: Remember a Time of Openheartedness or Peak Experience

First, go to a time when you felt openhearted acceptance, as you may have felt when gazing at a small child. Sense your kindness, your warmth, and locate a calmness in your body, even allow yourself to consciously enrich the experience. Know that this felt-moment in time is a vital resource that you can call up and return to at any time in the future.

Or...

Practice going to a "peak" experience, which is characterized by a moment in your life where you were fully present while ecstatic about something. A moment filled with indelible, imprinted memories that registered with each of your senses. A memory where you felt some kind of oneness or a sense of wonderment and awe. Lastly, how was your peak experience realized in the external world? Simply put, this means going to a time when you were truly present and at your best, and you knew it! It's an experience that you sensed and reveled in fully—in your body, heart, mind, and spirit.

Individual Practice for Dealing with Reactivity and Upset

Step 1: Pause

Sit upright comfortably with your head centered equally between your shoulders. Put your feet on the floor and let your eyes close or soften in order to prevent your attention from going to external stimuli.

Step 2: Bring Your Attention to an Experience of Auto-Pilot Reactivity

Now, go to a recent experience of reactivity and upset that you experienced with a partner or friend or colleague. Notice, if you can recall, where your reactivity is/was located in your soma, in your body. Pause 5-10 seconds to really feel into this.

Step 3: **Shift to an Experience of Openheartedness or a Peak Experience**

Breathe deeply, inhale and exhale, and access one of the resourced experiences you just tapped into, that you just connected with, per the exercise. Now, allow yourself to really hear, to actively listen to, the other person in your life describe their upset from this newly openhearted stance. Know that while you are listening openly, it does not mean that you condone, capitulate, or concur with either the other or yourself. You are simply neutral and curious.

Step 4: **Bring this Shift Experience into Regular Use**

Then, before coming back, remind yourself that from this resourced place—which is a relaxed, unstressed mental, emotional, and biochemical-physical place, you can most likely work through most any difficult situation. It is from this state of being that we are best able to resolve conflicts by fully practicing and engaging the 5As of the Universal Growth Process (UGP).

Pairs/Couples Practice for Allowing Acceptance in Relationships

Step 1: **Pause**

Sit comfortably together, facing each other in a chair or on the floor or on a small couch. You may choose to hold hands. If on the floor, sit with legs crossed (semi-lotus position). Start a timer or select one of you to bring you both back at the end of the practice, after 5-10 minutes.

Step 2: **Acknowledge and Look at Each Other, and Breathe**

Gently look at each other with soft eyes in order to help remove your attention from going to external stimuli. Then, each of you close your eyes, put your attention on your breath, and just follow it, allowing your breathing to breathe you and your bodies to soften. Give yourselves permission to be openhearted and receptive as you follow your breathing, in and out.

Step 3: **Remember a Time of Deep Connection Between Yourselves**

In silence, each of you go to a time in your mind's eye when you truly experienced presence, receptivity, camaraderie, love, or even union with each other (in your physical or sexual relationship).

With calm abiding, let your attention go to this time of deep connection and union. Just stay with this recalled memory for a few, say 3-5, minutes. Especially recall the feelings, the sensations, and the somatic experience of your camaraderie or more intimate union with one another.

Step 4: **Come Back to Your Environment**

When it is the agreed-upon time, bring your attention slowly back to the external world. Notice yourselves and where you are sitting, hear the sounds around you, and open your eyes.

Step 5: **Share Your Experience**

Take a few minutes to share this recalled experience of camaraderie, companionship, or loving intimacy and union with each other before going on with your lives, embodying what you have just experienced. Know that at times of relational connection all the way to emotional and physical intimacy, you can return to this recalled experience as a resource—as you choose and at will.

If you had trouble recalling such an experience, talk about that with delicacy and heart; and share what came up for one another with great care and sensitivity, curiosity, and receptivity.

A3: APPRECIATION

Individual Practice for Appreciation in a Pair/Couples/Intimate Relationship

Before Starting:

Before you begin, select one of the four practices listed below and close your eyes in order to get physically grounded, receptive, openhearted, and present. These starting instructions are much like all other basic mindfulness breath practices.

1. Let your attention go to what you appreciate about the person you have chosen to think about. Stay with this, especially the feelings, sensations, and somatic (bodily) experience for three or more minutes. Give yourself time to really absorb and also enrich the experience that you are having with the memories, remembered feelings, and thoughts.

Or...

2. Let your attention go to what it was that created your relationship. What were your thoughts, your feelings, and your somatic (bodily) experiences? Reflect tenderly for three or so minutes in order to absorb and then remember this experience and bring it fully into your being.

Or...

3. Let your attention go to a time when you were at your best in a close relationship and really felt a heart-to-heart connection. Describe to yourself what the circumstances were and go to what you can now experience in your body (soma) when remembering you at your best with this selected other. Take three or more minutes to reflect on this in order to absorb and then embody the recalled experience.

Or...

4. Let your attention go to a time when you were present—when your heart was open in appreciation of an important other and to a time when care and kindness flowed through you. Even put a hand over your heart area. Allow three or so minutes so that you can really absorb the remembered experience with this important other.

Step 1: Pause

In the morning or any time during the day, sit comfortably upright in a quiet place, allowing your body to soften and yourself to breathe deeply, in and down into your belly, several times. Select a vital relationship of yours—even a troubling or conflicted vital or intimate relationship—in order to do this practice.

Step 2: Reflect on the Appreciation Practice You Chose at the Beginning

As best you can, let yourself be openhearted and receptive as you concentrate on your breathing. Recall and then embody a time of openheartedness in your life. This can immediately help you open your heart in kindness, in the moment. *Choose one of the four steps below in order to proceed.*

Step 3: **Come Back to Your Environment**

Next, bring your attention slowly back to the external world. Notice yourself sitting where you are, hear the sounds around you, and open your eyes.

Step 4: **Share When the Time Feels Right**

Take a few minutes during the day to return to the experience you called up and bring it back into the relationship at a given time. If the opportunity arises, share the experience you chose with the other. Know that you can return to this experience as a resource—as you choose and at will, anytime.

Pairs/Couples/Intimate Relationships Practice for Appreciation in a Pair/Couples/Intimate Relationship

Before Starting:

Before you begin, select one of the four practices listed below and close your eyes in order to get physically grounded, receptive, openhearted, and present. These starting instructions are much like all other basic mindfulness breath practices.

1. Let your attention go to what you appreciate about the other. Stay with this experience, and especially take note of the feelings, sensations, and somatic (bodily) felt-sense experience of it all. Give yourselves time to absorb what you are feeling and then embody it.

Or...

2. Let your attention go to what it was that brought you two together. What were your thoughts, your feelings, and your somatic (felt-sense) experiences? Stay with the memories of the experience, especially the feelings, sensations, and felt-sense somatic experience. Give yourselves time to recall it all, absorb, and then embody what has arisen.

Or...

3. Let your attention go to a time when you were at your best in this intimate relationship and when you felt really connected. Describe to yourself what the circumstances were and then focus on what you were experiencing. What were your feelings? And next, what's happening in your body (soma) now? When are you at your best with this special other? Stay with this experience as it's unfolding, especially the feelings, sensations, and somatic (bodily) experience happening in the moment as you recall. Give yourself enough time to absorb it and then embody it fully.

Or...

4. Let your attention go to a time when you were present and had your heart open, and when you were appreciating your special other. A time when care and kindness flowed through you. Stay with this experience, especially the feelings, sensations, and somatic, felt-sense, bodily experience of this recall. Give yourself enough time to remember it, absorb it, and then embody it fully.

Step 1; Pause

Sit comfortably together, facing each other in a chair or on the floor, with legs crossed (semi-lotus position). Hold hands if you wish. Choose one of the four reflections below before you begin. Then, start a timer or select one of you to bring you both back at the end of the practice, at about three or so minutes.

Step 2: Acknowledge and Look at Each Other, and Breathe

Gently look at each other with soft eyes in order to help prevent your attention from going to external stimuli. Then, have each of you close your eyes and put your attention on your breathing. In and out. Just follow it, allowing your breathing to breathe you and your body to soften. Give yourselves permission to be openhearted and receptive as you concentrate on your breathing.

Step 3: Come Back to Your Environment

When it is the agreed-upon time, bring your attention slowly back to the external world. Notice your physical presence, hear the sounds around you, and open your eyes.

Step 4: Share When the Time Feel Right

Before going on with your lives, allow a few minutes to take turns and share the experience each of you chose with one another. Embody what you have just experienced. Know that you can return to this experience at will and as a resource at any time in the future.

Step 5: Come Back to Your Environment

Consider doing a daily practice. Take time each day to write down or think about the things you are grateful for in your relationship.

Intimate Couples Practice for Sexual Experience**Step 1: Pause**

Sit comfortably together and face each other (in chairs, on a couch, or in the place of lovemaking). Hold hands if you wish. Then, select one of you to bring you both back at the end of the practice when it's time. Give yourselves five or so minutes.

Step 2: Acknowledge and Look at Each Other, and Breathe

Gently look at each other with soft eyes in order to prevent your attention from going to external stimuli. Then, each of you close your eyes and put your attention on your breathing, the inhale and the exhale, and just follow it. Allow your breathing to breathe you and allow your body to soften. Give yourselves permission to be openhearted and receptive as you concentrate on your breathing.

Step 3: Remember a Time of Lovemaking

Then, recall a time with your intimate partner when you were fully present in your lovemaking. Call up a time when you were aware of both active and receptive energies as they were flowing through you and when they were both in balance. The presence you cultivated was both for yourself and for your partner, and as such, joyful union was most likely present and cultivated.

While breathing consciously, inhaling and exhaling, stay centered in yourself and stay present; take the time you need to be in this experience as you recall it. Stay consciously aware of what you are

feeling now in your heart and in your soma and take note of the sensations of your body as you recall this time together.

Recall what it felt like to touch and be touched, especially in the erotic areas of your body. Connect with the experience of being the active, giving party. And then, what it was like for you when being the receptive or receiving party. Using your imagination as well as recall, how does each role feel to you? Can you take in both yourself and the other, when giving? Can you take in both yourself and the other, when receiving? And what are you noticing that creates the sexual eros between the two of you? Describe your joy, delight, and even the union into oneness you may have experienced.

Step 4: **Come Back to Your Environment**

When it is the agreed-upon time, bring your attention slowly back to the external world. Notice your physical presence, hear the sounds around you, and open your eyes.

Step 5: **Share**

Take turns sharing the experience with each other, embodying what you have just recalled. Know that you can return to this experience at will, at any time. Know that in this sharing, it is vital to be present to each other's desires and sharing and the recall of the experience, which may be differently expressed than that of your own. Remember to be sensitive and nonjudgmental to each other's words and vulnerabilities.

Step 6: **Use this Recalled Experience During Lovemaking**

Know too that you can create this experience of being fully openhearted and present during lovemaking whenever you both desire. This recalled experience acts as a feel-connected resource that you can return to at any time. You can opt to do so each and every time you make love, if you would like. Know that either of you can initiate this state of being and that this practice strengthens your capacities for creating joyous and reciprocated intimacy with one another.

A4: ACTION

Action Questions for an Individual: What Blocks Us from Taking Conscious Action?

1. Are you able to cultivate Awareness, Acceptance, and Appreciation, which lays the foundation for taking conscious, rather than reactive, action?
2. Are you able to constructively challenge the habitual pattern of thoughts and feelings that get in the way of you taking the action you need or want?
3. When behavioral change is called for, can you act on it?
4. How do you respond when asked to take some sort of action on behalf of others?

5. As you take action on the impulses/triggers/defenses of your type structure, are you hurting yourself or another? Explain:
6. When taking action, are you able to honor your core belief's higher gifts in a way that is supportive and helpful, inspiring and bettering of another and of the world? Explain:

A5: ADHERENCE

Adherence Practice for an Individual

Step 1: **Pause**

When you get reactive or upset, pause and breathe deeply—inhale and exhale. Get centered in your body and grounded in the present moment. Notice the sensations of the reactivity in your soma (body). Then, with your heart open (and available to you) do the work of Gentle Inquiry on the spot, as time allows. If there is not enough time, just do your best to stay grounded and centered and return to assessing the given situation later in the hour or day.

Step 2; **Notice Your Pattern of Reactivity**

With practice, you will discover that you are able to recognize what your pattern of reactivity is about, and you will become familiar with the sensations of your reactivity in your body. Particularly, you'll start tracking where the sensations of it are located in your soma, in your physicality. This allows you to do the work of the Action step on the spot. Often, this just means to release from the gripping pain of your core belief's conditions for self-love, those that may be causing you to contract against (resist, berate, numb out) yourself or another. These conditions and your reaction to them are what lingers inside you, below the surface of awareness, and it is what rears up reactively.

Step 3: **Remember What is Driving Your Reactivity**

Learn to explore and discern what is driving— what is triggering—your reactivity, its feelings and consequential behaviors. This exploration is the path of enlightenment. This work inside of ourselves is done right there on the spot, in the moment. It's like making life itself our meditation. This means, we live a life that is filled with pausing, centering, noticing, gently inquiring, discerning—and then, activating conscious conduct. Observe with curiosity your reactivity's corresponding and associated behaviors. And then, consciously and with compassion, release from its/their grip into an awareness-derived and determined right action—right for the moment and situation.

Step 4: **Choose to Consciously Respond**

The "skill" of choosing a conscious response is accomplished by training ourselves beyond our habituated defense mechanisms and beyond the familiar reactivity we've been subjected to within for so long. Choosing to respond rather than react is not a cop-out, it's not a failing to stand up for ourselves, and it's not having become a push-over, too malleable, or too conciliatory. Conscious responding, the thoughtful, non-reactive-but-highly-responsive choosing of conscious "for the highest good of self and other" conduct is simply the mark of successful self-mastery.

CHAPTER 10

What Separates Us from One Another and from Ourselves: From Resistance to Development

MAIN POINT: Practice these steps to move from judgmentalness, anger, and resistance to acceptance, constructive conversations, and love.

SUPEREGO AND THE CRITICAL JUDGING MIND

Individual Practice for the Superego/Critical-Judging Mind

This is about identifying the characteristics of our superego—our critical-judging mind. What does it “attack us” for? How do we identify it and its characteristics? And how can we work with it better?

Step 1: **Pause**

Sit comfortably upright with your head relaxed, centered equally between your shoulders. Put your feet on the floor and let your eyes go closed or soften them in order to prevent your attention from going to external stimuli. Just follow your breath in order to get centered within and physically grounded.

Step 2: **Reflect on What Your Critical Mind Attacks You For**

Ask yourself, given your Enneagram type: “*What does my superego attack me for?*” For those of us who have felt it was not an attack, but more of a protective or guiding voice, simply ask yourself, “*When was the last time it emerged and what was the message?*” For example, was it in times of feeling angry, hurt, or upset with my own or another’s behavior? Ask yourself, “*What are my physiological cues or signs?*” Pause for a minute or so to reflect on this.

Step 3: **Reflect on Times You Chose Kindness for Self or Other Over Judgmentalness**

Next, ask yourself: “*When have I been kind and accepting of myself and/or of another, when I could have instead been judgmental and critical of myself and/or of another?*” “*What are the psychological cues or signs that I felt/sensed in my body (soma)?*” Know this does not necessarily mean you concur with the behavior or situation that upset you. Pause for a minute or so to reflect on this.

Step 4: **Relax the Critical Mind Through Integrating with Positive Experiences**

Given your type, let’s successfully work with your critical mind by integrating it with a positive experience. You want to do this when the negative experience, when your reactivity, starts to arise in your body (soma). Know that this single process alone, when practiced, furthers your development and will build within you a new resource, a greater capacity to pause and observe and remain present.

Step 5: Use the “Switch in Perspective,” Especially When Reactivity Comes Up

Next, pause for a minute or so to reflect on this. Remind yourself that from this place, you can likely work through most any difficult situation. You can recall this experience of a “switch in perspectives” at will, at any time. Take a moment to write down your discoveries and share them, if you choose, with an important other.

Pairs/Couples Practice for the Superego/Conscience

Step 1: Pause

Sit comfortably together, facing each other in a chair, couch, or on the floor, with legs crossed (semi-lotus position). Start a timer (or select one of you to bring you both back) at the end of the practice in about 5-10 minutes.

Step 2: Reflect on What It is Inside You that May Lead You to “Attack” Another

Then, ask yourselves given your Enneagram types, *“What does each of our respective superegos attack about each other in this relationship?”* For example, recall times of feeling angry, hurt, or upset with our own or the other’s behavior. What are the physiological cues? What are the reactivity signals in each of your bodies (soma)? Pause for a minute or so to reflect on and embody this inquiry fully.

Step 3: Reflect on Times of Kindness to Each Other

Then ask yourselves, *“When have we been kind and accepting of one another, when we could have otherwise been judgmental and critical?”* All the while, know this does not necessarily mean you concur with each other’s behavior when nonjudgmental. Pause here too for a minute or so to reflect on and embody this inquiry fully.

Step 4: Reflect on How Softening Your Superego Allows You to Work Through Any Situation

Then, given each of your types, ask yourselves, *“How have each of us successfully worked with our superegos in order to minimize any negative impact on our development as a couple?”* Pause for a minute or so to reflect on this. Remind yourselves that remembering this place provides you with a return-to resource, one you can call up at will, at any time. From here, you can likely work through any difficult situation together.

Step 5: Come Back from Your Reflection to Share

When it is the agreed-upon time, bring your attention slowly back to the external world. Notice yourselves sitting where you are, hear the sounds around you, and open your eyes. Share your discoveries with each other before going on with your lives, embodying what you have just discovered and learned. Know that you can return to these awarenesses and enrich these experiences at any time, and at will.

WORKING WITH ANGER

Individual Practice for Working with Anger

Step 1: **Pause**

Sit comfortably upright with your head relaxed, centered equally between your shoulders. Put your feet on the floor and close or soften your eyes in order to prevent your attention from going to external stimuli. Just follow your breath as you inhale and exhale. Use the awareness of your breath to get centered within, grounded physically, and to become emotionally receptive.

Step 2: **Reflect on What's Underneath Your Anger**

Next, go to a time (preferably recent) when you experienced anger. Locate a time that you truly felt angry. As you recall the incident, notice too if perhaps underneath the anger, you find that you were actually fearful, hurting, or shamed. Notice how your anger was experienced in your body, in your physicality. Reflect on what the anger was about, how it manifested and was expressed both internally and externally, and how had it impacted your life in that moment (even if only temporarily) or any relationship that may have been involved. How long did it take for you to become present to your anger? How long did it take you to resolve the anger that had been ignited? Could you own your own part of the upset, including any counter-shame (as described in CHAPTER 10)? How did you experience the first and second "As" of Awareness and Acceptance when dealing with your anger? Or were these two "As" absent?

Step 4; **Reflect on our Body's Clues to Anger**

Next, take three or so minutes to reflect on this recalled experience. It's important to learn to recognize the early-on somatic (bodily) clues of anger. Then, to have trained our ability to contain and then pause its energetic force, while staying fully conscious and honoring of the anger felt, is such an important part of our work.

Step 4: **Reflect on How Your Beliefs May Trigger Anger**

Next, explore what perception or interpretation you had at that time. What belief about what was happening was driving your reaction to the incident? And lastly, identify what was positive as well as negative, about how you resolved it. Did you take conscious right action or simply acted on your habitual tendencies, once again? And finally, what could you do even better next time?

Step 5; **Come Back from Your Reflection to Share**

Next, come on back and go about your day, embodying as best you can your learnings and insights from this reflection.

Pairs/Couples Practice for Working with Anger

Step 1: **Pause**

Sit comfortably together, facing one another. Take a minute or so to breathe deeply, in and down into your bellies. Center yourselves within, get physically grounded, and open yourselves to being receptive.

Step 2: **Explore What's Actually Beneath the Anger**

Next, go to a time (preferably recent) when you both experienced anger. Locate a time that you both truly felt angry. As you both recall the incident, notice too if perhaps underneath the anger, if either of you finds that you were actually fearful, hurting, or shamed. Notice how your anger was experienced in each of your respective bodies, in your somas. Was/Is there a notable difference between the way the two of you were expressing the anger?

Reflect on what the anger was about, how it manifested and was expressed in each of you both internally and externally, and how had it impacted your lives in that moment (even if only temporarily) and your relationship. How long did it take for each of you to become present to your anger? How long did it take you to resolve the anger that had been ignited? Could each of you own your own part of the upset, including any counter-shame (as described in CHAPTER 10)? How did each of you experience the first and second "As" of Awareness and Acceptance when dealing with your anger? Or were these two "As" absent?

Step 3: **Come Back from Your Reflection to Share**

Next, when it is the agreed-upon time, bring your attention slowly back to the external world. Notice yourselves sitting wherever you are, hear the sounds around you, and open your eyes. Write down your discoveries and share them with each other, taking 3-4 minutes to do so. The one listening does their best to be the silent, receptive listener. Then take a few minutes, 5-10, to discuss the issues and how you will each work to resolve your anger consciously and supportively, and how you will practice resolving any other upsetting situations you will face together in the future.

Step 4: **Acknowledge Lovingkindness in Each Other**

Lastly and with calm abiding, let your attention go to a time when feeling lovingkindness for one another. Notice especially the feelings, sensations, and overall physical, somatic experience. Then, thank each other and go on with your day. Know that you can recall this experience of one another at any time later on, as a resource, and at will.

THE NEGATIVE SUPEREGO—SHAME AND THE “UNFORGIVEN” SOMETHING

Individual Practice for Working with the Negative Superego, Anger, Shame, and the “Unforgiven-something”

Step 1: **Pause**

Stop right here. After reading any of the above ways of working with the “negative” superego—including anger, shame, and the unforgiven-something, take a few deep, calming, centering breaths.

Step 2: **Reflect on Possible Patterns of Unforgiving of Self or Others**

Then, for a few minutes, quietly reflect on the meaning of what we’ve been discussing and recalling. What are the implications for your life and well-being as you come to understand *the why* behind these practices?

Step 3: **Contemplate the Impact of Not Forgiving**

Take a moment to understand then work with each of the ways (you’re aware of) that anger, shame, guilt, or *not forgiving* has impacted you?

Individual Practice to Experience the Virtues—the Higher Essential Qualities (the Enneagram’s Holy Ideas) as Resources

Step 1: **Pause**

In the morning or at any time during the day, sit comfortably upright in a quiet place. While allowing your body to soften, breathe deeply several times.

Step 2: **Focus on Times of Being Your Best, Acting on Your Goodness**

Recall a time when you were at your best. Even recall a peak experience when the virtue of your Enneagram type was very present and radiating from within you. Peak experiences require that we are fully present to ourselves and to others. The experience is indelibly imprinted in memory. We often experience a oneness of all and a profound wonderment. It may have felt spiritual. The virtues of our Enneagram type would have

surely shone through. Try to embody this experience as you recall it, sense it in your body (soma), and enrich and absorb it by staying with the somatic experience of it for a good minute or so. Pause and suspend, and just be with it.

Step 3: **Share Responses with Your Partner**

- Share this exercise—your recall and insights—with your partner as well.

Practice and More Practice for Each of the Nine Enneagram Types

I recommend that we note and then write down our own type-specific self-resourcing practice on a practice card, so that we can readily read it to ourselves and reflect. We may also want to record our self-insights audibly so that we can listen to them as part of an ongoing meditative, reflection practice.

And while we're at it, make a practice card for our romantic partner, friend, child, or other significant person in our lives. What a powerful way to fully understand their issues, struggles, conditions for love, and diminishments. What a loving, take-an-interest-in-our-loved-ones exercise, one that supports their path of development.

Practice as often as we can. Start with only 3–5 minutes a day, that's all we need to make a difference. Take the time to reflect once you've gone through it each time. What comes up for us this time? Each practice gifts us the possibility of more insight and a deeper connection to our developing selves. As we commit to practice, we virtually commit to our lives, to connecting more deeply with it and to expanding our capacities. Love this practice, love this work, and love *the you*—THE YOU— that you are becoming in this lifetime.

3. What are you focused on? Describe:

4. Where is your attention? Describe:

5. What thoughts are you having? Describe:

3. What gets in the way of emotional intimacy for you, as far as you have become aware of at this point in time? Explain:

10. How do you feel your personality affects your capacity to be intimate—vulnerable, disclosing, trusting and willing—with your partner?

11. What have you noticed about your level of developmental well-being and how might it be affecting your relationship? How might it be affecting your sexual expression?

12. Have you experienced trauma or neglect as an infant, toddler, child, or teen? How do you think that might be affecting your relationship(s) today? How might that be affecting your sexual expression or experience of sex itself?

Questions About Mental Preoccupations During Intimacy

1. What about the sexual encounter do you tend to focus on, during sex?
2. How often are you taken out of your sexual experience, because of your thoughts?
3. Have you struggled to stay out of your head, during sex? How do you tend to deal with this?
4. What do you tend to think about, obsess about, and/or worry about, during sex?

5. How has that hiding of yourself benefitted you or your partner? How has the hiding of yourself, if applicable, been an impediment for you as well as for your partner?

6. How important is it to you to find a sexually compatible partner? Explain:

7. In what ways would you like to grow sexually?

8. Are you willing to be vulnerable? Meaning, face your anxieties, insecurities, and fears of rejection in order to develop sexually? Describe what this might mean for you:

9. Are you willing to have these vulnerable conversations with your partner in order to develop more intimacy, sexual honesty, and closeness?

PHYSICAL INTIMACY BASICS

Questions About Biology and Hormones

1. Based on your own biological sex drive, how much (or how little) sex do you want in a month's time? How about your partner?

5. Have you criticized your partner for not having enough of a sex drive? Explain:

6. Have you criticized your partner for their very strong sex drive? Explain:

7. How have you coped as a couple with one wanting to be sexual at any given time, and the other not?

8. Who usually initiates your sexual encounters? How does that feel for you?

9. Are you able to talk about the differences in the way each of you pursues or doesn't pursue becoming sexual with one another? Describe:

10. What aspects of the sexual experience do you want or need most?

11. How important is intimacy and closeness for you, in addition to the act of physically satiating sex? Explain:

Questions About Pairs/Couples Touching

1. What is it like for you to give touch?
2. What is it like for you to receive touch?
3. In what ways do you get touched or have been touched emotionally?
4. Are there times you don't want to be touched? Why or when is that?

5. What kind of touch makes you feel supported and loved?

6. What kind of touch is erotic or sexually arousing to you?

7. What kind of touch is missing for you, with your partner?

8. What kind of touch are you apprehensive about giving your partner?

9. What kind of touch are you apprehensive about receiving?

Questions About Physical Attraction

1. Can you enter into a romantic partnership without being physically attracted? Explain:
2. Can you enter into a romantic partnership without being emotionally-spiritually attracted? Explain:
3. Have you been in a long-term relationship where either physical or emotional or spiritual attraction was missing or has waned? How did it impact you and your partner? What was the outcome? Explain:

Questions About Sexual Expression

4. What are your deeper sentiments around your own sexuality? Explain:
5. What do you believe they (your views around your sexuality) should be? And what do you believe they should not be? Explain:
6. What have you been taught to think about sex and sexuality? Describe:

7. What do you tend to believe intrinsically about sexuality? And is that in contrast to what you've been taught? Explain:

8. What amount of guilt and shame might you be carrying about your sexuality or about sex itself, considering parental, religious, or societal influences?

9. Have you experienced some sort of sexual violation or trauma? And if so, how do see that impacting your sexuality today?

Questions about Gender Roles

Let's take a thoughtful and honest look at our own deeply personal sex- and gender-perspectives. Are they different for men than they are for women? Let's think about how much our perspectives have either enhanced or diminished our ability to sexually connect with ourselves, let alone with others.

1. How is your sexual expression and behavior impacted when you deem sex as something positive, for reasons of pleasure, procreation, connection, or sanctity?
2. How is your sexual experience impacted when you deem sex as something shameful or bad or as something you should not explore?
3. What do you see is a man's role in a relationship, and include in that, what's expected of him sexually?

4. How does your perspective impact how you relate to men? Or, if you are a man, what do you expect from yourself sexually?

5. What do you see is a woman's role in a relationship, and include in that, what's expected of her sexually?

6. How does your perspective impact how you relate to women? Or, if you are a woman, what do you expect from yourself sexually?

7. In what ways have you been influenced by cultural gender norms for either men or women? Describe:

8. How have you been impacted by viewing sex as virtuous or sex as sinful? For either men or for women? Describe:

REFLECTION ON INTIMACY

Basic Reflection Practice for Pairs/Couples

This exercise is about deepening our understanding of ourselves and of our significant other. It's about honoring and supporting each other's honesty and disclosures. This is tender, vulnerable work and will create a lot of intimacy between you as long as your hearts are open, you are nonjudgmental, and you are both proactively receptive.

Step 1: **Pause**

Let's start with a few centering breaths, centering ourselves in our bodies while we focus on our breathing.

Step 2: **Reflections**

Then for 15 minutes or so, reflect on each of the many points that have been covered. Which of them is coming to the foreground for you, and what is coming up?

Has anything been impacted now that you've explored some of this? What will be the hardest to explore, change, or develop for you? Knowing yourself, what's the easiest part of this for you to work with?

Step 3: **Share with Your Intimate Partner**

Do this exercise with your intimate partner. Take 10–15 minutes and share your thoughts, feelings, and reactions—back and forth. In this sharing, engage your fullest presence and openheartedness, as this is vulnerable sharing. Listen attentively to each other and stay curious to each other's responses. Stay especially present and gentle to the different reactions, concerns, or discoveries to that of your own.

CHAPTER 13

Insights and Suggestions for Consciously Impacting Our Intimacy

MAIN POINT: Use the following questions to create intimate and fulfilling relationships using the 6 Insights to Greater Intimacy.

THE SIX INSIGHTS ON SEXUALITY

Questions about INSIGHT #1: **The Importance of a Unique and Independent Self**

Developing individuated, self-sovereignty and a healthy sense of personhood is an inside job and one we ought to take on before we enter into romantic partnerships and magical unions. (*Ha, wouldn't that be smart!*). Developing an individuated, sovereign self begins with a mindful awareness practice, self-inquiry and curiosity, self-acceptance and defense-system relaxation, and the desire to personally develop and potentiate.

1. What does self-love mean to you? Explain:

2. When have you ever felt that you had lost yourself to the emotional, psychological, or sexual needs of a partner? Explain:

Questions about INSIGHT #2: **Creating Fulfilling Sexual Expression Is About Cultivating Presence During the Actual Experience**

1. What impacts your ability to bring presence to your sexual experience?

2. What do you find yourself most preoccupied with during sex?

3. How do you know how present your partner is during sex? Can you tell?

3. What do you find hard to share with your partner? And explain why it's hard:

4. Are you ever afraid of your partner's reaction(s) to your sharing? Explain:

5. What are some of your best experiences with intimacy and sharing?

Questions about INSIGHT #4: **Understanding Our Own and Our Partner's Struggles to Stay Present During Sexual Experiences**

1. What are you most shy about, when asking your partner to help you stay present?

2. When have you been judgmental instead of open and receptive, understanding and supportive? Explain:

Questions about INSIGHT #5: **Integrating Receptive, Expressive, and Balancing Energies with the Sexual Experience**

1. When have you shut down and withdrawn from a partner? What triggered this response within you? Describe what happened?
2. When have you passively gone along with something in order to avoid conflict, though it wasn't what you felt was true for you? Explain:

3. When have you become inflexible or rigid with your partner, to where there was no negotiation? What happened?

4. When have you ever been aggressive rather than assertive? What happened? What was the impact on your partner?

Questions about INSIGHT #6: **Desire for Arousal Doesn't Need to Come Before Actual Arousal**

1. When have you not allowed intimacy to unfold between you and your partner? What was going on for you at that time? Describe:
2. Do you ever resist the sexual advances or needs of your partner? Why do you resist? Explain:
3. What are some of the ways your partner can better connect with you when they are wanting emotional, physical, or sexual intimacy? Describe:
4. What are some of the ways your partner needs you to reach out or respond to them when they are wanting emotional, physical, or sexual intimacy? Describe:

PAIRS/COUPLES BASIC REFLECTION PRACTICE

Basic Reflection Practice for Pair/Couples

Step 1: **Pause**

Take several deep belly breaths, three to six, in order to center yourselves and open your hearts receptively and consciously. For 10 or so minutes, reflect on your own how the universal insights we have covered in this book and workbook impact your sexuality and sexual experience.

Step 2: **Share**

Take 15 or so minutes with your partner where each of you shares your thoughts, feelings, and reactions to Step 1. Next, allow time for each of you to share any understandings and concerns that have come up during this workbook. Share for about 3-5 minutes. Decide who will speak first, and who will be the receptive listener first. Then, take turns giving each other support and feedback. Get curious and remain loving. Ask questions and allow vulnerability as much as you feel safe doing. Receive openhearted input and share suggestions back and forth for about 10 minutes.

Step 3: **Open, Receptive Listening**

In this sharing, be present to your partner and to what they share with you. Maintain an open heart, without judgmentalness and with lots of loving acceptance, as you may hear different views, concerns and interests from those of your own. Notice what comes up for you as you find something challenging or quite different from your own responses. This tender exercise is all about deepening understanding, creating closeness, and enhancing intimacy.