





# **From dispersion to grounded joy**

**The Epicurian**

**on the Path**

**Eneatype 7**



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## Forewords

It took me a long time before I was able to write a book. I chose to share my discoveries with you after several years of exploring my type through the Enneagram.

Discovering myself—seeing how profoundly I could fail to see myself, learning to be honest with myself, learning to offer myself compassion throughout this process—was a journey in itself.

Because yes, self-discovery is not simple. We can clearly feel the gap between the life we want to live and the life we actually live. Each of us carries automatisms shaped by our past experiences—patterns that once helped us survive or adapt as best we could.

When we begin to uncover these mechanisms, our life is illuminated by a new light. It can be painful, but above all, it brings understanding. And everyone is free to stop wherever they wish on their personal development path. It is a personal journey, and only you can decide how far you want to go.

As for me, I chose to face these automatisms, these compulsions, and to ask myself what life would look like if I stepped out of autopilot and dared to truly live. As someone who identifies with Type 7, I naturally lean toward joy and toward embracing life fully—exploring new ideas, skills, places, and experiences. It has always felt like a great strength. And yet one day, I realized that this perpetual exploration was also keeping me from making decisions that were truly for me—decisions that could root me in something aligned with my deeper aspirations. This is the story I share with you in this book.

I have done a lot of inner work, and I have been supported by psychologists, coaches, and friends. A book will not solve everything, of course, but it may bring new clarity to your own life.

I am myself a Certified Professional Coach. This training has given me many tools—around emotions, Nonviolent Communication to explore what happens within me, Transactional Analysis to understand how I act, and many others. They have all supported my journey.

Walking this path is not easy, because it invites us to question and rethink many aspects of our lives. And I can only encourage you to seek support—someone to walk alongside you, to talk with, to lean on. Feel free to contact me if you wish to exchange or benefit from personalized coaching. I would be delighted to share moments of dialogue and exploration with you.

I wish you an enriching reading experience and many meaningful insights.





# **Chapter 1**

## **Discovering the Enneagram**



## INTRODUCTION

Simplicity is a lie that steals our joy — and as a Type 7, I spent years believing it, fleeing pain for an illusion of freedom. Imagine: you’re in the middle of an exciting project, an entrepreneurial adventure that looks perfect on paper. Then suddenly everything collapses and a wave of frustration rises inside you.

Instead of facing it, digging into why it’s happening, you grab your phone and frantically scroll in search of a new idea, a shinier opportunity. “It’s nothing, let’s move on,” you tell yourself. That’s what I did for a long time.

As a Type 7 — the Enthusiast par excellence — my overflowing optimism was my shield. I turned every failure into a “positive lesson,” reframing reality to avoid the void lurking underneath.

But one day that pattern caught up with me. During a personal project that was failing, I felt an unbearable doubt — not a simple disappointment, but an existential emptiness I had been fleeing since childhood.

That’s when the Enneagram entered my life, not as a banal test, but as a revealing map. It showed me that my avoidance wasn’t an innate strength but a compulsion, a “dark side” activated under stress that sabotaged me without my noticing. It wasn’t a desire to be the admired epicurean rebel the world likes to romanticize, but an automatic response shaped by my unique history — life incidents where my mother imposed “safe” choices for my “happiness,” depriving me of the ability to decide for myself.

This discovery was a shock, but also a hope: if I could understand this pattern, I could transcend it.

The Enneagram is not a static tool; it is a path toward a life in

which the ego — which overlays reality with beliefs and judgments — fades to make room for authentic awareness.

For me, that meant moving from forced joy, constantly chasing novelty, to grounded joy, freed from the automatisms that sabotaged me.

And you, Type 7 reader, if you are reading these lines, it's because you sense that void, that compulsion to flee, and you're ready to explore. This book is your companion on that journey — from discovering this tool to a deep emancipation, where you don't just attenuate symptoms but heal the root for a fully lived life.

## EGO

In the Enneagram, the ego is the part of the mind that overlays reality with beliefs, judgments, and compulsions to protect us from our core fears.

It is not “bad,” but a survival mechanism forged by our personal history — life incidents, relationships, and traumas — that automatizes us and distances us from our authentic essence.

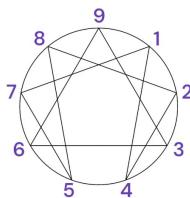
For Type 7, the ego manifests as avoidance of suffering through forced optimism and mental gluttony, a compulsion that reframes pain to maintain the illusion of freedom, yet sabotages real potential by avoiding deep decisions.

Inspired by authors like Russ Hudson, the ego is seen as a “fixation” that distorts perception: it imposes judgments such as “everything is an opportunity” to flee insignificance — an echo often rooted in a childhood of restrictions.

The role of the ego is twofold: it protects (survival) but limits (automatism).

## HISTORICAL ORIGINS AND CONTEXT

The Enneagram did not arise from a contemporary fad but from a long lineage of ancestral wisdoms that threaded together over centuries to form a powerful tool for self-understanding. Its roots go back to mystical traditions, where the geometric symbol of the Enneagram — a circle with nine interconnected points — appears in Sufi, Kabbalistic, and even early Christian teachings, representing the dynamics of consciousness and the laws of the universe.



In the early 20th century, George Gurdjieff, an Armenian philosopher and mystic, popularized it in the West as a diagram for exploring internal processes of spiritual evolution, using it to unmask the automatisms of the ego and promote conscious inner work. Gurdjieff taught it as a map for transcending mechanical habits, an idea that resonates deeply with my Type 7 experience: like him, I had to learn to question my perpetual avoidance, the pattern that kept me trapped in superficial joy.

In the 1960s, Oscar Ichazo, a Bolivian influenced by esoteric traditions, structured the symbol into nine personality types, linking each point to a core fear and deep motivation, transforming the Enneagram into a psychological system for understanding the unconscious compulsions that steer our lives. Ichazo taught it at his Arica school in Chile, connecting it to practices that awaken consciousness and insisting that each type is a response to an “essential lack” — for the 7, the lack of inner fullness that I myself tried to escape with constant distraction.

Then in the 1970s, Claudio Naranjo, a Chilean psychiatrist

trained in Gestalt and psychoanalysis, enriched the system by integrating Freudian and Jungian concepts, making the Enneagram a tool to explore psychological shadows and defense mechanisms. Naranjo emphasized that types are not static but evolving patterns — a nuance that helped me see my optimism as a mask to avoid pain rather than an immutable virtue.

Unlike modern tools such as the MBTI, which focus on cognitive functions, the Enneagram draws its strength from this fusion of ancient spirituality and contemporary psychology, offering an ongoing exploration adapted to our era of interconnected crises.

For me, this history of the Enneagram is not mere background; it showed me that, as Gurdjieff taught, inner work begins by making the unconscious conscious — a principle Jung captured perfectly: “Until you make the unconscious conscious, it will direct your life and you will call it fate.”

That is what pushed me to embrace the Enneagram as a companion to transcend my automatisms, and it is what I invite you to start doing now.

## UNIQUENESS, PATTERNS, AND IDENTIFYING ONE'S TYPE

At the heart of the Enneagram, the uniqueness of each individual is the key that makes this tool so powerful and liberating. We are not standardized clones; we are all shaped by our personal history — the life incidents that left their mark, the unexpected moments that shaped our reactions, and the relationships that wove the fabric of who we are. Imagine: a child Type 7 like me, growing up with a mother who, out of love or fear, imposed “safe” choices for my happiness — “Don’t take risks, stay in what’s joyful and easy.”

These experiences didn’t just influence my choices; they shaped a unique way of responding to the world, where avoidance became my invisible shield.

The Enneagram groups these ways of responding into nine main patterns, not to lock us into rigid categories but to help us understand how our collective compulsions are nuanced by our unique history. It’s like a map where the roads are shared, but each person’s journey is drawn differently — your story makes your Type 7 unique, not interchangeable with mine.

Identifying with a type is not role-playing or aspiring to a societal ideal. We don’t choose our type because it looks “cool” or virtuous in our era — we might envy Type 3 for public success or reject Type 8 for perceived harsh authority, but that’s not how it works.

The Enneagram invites us to look at how we respond to stress — that “dark side” that emerges when pressure rises and we can no longer hide our compulsions.

For me, this became clear during a professional failure: under stress, I didn’t face reality; I fled into forced optimism, reframing the failure as a “disguised opportunity.” It was not a strength; it was my revealed compulsion, an automatic response I could no longer ignore.

The Enneagram tells us that this dark side is the most honest signal to identify where we are stuck — it’s not about slapping a label on

yourself, but about recognizing a pattern that, once seen, can be transcended. And that's where the magic happens: by confronting this dark side, we begin to disidentify from the ego that keeps us trapped in these loops, as Jung suggests in his quote: "Until you make the unconscious conscious, it will direct your life and you will call it fate."

For Type 7, this means that our avoidance — often masked by apparent joy — is a call to dive deeper, to transform what sabotages us into a conscious strength.

The Enneagram also reminds us that we all carry the seeds of the nine types within us — it is not an exclusive club. If Type 1 seems to embody moral rigor, this quality is not reserved for them; a Type 7 like me can cultivate it to ground dispersed creativity.

Similarly, the fun and enthusiasm of the 7 are not their monopoly — fortunately, everyone knows how to have fun, and a Type 9 can tap into lightness to shake off lethargy.

These universal seeds emphasize uniqueness: your Type 7 is tinted by your history, but you can draw on the strengths of other types for a fuller personality. For example, as a 7 I learned to integrate the depth of Type 5 to transform my avoidance into conscious focus — an evolution that allowed me to view my compulsions not as defects but as protections to transcend.

The Enneagram is not a static diagnosis; it's an invitation to explore these seeds, to see how your unique story modifies common patterns, and to embrace a transcendence where the ego fades to make room for a less automated life.

That is what makes this tool so inspiring and gives us hope: it shows we are not condemned to our compulsions but invited to reintegration or to stepping out of the ego, toward a full and authentic realization.



## DIFFERENCES WITH OTHER TESTS AND THE HOPE OF TRANSCENDENCE

When I discovered the Enneagram, my first instinct was to file it alongside personality tests I already knew: MBTI, Big Five, DISC.... They amused me for a while, but none truly seemed to explain why I reacted the way I did. The MBTI, for example, labeled me ENFP — and yes, many descriptions fit my overflowing energy and need for variety. But I remained unsatisfied: it felt like receiving a still photo while my inner life looked like a constantly moving film.

That's where the Enneagram surprised me. Rather than a static portrait, it offered a dynamic map: underlying motivations, recurring compulsions, and above all a life movement. Where MBTI or the Big Five give relatively stable traits, the Enneagram exposes a continuum of health: nine levels, from the most contracted state (when the type becomes a prison) to the most expansive (when it becomes a resource). Add to that movements of integration and disintegration — for example, as a Type 7 I can root myself in the depth of Type 5 when I'm well, or slide into the scattering of Type 1 under stress — and you have a living compass rather than a mere mirror.

The real difference is here: the Enneagram is not only interested in who you are, but in how you evolve. It doesn't limit itself to describing preferences; it illuminates your traps. And, more precious still, it shows the path beyond them.

Ultimately, the gift of the Enneagram is not merely naming our compulsions. It is offering the hope of transcendence. Some call it “reintegration” — the possibility of reconciling within oneself the qualities of all nine types, and living a more complete personality. Others see it as “stepping out of the ego” — a move outside automatism, a life where our reactions are no longer dictated by fear or avoidance.

I remember a precise moment when I tasted that hope. I was in

full scatter, chaining projects and distractions to flee an inner void. Then, almost despite myself, I dared to stay with that void. For a few minutes the agitation subsided. I felt that beyond my usual reactions something vaster awaited: a calmer, less conditioned joy. The Enneagram gave me the language to understand that shift.

Of course, one must remain realistic: the Enneagram is not scientifically validated in the same way the Big Five is. Its strength is not statistical objectivity but its capacity to awaken consciousness. It's up to you to walk the path, and you will not receive a step-by-step manual. It is an introspective tool, not a truth carved in stone. And that is precisely what makes it valuable: it opens a path, it doesn't lock you into a box.

In the end, the question is not “What is my type?” but “What will I do with it?” Will I be content to repeat my automatisms, or will I explore what they hide?

This is where the hope of transcendence is born: the possibility of moving from a life dictated by compulsion to a chosen life. And I know that as a 7 one feels they are choosing, that they are a bit of a rebel. Yet when you look closely...

## Conclusion

You probably felt it while reading this first chapter: the Enneagram is not a straitjacket. It is not a fixed label, nor an excuse for automatic reactions. It is an invitation. An invitation to explore your patterns, to recognize your “dark sides,” but also to sense that behind them a wider freedom is possible.

We have seen that each of us is unique, shaped by our history, wounds, and impulses. The nine types are not prisons but maps. They highlight what is activated in you when life presses on your sensitive points. They also remind you that you carry the seeds of all the types: the rigor of the 1, the drive of the 8, the sensitivity of the 4, the joy of the 7... all these qualities can awaken within you.

And above all, we opened a perspective: the hope of transcending the ego, of moving from a life driven by automatism to a life more conscious, more chosen.

But how do you move from theory to experience? Here are two simple practices to get you started:

1. The 7's mini-quiz:

- When a project collapses, I...
- When I'm criticized, I...
- When I feel limited, I...

Write your answers without filtering. Re-read them: what common thread appears? That's often where your type reveals itself.

## 2. The stress journal

For one week, take five minutes each evening to note:

- Three moments when you felt tension or frustration.
- Your immediate reaction.

Without judgment, just observation. These notes become a faithful mirror of your automatisms.

These exercises are not there to trap you but to offer you space for exploration. Each time you observe an automatism, you open a breach in the wall of the ego. And through that breach a breath of freedom can enter.

In the next chapter, we will compare the Enneagram with other personality tests. You will see how it stands apart: not by finer labels, but by its capacity to show movement, a path. One that can, step by step, lead you toward a life less endured and more chosen.

## **Chapter 2**

# **Enneagram and Other Types Tests: A Dynamic Exploration**



## The Landscape of Personality Tests

For the past few decades, personality tests have taken over both the corporate world and social media. They fascinate us because they promise something simple and powerful: to understand ourselves. Who hasn't felt that little thrill when reading a result that "fits perfectly"? It feels as if someone has opened a window into our inner world and put words on what we never dared to say aloud.

Within this landscape, a few tools dominate:

**The MBTI (Myers-Briggs Type Indicator)** is undoubtedly the most popular. Inspired by Jung's work, it classifies people into 16 types based on four axes: extroversion/introversion, thinking/feeling, intuition/sensation, judging/perceiving. You find this test everywhere: career assessments, corporate coaching, and countless simplified online versions. Its success lies in its apparent simplicity and the way it provides portraits in which many people recognize themselves.

**The Big Five (or OCEAN)** is, on the other hand, the most scientifically robust. It measures five fundamental dimensions: openness, conscientiousness, extroversion, agreeableness, and neuroticism. Unlike the MBTI, it does not place individuals into fixed categories but positions them along a continuum. This model is widely used in academic research and offers a more nuanced language to describe personality differences.

**The DISC model**, very widespread in organizations, divides profiles into four main colors: Dominance, Influence, Steadiness, Conscientiousness. Its strength lies in its clarity and ease of use, especially in teams. It provides a simple language for improving communication, adapting working styles, and avoiding conflicts.

Alongside these well-known tools, there is also a multitude of

lighter or more playful tests. Some circulate on social media (“Which TV series character are you?”), others appear in magazines or online coaching platforms. Even if their scientific validity is questionable, they reveal a universal longing: we all want to know who we are.

All these tests share a common feature: they offer a snapshot of personality. A picture taken at a specific moment, highlighting dominant traits and behavioral preferences. In this sense, they play a valuable role. They give us a shared vocabulary, open conversations, and provide a first step into introspection.

But one question remains: **is a single picture enough to explain the entire film of our inner life?**

That is what we will explore in the next section.

## The Limits of These Approaches

Personality tests such as the MBTI, the Big Five, or DISC are appealing because they offer clarity. They provide simple language to talk about ourselves and others. Yet behind this immediate usefulness lie several limitations that are essential to acknowledge.

### **1. Frozen portraits**

The first limitation is their static nature. These tools provide a snapshot of personality, but rarely its movement. Are you extroverted or introverted? Conscientious or flexible? These labels, however helpful, may freeze an identity.

A colleague labeled “introverted” may end up convinced they are unfit for a public-facing role. Someone classified as “feeling” in the MBTI might believe they’re not meant for strategic thinking. These frameworks, designed to enlighten, can become prisons.

### **2. The trap of labeling**

Another limitation is the temptation to reduce ourselves to our profile.

“I’m an ENFP, so that’s how I function.”

“I’m a Blue in DISC, so I’ll always be analytical.”

The risk? Using the test as an excuse to justify reactions rather than a springboard for transformation. Instead of opening possibilities, the label locks us into a caricature of ourselves.

### **3. Confirmation bias**

A well-known social psychology effect amplifies this: confirmation bias. When a test describes us as “creative and sensitive,” we tend to notice situations that confirm this description and ignore

those that contradict it. The result? The test appears miraculously accurate — but it may simply reinforce existing beliefs.

#### **4. The illusion of simplicity**

These models are attractive because they simplify human complexity. Four colors, five traits, sixteen boxes: reassuring, tidy. But real life is seldom this linear. In times of crisis, the same person might be extroverted at work, introverted at home, anxious in one project, bold in another. Human behavior is far richer than the boxes allow.

#### **5. The absence of trajectory**

Finally, the deepest limitation: these models describe preferences but not evolution. They tell you who you are, but rarely how you change. They don't explain why, in certain phases of life, you become more rigid, or why after a setback, you uncover a new inner resource. Yet this movement — this inner dynamic — is at the core of meaningful transformation.

In summary, classic tests are useful starting points, valuable partial photographs. But when it comes to understanding the full film of inner life — its tensions, its lows, its surges of growth — their limits become clear.

And this is where the Enneagram introduces a unique dimension: it doesn't just describe — it illuminates a path. That contrast is what we explore next.

## The Enneagram Compared to Other Tests

After examining the strengths and limits of well-known personality tests, a natural question arises: what does the Enneagram add? Why give it a special place among introspective tools?

### 1. A different starting point

Where most tests describe visible behaviors — introversion, extroversion, communication style, cognitive preferences — the Enneagram focuses on deep motivations.

It doesn't simply ask "What do you do?" but "Why do you do it?"

Consider this example: two people appear extroverted — they enjoy talking, they speak freely in meetings, they bring dynamic energy. Yet one may do this to feel loved and appreciated (Type 2), while the other does it to avoid boredom and inner discomfort (Type 7).

Outwardly, the behavior looks identical; inwardly, the logic is totally different.

The Enneagram reveals this gap.

### 2. A dynamic model

Unlike static portraits, the Enneagram offers a continuum of health. Every type can manifest in more or less balanced versions, from the most contracted (where defensive mechanisms dominate) to the most expansive (where the type becomes a resource). This vision helps us understand not only where we are, but also where we are heading.

And then come the **integration and disintegration movements**.

Each type has a trajectory: under stress, it adopts traits of another type; in growth, it integrates qualities of yet another.

This mechanism highlights that we are not trapped in a box but shaped

by dynamics of transformation.

### 3. A deeper, often spiritual dimension

Where the Big Five provides a solid descriptive model and the MBTI helps improve cooperation, the Enneagram invites inner evolution. It doesn't just say "here is how you are," it invites us to explore what lies beyond the ego. It opens the possibility of transcendence — stepping out of the automatisms that run our lives to taste a deeper form of freedom.

Should we therefore oppose the Enneagram to other tests? Not necessarily. They can be complementary. The Big Five, with its scientific grounding, is useful for research and objective evaluation. The MBTI and DISC, with their simplicity, support communication in organizations.

But the Enneagram plays on another field entirely: that of personal transformation.

In summary:

- The **Big Five** measures objective traits.
- The **MBTI** explores cognitive preferences.
- **DISC** improves interpersonal communication.
- The **Enneagram** reveals ego mechanisms and traces a growth trajectory.

This ability to combine clarity with hope — description with direction — is what makes it unique. Where other tests give you a map, the Enneagram offers a compass.

## **Testimonies and Lived Examples**

Theory is useful, but lived experience often reveals the true power of a tool. To understand the difference between a static test and the Enneagram, nothing beats real stories.

### **An MBTI profile that seemed right... yet incomplete**

The first time I took the MBTI, my result was “ENFP.” And honestly, the description delighted me: enthusiastic, creative, energetic. It was flattering and mostly true.

But when a period of intense stress hit, I didn’t recognize myself in that portrait. Instead of being “slightly less extroverted,” I became scattered, agitated, unable to keep commitments. The MBTI had no language for that.

Discovering the Enneagram explained everything: as a Type 7, my mechanism of avoiding unpleasant emotions made me scatter whenever pressure increased. Where the MBTI gave me a charming snapshot, the Enneagram gave me the full film — and it wasn’t comfortable, but it was true.

### **A “Blue” colleague in the DISC model**

In a company I coached, a colleague identified strongly with her DISC profile: dominant Blue — data-driven, rigorous, analytical. That explained her work style. But it didn’t explain her growing anxiety when she felt she was losing control. With the Enneagram, she recognized herself as a Type 1: her quest for perfection was not merely a style preference, but a deep compulsion. Seeing this root helped her release some pressure and accept imperfection.

### **A more intimate testimony**

I recall someone I met in a workshop. She had always found personality tests fun, but never transformative. “It’s entertaining, but it

doesn't change my life," she used to say.

With the Enneagram, it was different. She told me, tears in her eyes:

"It's not just myself I understand. It's my mother. It's my son. It's why we hurt each other — and why we love each other."

This shift captures what the Enneagram brings: a lens that doesn't reduce others to a style, but illuminates the deep logic of relationships.

These stories — among many others — reveal a simple truth: classical tests provide useful labels, but the Enneagram offers a \_living experience.\_ It invites introspection \_and\_ compassion. It highlights our compulsions \_and\_ the potential for growth hidden behind them.

This human and transformative dimension makes it more than a personal development tool — it becomes a lifelong companion.

## Conclusion

Throughout this chapter, we have placed the Enneagram within the broader landscape of personality tests. We saw what the MBTI, the Big Five, or the DISC offer: a clear snapshot, a shared vocabulary, support for communication. We also recognized their limits: the risk of labeling, the static nature, the lack of trajectory.

This is precisely where the Enneagram shines. Where other tests describe behaviors, it explores deep motivations. Where they offer boxes, it traces a path. Where they provide a momentary snapshot, it reveals a dynamic of transformation. And perhaps this is what makes it so special: it doesn't just describe who you are — it points toward who you could become.

But the Enneagram is not an abstract concept. Its power lies in its ability to translate into concrete experiences: daily insights, relational breakthroughs, steps toward a more deliberate life.

This is exactly what we will explore in the next chapter. We will dive into the core mechanisms of each type, discovering how they shape our reactions, strengths, and vulnerabilities. We will also see how these mechanisms can become gateways to deep transformation.

In other words: up to now, we have set the stage.  
From here on, we enter the heart of the journey.



## **Chapter 3**

# **The Path of Progression: From Automaticity to Consciousness**



## Why Change?

I remember a time when I was juggling three projects at once. I was enthusiastic, energized, convinced that I could handle everything simultaneously. But after a few weeks, things began to unravel: I was doing a thousand things at once, yet nothing was truly moving forward, and I... I was escaping my frustration by launching new ideas—each more exciting than the last.

It wasn't courage, nor even creativity. It was an automatic response: a flight from the pain of failure, disguised as enthusiasm.

That day, I realized that what I thought was my freedom was actually a gilded cage. My enthusiasm, my creativity—those qualities that led me into constant dispersion and that I believed were my strengths—were actually sabotaging what mattered most to me: depth, trust, stability. And it was by allowing myself to sit with my discomfort, instead of running toward the next distraction, that I discovered a quieter, truer kind of joy.

### The Trap of Automatic Patterns

Our automatisms are first and foremost protections.

They helped us survive, adapt, and avoid pain.

But over time, as we react mechanically, we eventually exhaust ourselves.

- The perfectionist corrects until exhaustion.
  - The helper gives endlessly... and wears out from not receiving.
  - The achiever stacks up successes... yet no longer knows who they are behind the mask.
- The enthusiast multiplies experiences... and can no longer bear silence.

As long as we remain identified with these mechanisms, we believe we “are like this”—and that is where personality tests can become dangerous. They reinforce these identities. We justify our reactions

because something “confirms” that this is who we are.

But the truth is: we are not our automatisms. They are only a protective layer, an old piece of software.

## Why Make the Effort to Change?

The question is legitimate: why embark on a path that is sometimes uncomfortable? Why face what we’ve spent years avoiding? It is always more comfortable to stay in what we know—even if it is far from ideal.

Remaining in automatism has a cost:

- The cost of relationships damaged by disproportionate reactions.
- The cost of projects sabotaged by our avoidance or rigidity.
- The cost of a fragile joy, dependent on circumstances.

By contrast, choosing to grow brings concrete benefits:

- Less self-sabotage in our lives.
- More inner freedom when confronted with triggers.
- More authentic relationships, less conditioned by our fears.
- And above all: a more grounded joy, less dependent on the external world.

I would never have been able to complete this book if I had stayed stuck in my Type 7 compulsions. Staying focused on a single project means fearing that I’m missing out on other opportunities. It’s also a form of self-sabotage that keeps me from achieving what truly matters most to me, when I look deeply.

Changing doesn’t mean becoming someone else. It means rediscovering who we were before the ego’s armor took over.

## The Paradox of the Ego

The ego is not “bad.” It is a survival strategy.

It was built to protect us from a fundamental fear: abandonment, failure, rejection, weakness... whatever it may be. But what once saved us often becomes our prison today.

The progression described by the Enneagram is not a battle against the ego. It is a path toward observing it, understanding it, and gradually no longer confusing it with our deeper self. Our deeper self longs to live a fulfilled life; yet the ego, in its desire to protect us, often prevents that fulfillment because it is so focused on keeping us safe.

## A Hope for Transcendence

Here lies the hope: our automatisms are not fate.

They are signals, entry points.

Recognizing them is the first step toward transforming them into choices.

And behind those choices lies the possibility of a life less endured and more consciously lived.

Where I once believed I needed to run ever faster, I discovered the power of slowing down.

Where some believe they must control everything, they discover the peace of letting go.

Where others think they must constantly charm, they discover the joy of being loved simply for who they are.

It's not an easy path, but it is a liberating one.

## **Practical Exercise**

Take a moment and write down:

Three recurring frustrations from your recent life (e.g., a conflict, procrastination, an escape).

For each one, ask yourself: Why did I avoid or react this way?

Observe without judgment. The goal isn't to fix anything—only to see.

This simple exercise is a first step: turning what seemed “normal” into an object of awareness.

Changing is not a moral obligation nor a performance goal.

It is an invitation to live with less constraint and more presence.

It is the shift from automatism to consciousness.

In the next section, we'll explore how this process begins: learning to take a step back, adopting a meta-view of our behaviors, and recognizing our patterns without identifying with them.

## Gaining Perspective: The Meta-View

Change always begins with one fundamental movement: seeing. As long as we are glued to our reactions, they seem normal, inevitable —“it’s just how I am.”

Progress becomes possible when we manage to take a step back, to observe our behaviors as if watching a movie.

### Discovering That Other Logics Exist

The first encounter with the Enneagram—or any tool for self-knowledge—is often a revelation. We come to understand that our reactions are not universal. What feels “obvious” to me is not obvious for others.

- A Type 7 escapes discomfort through distraction.
- A Type 1 faces discomfort through discipline.
- A Type 9 dissolves into harmony to avoid conflict.

Seeing these differences creates a shift:  
“Ah... so what I do is not a destiny—it’s a strategy.”

### From Inside to Outside: The Side Step

The meta-view is this side step.  
It's the ability to say:

- “Oh, I’m trying to please at all costs right now.”
- “Oh, I’m starting yet another project without finishing the previous one.”
- “Oh, I’m correcting a detail that doesn’t really matter.”

This isn’t deep transformation yet, but it’s the beginning of distance.

Instead of being inside the reaction, you can begin to see it.  
And this little space—between action and observation—is the crack through which awareness enters.

## **Confronting the Shadow Zones**

Of course, this step back isn't always comfortable.

Observing our patterns also means seeing what we preferred to ignore: fear, dependency, rigidity, avoidance.

It means meeting our shadow.

A personal example: one day in a work meeting, I realized I was nodding in agreement... even though I disagreed.

I wanted to avoid conflict, preserve harmony—but I was betraying myself.

In that moment, I felt shame and discomfort.

But that awareness planted a seed: I began noticing that avoidance mechanism appearing in other situations.

This moment of clarity isn't pleasant, but it's precious.

Because as long as we haven't named our patterns, they govern us silently.

## **A Shift in Perspective**

Taking the meta-view is like shifting from actor to spectator of your own life.

The action continues, but the inner observer awakens.<sup>k</sup>

Instead of saying, "I'm like this," we can say, "I see that I'm doing this."

A small nuance in appearance—yet in reality, enormous.

It is the shift from I am to I observe.

## Practical Exercise

For one week, take a notebook and each evening write down:

- One automatic reaction you had during the day  
(anger, avoidance, rigidity, people-pleasing, etc.)
- Rephrase it into a sentence beginning with: “I notice that...”

Example: “I notice that I said yes even though I meant no.”

Example: “I notice that I jumped into a new project to avoid feeling bored.”

The goal is not to fix or judge anything, but simply to see.

This meta-view is a subtle but decisive step.

It does not transform the pattern yet, but it breaks the illusion that you are ‘condemned’ to react this way.

It prepares the ground for the next stage: bringing to light what, until now, remained invisible.

This is what we will explore in the next section:  
how to move from general observation to a precise awareness of your automatic patterns, so you can begin to deprogram them.

## **Shedding Light on the Invisible**

Observing your reactions is progress.

But often, what we see on the surface is only the tip of the iceberg.

Behind our automatisms lie deeper motivations—fears and desires working behind the scenes.

This is the “invisible” we are now going to illuminate.

### **Automatism: A Survival Strategy**

Every automatic pattern has a logic:

It protected us once.

- The perfectionist (Type 1) corrected to avoid criticism.
- The helper (Type 2) made themselves indispensable to feel loved.
- The achiever (Type 3) performed to avoid rejection.

These strategies worked—they were vital in childhood.

But in adulthood, they become rigid, mechanical, outdated.

They respond to a past that no longer exists.

### **The Ego as a Filter**

The ego works like an invisible pair of glasses.

It colors reality according to its core fear:

- Type 1 sees imperfection everywhere.
- Type 6 sees potential threats everywhere.
- Type 7 sees opportunities to escape boredom everywhere.

This filter doesn’t feel like a filter—it feels like the truth.

That is what makes it so hard to notice.

Lighting up the invisible means acknowledging that what seems objectively true is often just a projection of the ego.

## **Pain and Suffering: Two Different Realities**

A key teaching is distinguishing between pain and suffering.

Pain is inevitable: loss, separation, failure.

Suffering arises from our automatic resistance to pain.

Example: a project fails.

Pain is the disappointment.

Suffering is the story we tell ourselves:

“I’m useless, this always happens, I must start something new quickly to forget.”

The automatic pattern turns a limited event into a spiral of suffering.

Becoming aware of this mechanism already weakens its power.

## **A Moment of Truth**

I remember a day, after a heated meeting, when a wave of anger rose in me.

My reflex would have been to send a sharp email, to regain control.

But by pausing for a moment, I saw something else: my fear of being humiliated.

Behind my anger was a vulnerability I didn’t want to feel.

That clarity changed my response: instead of attacking, I calmly named my feelings.

The situation softened.

It wasn’t easy—but it was the first time I felt the freedom of a real choice.

## Practical Exercise

For one week, choose three situations in which you felt discomfort (anger, fear, avoidance, rigidity). For each one:

1. Write down the visible automatic reaction  
(e.g., “I interrupted to regain control.”)
2. Ask yourself: “What was I trying not to feel?”  
(e.g., fear of losing my place, fear of being insignificant.)
3. Take 10 minutes to breathe and simply welcome this avoided emotion, without escaping it.

The goal is not to solve it right away, but to see it.  
What was invisible becomes an object of awareness.

Bringing the invisible to light means accepting to look beneath the surface.

It's not comfortable, but it is the necessary passage for our compulsions to stop secretly running our lives.

In the next section, we will explore how to turn these insights into concrete experiments, and how to connect your automatic reactions back to their origin: the deeper needs they were trying to protect.

## **Experimenting and Understanding the “Why”**

Observing automatisms is progress.

But if we stop there, we risk becoming powerless spectators of our own reactions.

The next step is daring to experiment and exploring the deeper meaning of our compulsions.

## **Breaking the Auto-Pilot Through Experience**

Awareness doesn't grow only through reflection.

It grows through experience.

Practically, this means choosing—just once—to do something different.

- The perfectionist leaves a small imperfection on purpose.
- The helper dares to say no and observes the reaction.
- The achiever openly shares a failure instead of hiding it.
- The enthusiast stays with boredom instead of fleeing into a new distraction.

These modest but concrete experiments create a crack in the compulsion.

They open a space where a new behavior becomes possible.

## **Returning to the “Why”**

Every compulsion has a story.

It once protected something fragile in us:

- The need to be loved.
- The need to be recognized.
- The need to feel safe.

In childhood, these automatisms were intelligent—they helped us adapt.

But in adulthood, they become rigid, inappropriate, even harmful.

Understanding this “why”—this root need—is not about blaming parents or the past, but about recognizing that our pattern makes sense. And because the need is legitimate, we can find more conscious ways to meet it.

## **Healing Rather Than Dampening**

Many personal development approaches focus on mitigation: managing stress, breathing to calm anger, planning to avoid procrastination.  
Useful... but not transformative.

Real healing occurs when we recognize the root fear and face it.  
When we stop running and discover that the fear no longer holds the power it once had over the child we were.

Mitigation repairs the surface temporarily; healing frees us deeply.

## **Anecdote: Staying With Discomfort**

I recall an evening when I wanted to dive into a new project, knowing it was an escape.

I decided to sit still, without opening my computer.

At first, it was unbearable—agitation, the urge to fill the void.

Then, after a while, something softened.

I felt the sadness behind my automatisms, and I was able to experience it without drowning in it.

That moment was a turning point:

I understood that behind the agitation was simply an emotion I didn’t

want to meet.

## Practical Exercise

1. Choose one recurring automatic pattern (perfectionism, avoidance, seduction, control, etc.).
2. For one week, decide to suspend it just once per day:
  - Leaving a task unfinished.
  - Saying “no” to a request.
  - Not launching a new idea.
3. Observe what it triggers in you: fear, anger, sadness, emptiness.
4. Write in your journal:  
“This automatism serves to... but today I can also...”

This exercise connects observation to meaning—and meaning to new freedom.

Experimenting and understanding the why unites two movements: action and depth.

One without the other is incomplete.

Experience without meaning remains superficial.

Meaning without experience remains theoretical.

Together, they open the door to real transformation.

In the next section, we'll see how these insights and experiments weave into a daily life that becomes less automatic, where inner freedom gradually becomes a habit.

## A Less Automated Life

At this stage, you have understood the logic of automatisms, learned to observe them, started to reveal the invisible, and experimented with other paths. One essential question remains: how to make this consciousness a daily reality? How to transform a series of punctual experiences into a durable way of living?

### From the Click to Anchoring

A moment of lucidity can change a reaction, but it's not enough to transform a life. Automatisms will return, that's certain: they are old, deep, integrated into our reflexes. The path doesn't consist of "eliminating them once and for all," but of building a habit of consciousness.

Like physical training, progression comes from repetition. Through observing, naming, experimenting, the space of freedom expands. Where yesterday we reacted without choice, today we start to see the wave coming... and decide how to surf it.

### Three Concrete Benefits

When consciousness becomes a practice, three major changes appear:

1. Less sabotage: conflicts, dispersions, or rigidities decrease. We stop shooting ourselves in the foot.
2. Truer relationships: by recognizing our fears and strategies, we become more honest, clearer, more available to others.
3. A more stable joy: no longer ephemeral excitement or inaccessible perfection, but a quieter presence, less dependent on circumstances.

These benefits aren't spectacular overnight. They settle in gradually, like a silent transformation.

## **Setbacks Are Part of the Path**

It's important to remember that this process isn't linear. There will be relapses, moments of discouragement, periods when we fall back into old patterns. That's normal.

The key is not to judge these setbacks, but to see them as an invitation to start again. Each awareness, even after a "relapse," expands the space of freedom a little more.

## **Projection Exercise**

Take a few minutes and imagine:

- If in a year, your automatisms had lost 20% of their grip, what would have changed in your life?
  - Which relationships would be smoother?
  - Which projects would be more solid?
  - What inner weight would have lightened?

Note your answers. This simple exercise allows giving a clear direction to your progression: not an impossible perfection, but a tangible, realistic, and motivating improvement.

## **A Living Practice**

Living less under the grip of automatisms isn't a fixed state, it's a living practice. Every day, every interaction is an opportunity to see, to choose, to exercise.

With time, consciousness becomes like a muscle: the more it's used, the stronger it gets.

## **Chapter Conclusion**

Passing from automatism to consciousness isn't a promise of perfection, but an invitation to live more free, more present, more true. It's the beginning of an inner transformation that also touches our way of being in connection with the world.

## **Chapter 4**

# **Discover Your Type: Keys to Type 7**



## **Focus on Type 7**

You already know your type 7, but do you truly understand it? This chapter isn't a banal reminder – it's your portal to confirm and nuance your uniqueness, transforming your avoidance into authentic strength.

As a type 7, I long believed that my optimism was my superpower: a machine for turning every failure into a sparkling opportunity, allowing me to leap from one idea to another without ever stopping.

But one day, during an Enneagram workshop, I was confronted with my reality: under stress, I wasn't fleeing out of creative genius, but out of a deep fear of limitation. It was a shock – my "dark side" wasn't a weakness to hide, but a signal to dive deeper.

Why confirm your type now, when you already know it? Because this confirmation isn't a fixed label; it's a springboard to explore how your unique story modifies this type, freeing you from stereotypes and opening you to a transcendence where the ego fades away.

For me, that meant recognizing that my avoidance, often masked by apparent joy, was sabotaging my life: I chose distractions to please others, instead of deciding for myself. This chapter is your invitation to do the same – to nuance your type 7 for real emancipation, where you integrate the seeds of other types without losing yourself.

Teaser: we will explore the wings and instincts that color your 7, transforming your pattern into infinite potential. The hope? A life where you no longer flee, but fully embrace your essence. Start by asking yourself: "What does my type 7 really hide from my story?"

## **Reminder of the 9 Types and Universal Seeds**

Before diving into the nuances of your type 7, let's take a moment to recall the 9 Enneagram types – not as an exhaustive list you may already know, but as a living reminder that these archetypes are not isolated boxes, but an interconnected network where each type carries within it the seeds of the others.

The Enneagram isn't a static catalog; it's a mirror that reflects how our basic fears and motivations interact to form our way of navigating the world.

Let's start with type 1, the Reformer, motivated by a desire for perfection and integrity, often struggling against inner anger to correct what is "wrong."

Then type 2, the Helper, who seeks to be loved by helping others, masking a fear of not being indispensable.

Type 3, the Achiever, adapts to succeed, with a compulsion toward image that hides a fear of failure.

Type 4, the Individualist, aspires to authenticity, navigating envy to find their deep uniqueness.

Type 5, the Investigator, accumulates knowledge to protect themselves, avoiding emptiness through intellectual detachment.

Type 6, the Loyalist, seeks security in loyalty, struggling against doubt and fear.

And here is type 7, the Enthusiast – my type – motivated by the quest for joy and options, but fleeing pain through a gluttony of ideas and experiences.

Type 8, the Challenger, asserts their power to protect, masking vulnerability under aggressiveness.

Finally, type 9, the Peacemaker, seeks harmony, avoiding conflicts at the price of their own identity.

This reminder isn't gratuitous; it serves to emphasize that we all carry the seeds of the 9 types within us, like dormant potentials ready to

be cultivated. For example, if fun and enthusiasm seem the prerogative of type 7, the truth is that everyone knows how to have fun – a rigorous type 1 can let go at a party, a detached type 5 can find joy in an intellectual discovery, and a harmonious type 9 can liven up a meeting with humor.

Similarly, if you, as a type 7, admire the depth of type 5 or the loyalty of type 6, these qualities are not exclusive; they are universal seeds that your unique story can make germinate. For me, this was a revelation: my type 7, with its joyful avoidance, carries the seed of type 1's rigor to anchor my scattered ideas, or type 2's empathy to better listen to my loved ones instead of fleeing into optimism.

The Enneagram invites us to see these seeds not as fixed traits, but as dynamic potentials – your personal story, your life incidents, and your relationships modulate these seeds, making your type 7 unique, not interchangeable with mine.

This is where uniqueness takes on its full meaning: the common patterns (like the avoidance of the 7 under stress) are grouped to guide us, but your experiences color them differently, avoiding stereotypes and opening to a transcendence where you integrate these seeds for a more complete personality.

By recalling these 9 types, I also want to dispel societal perceptions that bias our view: we often idealize type 3 for its successes displayed on social media, or reject type 8 for its authority perceived as too harsh, but the Enneagram reminds us that these judgments are superimpositions of the ego – the true path is to recognize that each type, including the 7, has its dark side that emerges under stress, a signal to transcend without aspiring to an ideal.

For type 7, this reminder of the other types is crucial: it shows us that our fun is not exclusive, but a seed we can cultivate by integrating the depth of the 5 or the stability of the 9, avoiding isolation in our

compulsions.

This prepares for the nuance of wings and instincts in the next section, where we will see how these modifiers make your type 7 even more unique. The hope? By exploring these seeds, you begin to see that your type is not a prison, but a starting point for a life where the ego fades, and where you reintegrate the qualities of the other types for full realization.

## **Uniqueness, Patterns, and Type Identification**

At the heart of the Enneagram, the uniqueness of each individual is the cornerstone that makes this tool so powerful and liberating. We are not clones from a uniform mold; we are all sculpted by our personal history, those life incidents that have marked us indelibly, those unexpected moments that have shaped our unique reactions, and those relationships that have woven the very fabric of our being.

Think about your own journey: for me, as a type 7, my childhood marked by imposed restrictions – "Choose the safe path, not the risky adventure" – transformed my pattern of optimism into joyful avoidance, unique to my experiences, different from that of another 7 who grew up in a freer environment.

The Enneagram groups these ways of responding to the world into 9 main patterns, not to lock us into rigid categories, but to help us understand how our collective compulsions are nuanced by our unique history, avoiding the pitfalls of stereotypes and allowing deep exploration. It's like a map where the roads are common, but each person's journey is traced differently – your story makes your type 7 unique, not interchangeable with mine, and it's this uniqueness that modifies the patterns, making them alive rather than static.

Identifying with a type is not a role-playing game or an aspiration to a societal ideal, where one might envy type 3 for its successes displayed on social media or reject type 8 for its authority perceived as too harsh – that would be a mistake, as it would ignore the true essence of the tool.

On the contrary, the Enneagram invites us to look at our way of responding to stress, this "dark side" that emerges when pressure mounts and we can no longer mask our compulsions, a signal that doubt or pain is unbearable but transformable into strength. For me, it became clear during a professional failure: under stress, I didn't face reality; I fled into

forced optimism, turning the failure into a "disguised opportunity," an automatic response I couldn't ignore without risking losing myself.

This dark side is the most honest signal for identifying where we are stuck – it's not about sticking a label on ourselves, but recognizing a pattern that, once seen, can be transcended, by making the unconscious conscious as Jung suggests.

The Enneagram tells us that this process is not a condemnation, but a call to dive deeper, to transform what sabotages us into a conscious strength, avoiding confusion between identification and eternal fixation.

For type 7, this means that our avoidance, often masked by apparent joy, is a call to face the shadow without judgment, a step toward ego disidentification for a less automated life.

The Enneagram also reminds us that we all carry the seeds of the 9 types within us – it's not exclusive. If fun and enthusiasm seem the prerogative of type 7, the truth is that everyone knows how to have fun – a rigorous type 1 can let go at a party, a detached type 5 can find joy in an intellectual discovery, and a harmonious type 9 can liven up a meeting with humor.

Similarly, if you, as a type 7, admire the depth of type 5 or the loyalty of type 6, these qualities are not exclusive; they are universal seeds that your unique story can make germinate, reinforcing uniqueness as the foundation of transcendence.

For me, this was a revelation: my seeds of type 1 helped me structure my scattered creativity, and those of type 4 to embrace my individuality without fleeing.

By the way, I see that in my first steps with the Enneagram, I was attracted to a type 5 (due to the richness of my knowledge and my well-stocked libraries) with a wing 4, because I cultivated a strong identity,

and I found myself original or different. My knowledge was a collection of non-in-depth explorations, I had rather many knowledges, which were linked to my dispersion, and my originality was rather a rebellion that can easily be linked to type 7 as well.

The Enneagram invites us to see these seeds not as fixed traits, but as dynamic potentials – your type 7 is tinted by your story, but you can draw from the strengths of the other types for a more complete personality.

This is where hope takes shape: by exploring these seeds, you begin to see that your type is not a prison, but a starting point for a life where the ego fades, and where you reintegrate the qualities of the other types for full and authentic realization.

This prepares for the nuance of wings and instincts in the next section, where we will see how these modifiers make your type 7 even more unique. The hope? A life where you no longer flee, but fully embrace your essence.

## Conclusion

In conclusion, this chapter on discovering your type has equipped you to confirm and nuance your identity as a type 7, emphasizing that the Enneagram is not a prison but a portal to uniqueness enriched by the seeds of the other types.

We have seen that your type 7, shaped by your unique story, is not fixed: its wings and instincts color it differently, allowing you to transcend stereotypes and integrate the best of the other types without losing yourself.

The hope is clear: by recognizing your "dark side" through stress, you begin to disidentify from the ego that superimposes its judgments, opening the way to a less automated life. As Jung reminds us, "Until you make the unconscious conscious, it will direct your life and you will call it fate" – this is the path that the Enneagram illuminates, inviting you to explore these seeds for a transcendence that frees your real potential.

Teaser for chapter 6: now that your type is confirmed, let's dive into its traits, compulsions, and sabotages, to transform these shadows into vital strengths. Take a moment to apply the exercises from this chapter – they are the first step toward this freedom.

Start today: note a recent reaction to stress and see how it reflects your uniqueness. This is not an end, but the beginning of your ongoing exploration. Let these seeds germinate, and prepare to face the shadow that nourishes them. Your authentic joy awaits.

# **Chapter 5**

## **Type 7: Traits, Compulsions, and Sabotage**



## The Power of Type 7

Your type 7 is a superpower – until it becomes your prison. This chapter isn't a flat description; it's your wake-up call to transform your traits into strengths and your compulsions into allies. As a type 7, the Enthusiast par excellence, I long saw my optimism as an invincible weapon: a ability to bounce back from any failure, to reframe reality into an exciting adventure, to fill my life with options so as never to get bored.

But one day, during an entrepreneurial project that was close to my heart – a brilliant idea for a personal development app – everything collapsed. The partners dropped out, the deadlines exploded, and instead of facing the frustration, I fled: "It's nothing, let's move on to a new, more fun idea!" I jumped on a distracting opportunity, abandoning the project without a backward glance. It wasn't resilience; it was sabotage.

My optimism, this trait I adored, masked a deep compulsion to avoid pain, to scatter my energy so as not to decide for myself.

Why? Because truly choosing – committing to what really matters – meant risking failure, insignificance, a void I had been fleeing since childhood, where my mother imposed "safe" paths at the expense of my aspirations.

In the literature, we often talk about FOMO (Fear of Missing Out: fear of missing something) which is important for the 7. Truly committing means closing the door to other things. The risk is that if I really dedicate my energy and time to it, won't I miss out on other things? By scattering myself, I can do a bit of everything, and at the same time, it avoids me doing what matters to me, and succeeding or failing at that thing. I prefer lightness and continuing not to choose and do lots of things.

This moment was a shock: my traits, so seductive, were the veil

of my compulsions, automatisms that sabotaged my life without me realizing it.

The Enneagram revealed to me that these compulsions are not innate flaws, but protections forged by history – for me, a way to survive restriction by conforming to others' expectations, masked by a facade of an epicurean rebel.

But why these efforts to understand this? Because recognizing these traits and compulsions is not an end in itself; it's the beginning of emancipation, where you transform sabotage into real potential, where the ego that superimposes its judgments fades away for a less automated life.

For a type 7 like us, this means moving from a constant quest for pleasure to a grounded joy, freed from invisible chains. This chapter is your invitation to dive in: let's explore these traits, these compulsions, and these sabotages to transcend, starting with what makes us unique and powerful.

## Reframing

In the Enneagram, reframing is the ability, particularly marked in type 7, to mentally reshape a negative or frustrating situation into something positive or opportune, transforming perceived reality to maintain an illusion of joy and freedom.

This mechanism is not simply innate optimism; it's an ego compulsion that superimposes a positive filter to avoid pain or limitation, often rooted in childhood trauma where aspirations were restricted, leading the 7 to justify the absence of choice with a "happy opportunity."

For type 7, reframing serves to mask a deep fear of deciding for oneself: instead of facing the inability to commit to what really matters, it converts any external decision – even if it doesn't align with their values – into a "joyful" event, a sabotage that keeps them in a loop of conformism masked under a facade of epicurean independence.

Inspired by Russ Hudson, who sees reframing as a "fixation" of the 7 to flee insignificance, this process prevents self-neglect by avoiding confrontation with emptiness, but blocks transcendence toward a grounded joy. The role of reframing is dual: it protects (immediate survival), but limits (automatic repetition).

In this book, deprogramming reframing means consciously choosing instead of justifying, by living your aspirations rather than masking them. If you feel this reframing emerging in the face of a choice, note it: it's the first step toward authenticity.

## Visible Traits and Strengths of Type 7

The visible traits of type 7 are often what make us so attractive in the eyes of the world – a contagious optimism that lights up a room, overflowing creativity that transforms the ordinary into adventure, and adaptability that allows us to bounce back from any obstacle.

As a type 7, I've always seen these qualities as my superpower: my optimism helped me motivate teams during crisis projects, by reframing failures as exciting opportunities, and my creativity allowed me to generate innovative ideas that launched several personal initiatives.

But these traits are not isolated; they are the luminous facets of a more complex pattern, shaped by my unique history – a childhood where restrictions imposed by my mother pushed me to cultivate this optimism to survive frustration.

The Enneagram reminds us that these traits serve to protect us, but they can also mask darker compulsions if we don't examine them.

For example, my enthusiasm for novelty, a strength that opened professional doors for me, is also a seed I share with other types – a type 3 can use it for adaptive success, a type 9 for peaceful harmony. It's not exclusive to the 7; it's a universal quality that our history colors differently, avoiding stereotypes like "the 7 is always joyful and carefree."

This creativity of the 7 is an immense strength: it allows us to see possibilities where others see walls, to connect disparate ideas to create something new, like when I pivoted from a failed project to a new venture that ultimately succeeded.

Inspired by Hudson, who sees healthy traits as a grounded expression of our essence, this creativity becomes a power when

channeled – for me, it transformed my dispersions into sustainable innovations, once I learned to align it with my deep values.

But without nuance, these traits can be idealized: society values the 7's optimism as a model of resilience, but ignores how it often masks a fear of limitation.

Chestnut nuances this with subtypes: a 7 self-preservation uses their adaptability to plan security, transforming a strength into a survival tool.

Robins adds a conscious dimension: these traits are doors to presence, where optimism is no longer an escape, but a joyful anchoring.

For the type 7 reader, this means that your enthusiasm is not a flaw to correct, but a strength to refine – a seed you can cultivate by integrating the depth of the 5 or the loyalty of the 6.

Cron, with his narrative approach, helped me see these traits as an evolving story: my optimism, forged in childhood to counter restrictions, was a strength that carried me, but sabotaged when it became compulsive.

The Enneagram invites us to celebrate these strengths while linking them to our uniqueness – your type 7, tinted by your past, is not the same as mine. It's this recognition that opens to transcendence, where these traits become allies for a fulfilled life.

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## Compulsions and Sabotages of Type 7

The compulsions of type 7 are like shadows lurking behind our dazzling optimism – they propel us forward, but often at the price of invisible sabotage that prevents us from truly landing.

The main compulsion, avoidance of suffering, manifests as mental gluttony: overconsumption of ideas, pleasures, or experiences to flee anything that might limit our perceived freedom.

For me, this translated into chronic dispersion – jumping from one project to another without ever finishing, under the pretext that "the next opportunity will be more exciting."

But it wasn't pure creativity; it was a sabotage that deprived me of my true realization, keeping me in a loop of superficiality.

Inspired by Hudson, who sees compulsions as ego mechanisms to avoid emptiness, this gluttony is not innocent: it makes us consume without digesting, leaving us internally starved.

Chestnut nuances this with subtypes: a 7 self-preservation avoids deprivation by compulsively planning material securities, but sabotages their joy with a rigid routine that stifles their desires; a 7 social animates groups to mask isolation, but sabotages relationships by fleeing deep conflicts; a 7 sexual adventures to flee routine, but sabotages commitment by idealizing intensity without ever anchoring.

These compulsions serve to survive – for me, they were a comfort in the face of a childhood where my mother imposed "safe" choices, depriving me of deciding for myself – but they sabotage potential by keeping us in a constant quest that avoids true self-care.

The sabotage is insidious: avoidance, under the cover of

optimism, leads to disguised procrastination, where we let doors close on their own rather than choosing, a mechanism that masks a deep fear of insignificance.

As Robins describes, this compulsion is embodied – a bodily tension that pushes us to reactivity rather than presence – and it sabotages our life by preventing us from aligning our actions with our authentic values.

For the 7, this means that our apparent "joy" is often a positive reframing to comfort, but which deprives us of sustainable realizations.

Cron adds a narrative layer: these compulsions are stories we tell ourselves to survive childhood trauma, like mine where restrictions taught me to conform my choices to others to avoid rejection, leaving me incapable of taking care of myself.

Allender nuances the emotional aspect: the 7's low emotional intelligence transforms avoidance into relational sabotage, where we prioritize external attention at the price of our growth.

Hall, in the romantic context, shows how this sabotages intimacy: the 7 flees commitment to avoid being "trapped," an echo of past restriction.

A critique is necessary: if we idealize these compulsions as "fun," we ignore their cost – a life of moderate sabotages that attenuate symptoms without healing the root.

This chapter invites us to see these compulsions not as enemies, but as portals for deep healing, where we transform sabotage into conscious strength. The hope? By confronting them, we open the way to a transcendence where the ego fades.

## The 9 Levels of Health

In the Enneagram, the 9 levels of health represent a dynamic continuum that shows how each personality type evolves based on their awareness, stress, and environment.

Developed by Don Riso and Russ Hudson, these levels are not fixed judgments, but a barometer of the ego:

At healthy levels (1-3), the individual transcends their compulsions for an authentic and liberated expression;

At average levels (4-6), they function automatically but adaptively, masking their fears;

At unhealthy levels (7-9), compulsions dominate, leading to destructive sabotages.

For type 7 (the Enthusiast), these levels illustrate how avoidance of pain can shift from grounded joy (healthy) to chaotic dispersion (unhealthy).

## The 9 Levels of Health for the 7

Level 1 (Healthy – Liberation): The 7 is fully present, their joy grounded in reality, creative and generous without avoidance, integrating the depth of the 5 for a fulfilled and connected life.

Level 2 (Healthy – Balance): The 7 is optimistic and adaptable, using their enthusiasm to inspire others, with fluid creativity that accepts limits without fear.

Level 3 (Healthy – Potential): The 7 is productive and enthusiastic, channeling their energy into joyful projects, but with a beginning of anchoring that transforms avoidance into real opportunities.

Level 4 (Average – Adaptation): The 7 is multitasker and social, reframing frustrations positively, but starts to scatter to avoid routine, a subtle sabotage.

Level 5 (Average – Compensation): The 7 idealizes options to flee boredom, masking the fear of limitation with mental gluttony that sabotages deep commitment.

Level 6 (Average – Limit): The 7 becomes compulsive and avoidant, filling their life with distractions to mask suffering, a sabotage that leads to growing superficiality.

Level 7 (Unhealthy – Decompensation): The 7 is impulsive and manic, fleeing into excess to avoid pain, a sabotage that leads to destructive chaos and isolation.

Level 8 (Unhealthy – Violation): The 7 is destructive and dissociated, denying reality through extreme compulsions, a sabotage that leads to loss of control and deep regrets.

Level 9 (Unhealthy – Pathology): The 7 is desperate and fragmented, paralyzed by inner emptiness, a final sabotage that leads to total dissociation from self and the world.

## Nuances with Wings and Instincts for Type 7

If the traits and compulsions of type 7 form the core of our identity, the wings and instincts add essential nuances, transforming a general pattern into a unique expression, shaped by your personal history and life experiences.

Wings are like neighboring influences that color your type 7: the wing 6 (7w6) brings an anxious and security-oriented touch, where avoidance becomes a prudent planner to anticipate dangers, a strength that helped me structure my scattered ideas during risky projects, but a sabotage when it amplifies fear of failure, pushing me to multiply options instead of committing.

Conversely, the wing 8 (7w8) adds rebellious assertiveness, where optimism becomes dominant to protect freedom, a strength that allowed me to lead initiatives with energy, but a sabotage when it transforms avoidance into aggressiveness, fleeing vulnerability through a facade of control.

These wings are not fixed; they vary according to contexts – for example, my 7w8 activates in leadership mode, while the 7w6 emerges under family stress – avoiding stereotypes and reinforcing uniqueness.

Inspired by Chestnut, who sees wings as dynamic modifiers, this means that your type 7 is not monolithic: a 7w6 can be more loyal in relationships, transforming a compulsion to flee into a quest for shared security, while a 7w8 uses their assertiveness to innovate without dispersion.

Hudson nuances this by linking wings to health levels: in healthy, the 7w6 anchors optimism in solid plans, avoiding anxious sabotages; in unhealthy, it amplifies avoidance through paranoia.

For me, understanding my wing 8 was a revelation: it masked my conformism to others' expectations, a legacy of my childhood where choices were imposed, pushing me to dominate so as not to feel limited. This nuance reminds us that the patterns of the 7 are grouped but modified by unique history, avoiding exclusivity and opening to a transcendence where we integrate these wings for a more complete personality.

Instincts, these three primitive forces (self-preservation, social, and sexual), add an additional layer of nuance, modulating how your type 7 expresses its traits and compulsions in different areas of life.

Self-preservation (SP) for the 7 focuses on planning to avoid deprivation, a strength that transforms optimism into a secure strategy for sustainable projects, but a sabotage when it rigidifies avoidance into compulsive routines, like when I planned "escape routes" to flee boredom without committing deeply.

Social (SO) animates groups to mask isolation, a strength that makes the 7 charismatic and inclusive in teams, but a sabotage when it flees intimate conflicts through social superficiality, an echo of my past where I pleased others to avoid rejection.

Sexual (SX) adventures to flee routine, a strength that infuses passion and intensity into relationships, but a sabotage when it idealizes excitement at the expense of stable commitment, like my jumps from one romantic idea to another without anchoring.

Inspired by Chestnut, who sees instincts as lenses on basic fears, this means that your 7 SP might be more prudent in business, transforming a compulsion into strategic strength, while a 7 SX uses their charisma for deep connections.

Hudson links this to health levels: in healthy, the 7 SO anchors optimism in harmonious relationships, avoiding isolation sabotages; in unhealthy,

it amplifies avoidance through social manipulation.

For me, understanding my social instinct revealed how I masked my self-neglect by animating others, a legacy of childhood restrictions that prevented me from choosing myself.

This nuance invites us to see instincts not as limits, but as dynamic modifiers of our uniqueness, avoiding exclusivity and opening to a transcendence where we integrate these forces for a fulfilled life.

The hope is that these nuances transform your sabotages into potentials, by linking your unique history to a progression where the ego fades.

## Conclusion

In conclusion, this chapter on the traits, compulsions, and sabotages of type 7 has reminded us that your identity is not a fixed prison, but a starting point for deep transformation, where strengths like optimism and creativity can be freed from the chains of compulsions like avoidance and mental gluttony, leading to a grounded and fulfilled joy.

We have seen that these patterns, shaped by your unique history, are not innate flaws but protections forged in childhood, like for me where restrictions transformed my enthusiasm into scattered sabotage, a reminder that the Enneagram invites us to transcend without judgment.

The hope is clear: by recognizing these compulsions, you begin to disidentify from the ego that feeds them, opening the way to a less automated life, where you reintegrate the qualities of other types for a more complete personality.

As Hudson suggests, this exploration is not an end, but a permanent movement toward awakening, aligned with your path of progression where studying the "why" of compulsions reveals their systemic utility – they serve to survive, but sabotage your potential when they dominate.

Teaser for chapter 6: now that you have mapped these traits and sabotages, let's dive into the shadow of the 7 to discover and transcend it, facing what hides behind without fear. Take a moment to apply the exercises from this chapter – they are the first step toward this freedom.

Start today: choose a sabotage and see how it masks your true strength. This is not an end, but the beginning of your emancipation. Let these compulsions become allies, and prepare to face the shadow that nourishes them. Your authentic joy awaits.

## **Chapter 6**

# **Discovery of the Shadow of the 7**



## Introduction

Your Type Seven shadow is not your enemy—it is your gateway to authentic joy. Ignoring it means choosing perpetual self-sabotage. As a Type Seven, I spent years treating my shadow as something to hide: that quiet hollowness that appears when optimism collapses, that fear of insignificance pushing me to fill every moment with distraction so I wouldn't have to face reality.

One day, during a deep conversation with a close friend, everything shifted. We were talking about my unfinished projects, about that chronic dispersion that defines me—the way I jump from one idea to the next without ever fully committing.

Instead of reframing things positively as I always did (“It’s nothing, the next idea will be even better!”), I felt a deep frustration rising. It echoed an old childhood wound in which my mother, out of anxious love, shut down my aspirations by imposing “safe” choices for my future—projecting her fears onto me.

“Don’t take risks—stay cheerful, stay compliant,” she said, conditioning me to align my decisions with others’ expectations, all hidden behind a mask of an epicurean rebel who attracts attention without ever revealing himself.

That moment hit hard: my shadow wasn’t an isolated flaw but a protection mechanism forged by childhood restriction—a sabotage that kept me from choosing myself, taking care of myself, and living according to my real values.

Why face this shadow now? Because the work is not a punishment—it is an emancipation. It turns your sabotages into strengths and frees the potential your automatic ego keeps suffocated. For a Type Seven like us, it means shifting from chasing superficial pleasure to cultivating grounded joy, finally transcending the fear of choosing ourselves.

## **Definition and Role of the Shadow in the Enneagram**

In the Enneagram, the shadow is not a vague or frightening concept—it is an essential part of the psyche. It includes the repressed, unconscious, or “dark” aspects of personality that surface under stress or when we meet our limits—like the Seven’s avoidance that masks a deeper fear of being limited.

Chestnut describes the shadow as the “shadow self,” forged through past experiences. It represents the compulsions and defense mechanisms the ego uses to protect us—yet those same mechanisms sabotage us when they become automatic.

For the Seven, the shadow might be that mental or physical gluttony urging us to fill the inner void with distractions—a role the ego plays to avoid pain but which ultimately prevents authentic living.

Hudson, in *\_Nine Gateways to Presence\_*, defines the shadow as the egoic patterns that obstruct presence—a “guardian” that overlays judgments onto reality. The ego is not an enemy, but a set of beliefs distorting the world in an attempt to preserve a sense of safety.

Robins adds an embodied dimension: the shadow is also somatic—a physical tension built from trauma. Its role is to signal what we avoid, like the Seven’s physical avoidance of discomfort that sabotages grounding.

Cron, with his narrative approach, sees the shadow as an untold story—the ego rewriting the past to justify compulsions, leading to an automated life unless we confront it.

### **The shadow’s role in the Enneagram is twofold: it is an obstacle and a gateway to transcendence.**

Chestnut explains that the shadow serves as a mirror revealing the compulsions we try to suppress—allowing for profound healing instead of superficial symptom-management. For the Seven, facing the shadow transforms avoidance into grounded presence.

Hudson adds that this role evolves with the levels of health: in unhealthy states, the shadow dominates and sabotages (e.g., the Seven fleeing into illusion to escape insignificance), whereas in healthy states, the shadow becomes an ally—opening the door to integrating qualities of other types.

Robins anchors this role in the body: the shadow signals trauma-based tensions and guides us toward deprogramming patterns so the ego can soften.

Cron sees the shadow as the unresolved childhood narrative—where the Seven’s avoidance hides a story of restriction. Facing that role rewrites destiny instead of being run by unconscious patterns, just as Jung describes.

For the Type Seven, the shadow takes a specific form: it masks the fear of insignificance behind a joyful façade. The ego plays this role to protect us from perceived limitation, but in doing so, it sabotages us by locking us into an endless quest for stimulation—hence the compulsive appetite, impulsive purchases, the “always more.”

Chestnut clarifies that this role varies across subtypes:

- **Self-preservation Seven** avoids deprivation by accumulating security but sabotages joy with rigid routines.
- **Social Seven** animates groups to avoid isolation but sabotages intimacy with superficiality.
- **Sexual Seven** chases intensity to avoid routine but sabotages stability through idealization.

Hudson connects shadow expression to health levels: in lower levels, the shadow dominates and automates behavior; in higher levels, it becomes a portal to awakening.

This definition and role prepare us for the next section—discovering the Seven’s shadow—while reminding us that the Enneagram is not a diagnosis but a path for making the unconscious conscious and unlocking our real potential.

## Discovering the Shadow of Type Seven

Now that we have defined the shadow as a reservoir of unconscious fears and protective but sabotaging patterns, let's look specifically at the Seven's shadow—this dark side hiding behind radiant optimism, which, once revealed, becomes your gateway to authentic joy and profound transcendence.

For the Seven, the shadow often manifests as a visceral fear of insignificance and limitation—a sense that life will collapse into a prison of suffering if we don't fill every moment with pleasure or new possibilities.

This fear is not abstract—it is rooted in lived experience. For me, it stemmed from a childhood marked by imposed restrictions:

“Don’t take risks—stay cheerful, stay safe,”

my mother would say, teaching me to flee anything that felt confining. Over time, my quest for freedom became a compulsive avoidance strategy.

The Seven's shadow pushes us toward mental and physical gluttony—an endless consumption of ideas, experiences, or stimulation to cover the inner void. This sabotage keeps us from choosing ourselves and caring for our true self.

Chestnut shows how the shadow intensifies through subtypes:

- **SP Seven** flees deprivation with material security, but the shadow sabotages with rigid routines.
- **SO Seven** energizes groups to avoid isolation, but the shadow traps them in superficial conformity.
- **SX Seven** seeks intensity to escape routine, but the shadow sabotages stable connection through idealization.

Hudson notes that the Seven's shadow is especially active at unhealthy levels—where avoidance becomes destructive, isolating us in a joyful illusion that hides an expanding existential void.

For me, this shadow emerged in the form of a disguised burnout: I was jumping from project to project, reframing every failure as an “opportunity.” But in truth, it was sabotage designed to keep me from facing the emptiness I felt when I stopped.

Cron sees the shadow as an unresolved narrative—the Seven's childhood story of restricted aspirations rewriting itself into forced optimism.

Allender highlights emotional intelligence: the Seven's shadow includes emotional avoidance that sabotages intimacy and autonomy.

Hall shows how this shadow harms romance: fleeing commitment to avoid feeling “trapped” echoes the old childhood restriction.

This exploration invites a holistic understanding:

**the shadow is not an enemy—it's an invitation to integrate what is hidden.**

By discovering the shadow, you begin to make the unconscious conscious, leading your life instead of being led by old survival patterns.

## Shadow Work Exercises for Type Seven

Now that we've explored the Seven's shadow—its fear of limitation and insignificance rooted in childhood restriction—it's time for action.

Shadow work is not punitive; it is liberating. These exercises help you confront repressed aspects without judgment, transforming sabotage into conscious strength.

Inspired by Chestnut's approach (shadow as a portal), Hudson's release practices, and Robins' embodied methods, each exercise follows four steps:

1. What you want to change (the targeted sabotage)
2. How to approach it (the strategy)
3. The practice (step-by-step, 20–30 minutes)
4. The insight (expected benefits + link to transcendence)

Use a notebook. Do one exercise per day.

Remember Jung:

“Until you make the unconscious conscious, it will direct your life and you will call it fate.”

For the Seven, this means transforming avoidance into grounded joy and self-care.

## **Exercise 1 – Face the Empty Space Without Filling It**

Purpose: Befriend the fear of emptiness instead of escaping it.

Duration: 10–15 minutes

Steps:

1. Sit somewhere quiet, without distractions. Put your phone out of reach.

2. Close your eyes and ask yourself:  
“If I do nothing right now, what happens inside me?”

3. Observe. Your mind may already want to plan, move, eat, think.

4. Breathe. Simply note:  
“urge to...”, “tension in...”, “mind drifting to...”.

5. After 5 minutes, write one truth sentence:  
“When emptiness appears, I try to fill it with...”

What you’ll notice:

The void isn’t an enemy—it’s an inner breathing space. You’ll discover that you don’t need to avoid it. It opens the door to a calmer, truer joy.

— Emptiness is the promise of an authentic fullness.

## **Exercise 2 – Notice Your Micro-Escapes**

Purpose: Recognize the tiny moments where you slip away from the present.

Duration: 15 minutes in the evening

Steps:

1. Reflect on your day and note \*\*three moments\*\* where you escaped discomfort.

2. For each one, answer:

- What was I avoiding?
- What did I lose by fleeing?
- What could I have experienced if I had stayed?

3. Breathe and thank yourself for noticing the pattern without judgment.

What you'll notice:

Your dispersion isn't a flaw—it's an old survival strategy. And by staying a little longer each time, you gain depth, solidity, authenticity.

— Staying is already transforming.

### **Exercise 3 – Rewrite a Story You’ve Been Avoiding**

Purpose: Turn an old wound into conscious narrative.

Duration: 20–30 minutes

Steps:

1. Choose a memory you always recount lightly.

2. Rewrite it as if you were living it again—without humor, without filters.

3. Reread slowly. Ask yourself:

- What did I really feel?
- What did I never dare to say?
- What did I need to hear at the time?

4. End with a sentence of reconciliation:

“I no longer need humor to survive this pain.”

What you’ll notice:

The story becomes a mirror, revealing the sensitive heart behind the lightness.

Recognizing it reconnects you to your emotional power—the true source of your joy.

## **Exercise 4 – Choose Yourself Instead of Escaping**

Purpose Learn to choose yourself in action, not just intention.  
Duration: 10 minutes in the morning

Steps:

1. In the morning, identify one situation where you could scatter yourself today.
2. Set the intention:  
“Today, I stay with myself.”
3. When the moment arrives, observe the tension—the urge to say yes, the reflex to please.
4. Breathe. Choose consciously—whether yes or no.

What you’ll notice:

Choosing yourself isn’t a loss—it’s a quiet strength.  
It’s the beginning of self-love that frees you from pleasing and from FOMO.

— Every “no” to escape is a “yes” to presence.

## **Exercise 5 – Look at the Relationship Without a Mask**

Purpose: Dare to stay emotionally true in a relationship.

Duration: 20 minutes

Steps:

1. Think of a relationship where you hide behind humor or lightness.
2. Write three sentences you've never said to this person.
3. Read them aloud when alone. Notice your body: warmth, fear, relief?
4. Breathe. You do not have to say them to the other person—acknowledging them is enough.

What you'll notice:

Depth begins with the courage to feel.

Even alone, you heal the distance you've put between you and your truth.

— Being real nourishes more than being liked.

## Conclusion

This chapter on the shadow of Type Seven reminds us that this hidden part is not something to fear but a vital gateway to deep liberation—where sabotages transform into life-giving strengths for a more conscious, fulfilling existence.

We explored how the Seven’s shadow—its visceral fear of insignificance and limitation, often rooted in childhood restriction—expresses itself through subtypes, health levels, and compulsions that trap us in a loop of escape. Facing it without judgment frees us to transcend ego patterns and reconnect to authentic presence.

As Jung said:

**“Until you make the unconscious conscious, it will direct your life and you will call it destiny.”**

This is what turns the shadow into an ally—revealing what sabotages us so we can take the lead instead of being led by our wounds.

For me, this discovery was a turning point: by facing my avoidance hidden behind optimism, I began choosing myself instead of pleasing others—leading to grounded joy rather than an endless chase.

The hope is clear: the shadow is not an enemy but an invitation to integrate what has been exiled and become a fuller version of yourself—less automated, more whole.

Now that you’ve discovered your shadow, we’ll explore the Seven’s levels of health and learn how to rise toward a healthy version of yourself—where joy is no longer an escape but a lasting anchor. Take a moment to practice one exercise from this chapter—they are your first step toward freedom.



# **Chapter 7**

**Explore health levels**



## Introduction

Your Type Seven health level is not a sentence—it is your spectrum for transforming avoidance into grounded joy. Ignoring it is choosing to live only half a life. As a Type Seven, I spent years oscillating between peaks of enthusiasm and valleys of distraction, unaware that these fluctuations were not random but a continuum I could actually navigate.

Think of a moment when everything was going well: an exciting project, overflowing energy—and suddenly, a minor stressor hits: a deadline, a negative piece of feedback. Before you know it, you’re already running toward a new idea, abandoning the ship without a backward glance.

This is exactly what happened to me during the launch of a personal development workshop. My forced optimism pushed me to multiply tasks, reframing exhaustion as “just a phase,” while underneath, it was pure sabotage—keeping me stuck in a loop of superficial productivity.

It wasn’t resilience; it was my ego overlaying positive judgments to avoid facing the truth of my non-self-care—a pattern rooted in a childhood where restriction taught me to flee rather than face discomfort.

Why face this spectrum now? Because this work is not a punishment but an emancipation. It allows you to rise in health, transforming compulsions into vital strengths instead of remaining trapped in superficial symptom relief.

For a Type Seven like us, it means shifting from a scattered life—where avoidance sabotages our potential—to a durable joy rooted in conscious decision-making.

This chapter is your map for navigating these levels. Let’s begin by understanding how they illuminate both your shadow and your light.

## Definition and Role of the Health Levels in the Enneagram

The Enneagram's health levels are not a rigid hierarchy or moral judgment; they are a dynamic continuum—nine stages showing how your type evolves based on your awareness and your response to stress. They range from **unhealthy** (where compulsions dominate and sabotage your life), to **average** (where functioning is automatic but socially adapted), to **healthy** (where you transcend your patterns and express your type in a grounded, fulfilling way).

Inspired by Hudson, who sees these levels as an ego barometer—the lower you go, the more the ego overlays its judgments to protect you, at the cost of your freedom—the system becomes a living tool rather than a static label. Any type, including the Seven, can move up or down depending on life circumstances.

For me as a Seven, this was a revelation:

At the **unhealthy** levels, my avoidance became destructive, driving chaotic overcommitment that masked a growing inner emptiness a reflection of the childhood restriction that taught me to flee rather than confront.

At the **average** levels, I reframed everything positively to survive but this sabotaged my relationships and my work, trapping me in a loop of superficiality.

At the **healthy** levels, I learned to root my joy in presence, transforming my compulsions into creative strengths.

These levels remind us that growth is not linear. They are influenced by your personal history, relational patterns, and lived experiences. The Enneagram groups patterns—but your life modifies how they express themselves, preventing stereotypes and encouraging ongoing exploration.

The role of the health levels is twofold:

They serve as a **mirror**, revealing where compulsions keep you

stuck, and as a **guide**, pointing you toward deep healing rather than mere symptom-management.

Chestnut, adding nuance with subtypes, shows that a **self-preservation Seven** at low levels may rigidify routines to avoid deprivation—sabotaging themselves with a false sense of safety—but at high levels, this same prudence becomes grounded creativity.

Robins brings an embodied dimension: the levels express somatically—tensions in the plexus for the Seven indicate a slide into average, and conscious embodied practices help rise toward healthy.

Cron's narrative lens frames the levels as an evolving story: at lower levels, the shadow dominates and sabotages your storyline; at higher levels, you rewrite your destiny into a fuller personality.

For the Seven, this role brings particular hope: our constant search for stimulation is not a life sentence but a pattern we can transcend by integrating qualities from other types—like the depth of the Five, anchoring our joy.

A crucial critique is needed: the levels are subjective and depend on self-evaluation, making them susceptible to bias. But it's precisely this fluidity that enables personalized healing.

This prepares us to explore the Seven's specific health levels in the next section—reminding us that navigating this spectrum is the beginning of true emancipation: choosing yourself at last.

## Discovering the Type Seven Health Levels

Now that we understand health levels as a dynamic continuum transforming compulsions into strengths, let's explore how the nine levels manifest specifically for the Type Seven—a spectrum revealing how optimism can shift from destructive escape to grounded, fulfilling joy.

Inspired by Hudson, we begin with the **unhealthy levels**, where the Seven is overwhelmed by compulsions. Avoidance becomes full-blown escape, leading to chaotic and self-destructive dispersion. Here, the shadow dominates: the fear of insignificance drives the Seven to fill every moment with stimulation to flee perceived limitation—but this sabotages everything:

superficial relationships, abandoned projects, and an expanding inner void.

For me, I hit this level during a disguised burnout. Under extreme stress, I multiplied wild ideas to avoid the pain of a personal failure, ending up isolated and exhausted. It echoed my childhood conditioning, where maternal restrictions taught me to escape rather than engage.

Chestnut refines this through subtypes:

- **SP Seven** in unhealthy levels rigidifies routines to avoid deprivation, sabotaging creativity through false safety.
- **SO Seven** hides isolation by compulsively energizing groups, sabotaging intimacy by avoiding depth.
- **SX Seven** chases intensity to avoid routine, sabotaging connection by idealizing short-lived highs.

Next come the average level, where the Seven functions automatically yet adaptively. Forced optimism masks the fear of limitation through relentless multitasking that creates the illusion of productivity.

Compulsions are moderated here: mental gluttony drives dispersion, reframing failures as “opportunities”—but sabotage remains subtle.

Projects are left unfinished, relationships become shallow, and self-care quietly disintegrates.

A personal example: during an average-level phase, I juggled multiple creative jobs, reframing exhaustion as “just an exciting season.” But underneath, it was sabotage—a way to avoid choosing myself, shaped by a childhood hyperadaptation where pleasing others meant safety.

Robins notes the somatic cues: agitation in the plexus signals a descent—but the Seven ignores it to maintain the illusion of joy. Cron sees this as a half-written story: the Seven rewrites failures to survive but remains stuck, prioritizing external attention over true fulfillment.

This level is a warning: the Seven’s average state is a call to integrate repressed emotions before dispersion becomes chronic.

Finally, the healthy levels are the summit, where optimism becomes grounded, creative joy—an authentic, presence-filled expression of the Seven.

Here, creativity channels into sustainable visions. The Seven chooses themselves without fear of limitation, integrating qualities from other types to become a fuller human being—like the Five’s depth or the Six’s loyalty.

For me, reaching this level was a turning point. After facing my avoidance, I could commit to projects aligned with my values, transforming dispersion into productive energy—an emancipating echo of my restrictive past.

Hudson emphasizes that at healthy levels, the shadow softens. Ego no longer overlays its judgments, allowing a life that is less automated, more conscious.

Robins highlights embodied grounding; Cron speaks of triumphant narrative integration.

This spectrum shows that healing is possible—not through superficial moderation but through conscious evolution that transforms sabotage into potential.

The hope? Navigating these levels lets you finally take care of yourself.

## Tracking Exercises for Type Seven Health Levels

Now that we've explored the Seven's health levels as a dynamic continuum transforming compulsions into strengths, it's time for action. These tracking exercises help you map your evolution and rise in health iteratively.

Inspired by Hudson, who sees the levels as a personal barometer worth daily attention, these exercises are not dry tasks—they are invitations to observe without judgment, to analyze the roots of sabotage, and to face your deepest fears for real emancipation.

Robins adds an embodied approach to anchor this tracking in the body.

These exercises position the levels not as judgment but as invitations to integrate emotion for personal and collective evolution. Begin with one exercise per day.

Remember Jung:

Navigating these levels means making the unconscious conscious so you can lead your life instead of being led by it.

For the Type Seven, this means turning dispersion into channeled energy, freed from non-self-care.

Below are three iterative exercises: start with surface-level observation, move to analysis, then reach deep confrontation.

## **Exercise 1 – Observe Without Escaping**

Objective: Learn to notice your shifts in mood and energy without judgment or attempts to feel better.

Duration: 10 minutes a day for 3 days.

Step 1 – Name the moment

Recall three moments from your day: a joy, a tension, a pause.

Step 2 – Name the sensation

What did your body feel? Warmth, contraction, lightness, agitation?

Where exactly (belly, chest, head)?

Step 3 – Name the impulse

What did you want to do? Leave, joke, launch an idea, busy yourself?

Goal: Begin seeing micro-escapes without correcting them.

Result:

You'll begin sensing your internal movement before it carries you away.

This is the first step toward freedom: seeing without fleeing.

## **Exercise 2 – See the Hidden Meaning Behind Your Automatic Reactions**

Objective: Understand what your reactions try to protect—with without judgment.

Duration: 15–20 minutes.

1. Choose a situation from yesterday  
e.g., “I made a joke during a tense meeting.”

2. Ask yourself:  
“What was I trying to avoid?”  
Maybe: the tension, or the fear of seeming boring.

3. Observe the cost  
“By lightening the mood, I avoided saying what I truly thought.”

4. Acknowledge the fear behind it  
Name it gently: fear of insignificance, fear of disappointing, fear of being trapped.

Goal: Recognize that your automatic reaction is not “bad”—it’s protective, yet it distances you from yourself.

Result:

After a few days, you’ll quickly notice when you joke to escape.  
Then you’ll be able to choose:

Do I lighten the mood, or do I express myself?

## **Exercise 3 – Stay With What Scares You**

Objective Meet your fear of insignificance without escaping or trying to fix it.

Duration: 20–25 minutes.

1. Return to a moment when you felt invisible  
(your idea ignored, your effort unrecognized).

2. Observe what arises

Discomfort? anger? emptiness? Note the sensations without story.

3. Stay present

Keep breathing, even if it's unpleasant.

Tell yourself:

“I can stay here. I don't need to run anymore.”

4. Listen to what the fear says

Perhaps: “I want to matter.”

“I need to be seen differently.”

5. Anchor a new permission

Write a true sentence for today:

“I can be at peace even when no one is looking at me.”

Result:

You're not eliminating fear—you're learning to face it without compulsion.

This quiet encounter is what makes you alive, free, and fully Seven: joyful yet rooted.

## Conclusion

In conclusion, this chapter on the Type Seven health levels reminds us that growth is not a straight line but a living spectrum. You can move from unhealthy to healthy, transforming compulsions into vital strengths and building a grounded, expansive joy.

We saw that these levels—rooted in Hudson’s work—are not fixed judgments but a dynamic barometer of your ego.

At **unhealthy levels**, avoidance becomes destructive and isolates you in an illusion of freedom that hides a growing void.

At **average levels**, it disguises itself as forced optimism that subtly sabotages relationships and projects.

At **healthy levels**, optimism becomes creative, grounded joy that nourishes your soul.

For me, recognizing my average level—rooted in early restriction—allowed me to rise into healthier functioning, transforming dispersion into focused energy and enabling me to choose myself without fear.

This spectrum invites a holistic understanding: your level shifts by context, and rising is not symptom suppression but deep integration of your history and emotions into a fuller personality.

The hope is tangible: navigating these levels makes the unconscious conscious, allowing you to lead your life instead of enduring it—and transcending the ego’s judgments for a less automated existence.

Now that you’ve mapped your health levels, we’ll explore mindfulness and presence as tools to anchor this evolution—transforming avoidance into lasting joy that liberates your potential.

Take a moment to apply one exercise from this chapter—they’re the first step toward freedom.

Begin today: track one level and notice how it shapes your day. This is not an ending—it is the beginning of your ascent.



## **Chapter 8**

# **Presence and Mindfulness: Grounding Yourself When You're a Type 7**



## Introduction

Your Type 7 avoids presence in favor of an illusory joy — yet grounding it can turn your avoidance into an unshakable strength.

As a Type 7, I long believed my life was a constant adventure: jumping from one idea to the next, filling every silence with a funny story, doing everything I could to avoid that moment when the mind slows down and emptiness rises.

But one day, during a solo hike I had planned to “recharge my batteries,” everything shifted. At the top of a hill, facing a breathtaking panorama, instead of savoring the moment, my mind sped up: *“What if I turned this into a podcast? Or a retreat for friends?”\**

I pulled out my phone, started scrolling through ideas — and completely missed the beauty of the moment, already planning the next one.

This wasn’t enthusiasm; it was compulsive avoidance — a form of self-sabotage that kept me disconnected from myself. It echoed my childhood, where my mother imposed a “joyful” rhythm to avoid conflict, conditioning me to fill emptiness rather than inhabit it.

That moment was a shock: my constant seeking wasn’t a strength, but an ego-driven mechanism to escape perceived limitation — a pattern that prevented me from grounding myself and truly choosing myself.

Why ground your presence now? Because this work isn’t a constraint; it’s a liberation. It transforms dispersion into a durable joy — one where you live fully instead of chasing illusions.

For a Type 7 like us, this means moving from a reactive life, where avoidance sabotages our potential, to a present-centered existence where we choose consciously, free from self-neglect.

This chapter is your invitation to dive in: let’s explore mindfulness and presence as tools to ground your shadow, starting with what keeps us running.

## **Definition and Role of Mindfulness in the Enneagram**

Mindfulness is far more than a passing trend or a relaxation technique. It is an ancient practice of attentive presence to the present moment — observing thoughts, emotions, and bodily sensations without judgment, letting them pass like clouds in the sky.

Robins deepens this definition through an embodied approach, linking mindfulness to the body as an anchor that counteracts mental dispersion.

For Type 7, this practice is especially powerful. While our compulsion pulls us away from the present toward imagined, more exciting futures, mindfulness invites us to stay — to anchor our energy in the here and now, transforming avoidance into an authentic connection with ourselves.

Contrary to what some believe, mindfulness is not a dull obligation that limits joy. It is a liberating tool that allows us to savor reality without compulsively reframing it — freeing us from the sabotaging patterns that keep us trapped.

Inspired by Hudson, who sees mindfulness as a gateway to spiritual presence, this practice plays a central role in the Enneagram: it dissolves ego overlays — judgments and beliefs that distort perception — allowing for a life that is less automated and more aligned with our true essence.

The role of mindfulness in the Enneagram is twofold:

- it acts as a mirror, revealing where compulsions pull us toward unhealthy levels,
- and as a guide, helping us move toward healthier levels, where healing goes beyond symptom relief into deep transformation.

For me, as a Type 7, mindfulness was a turning point. During a period of intense dispersion — jumping from project to project to avoid emptiness — a simple breathing practice forced me to stop. I felt tension in my solar plexus — the bodily agitation Robins describes as a signal from the shadow — and realized that my avoidance wasn't a strength, but a survival strategy rooted in childhood restriction.

Chestnut nuances this role through subtypes:

- a self-preservation 7 may use mindfulness to ground security-oriented routines without rigidity, transforming compulsive planning into calm presence;
- a social 7 can bring mindfulness into group dynamics, avoiding superficiality and connecting authentically;
- a sexual 7 can infuse passion into the present moment, reducing compulsive instability.

Mindfulness plays a key role in becoming aware of automatisms and exploring the \*“why”\* behind compulsions — offering a way to experience healthy levels without force.

A necessary critique: mindfulness is not magic. It requires consistency, and without a bodily dimension, it can remain superficial for Type 7s, who are highly mental and often disconnected from bodily awareness.

This role prepares us to explore Type 7-specific presence in the next section, reminding us that grounding is the beginning of healing — one that transcends symptoms and leads to real emancipation.

## Discovering Presence for Type 7

For Type 7, presence is not a constraint that dampens enthusiasm. It is a liberating discovery that transforms constant seeking into grounded, lasting joy — allowing us to fully inhabit the moment instead of escaping into imagined futures.

At the heart of this discovery lies our characteristic avoidance: the compulsive need to fill every silence with a new idea, distraction, or positive reframe — a pattern that masks a deep fear of limitation and insignificance.

Inspired by Robins' embodied approach, this discovery begins by noticing how dispersion manifests physically — restlessness in the chest, tension in the shoulders — signals that we are fleeing the present to avoid discomfort.

For me, this realization came during a silent retreat I joined out of curiosity. Instead of enjoying the calm, my mind exploded with future plans. It mirrored how childhood restriction had conditioned me to fill emptiness to survive — a pattern that kept me from grounding and choosing myself.

Hudson adds a spiritual dimension: presence becomes a gateway inward, where forced optimism dissolves and gives way to authentic joy — free from surface-level compulsions.

Chestnut further refines this through subtypes:

- self-preservation 7s may discover presence by grounding routines in the present moment;
- social 7s may find it through authentic connection beyond performance;
- sexual 7s may learn to anchor intensity to avoid sabotaging commitment.

For Type 7, presence is not boring or limiting. On the contrary, it amplifies creativity by channeling it — preventing dispersion that blocks lasting realization.

This discovery invites a holistic understanding: presence anchors emotions, integrating individual and collective dimensions, allowing us to integrate shadow rather than repress it.

This prepares us for the grounding exercises that follow — reminding us that discovering presence is the beginning of a healing journey where we finally choose ourselves without running away.

## Mindfulness Exercises for Type 7

Now that we've explored presence as an anchor that transforms avoidance into durable joy, it's time to practice.

These mindfulness exercises are practical, iterative tools designed to integrate presence into daily life — not as symptom management, but as deep ego deconditioning.

Inspired by Robins' embodied approach, these exercises are not rigid routines that stifle enthusiasm. They are playful, flexible invitations to observe, analyze, and gently confront compulsions — moving from surface awareness to deeper transformation.

Begin with one exercise per day.

Remember: grounding presence is about making the unconscious conscious, as Jung said — choosing your life instead of being driven by it.

## **Exercise 1 – Returning to the Senses**

Purpose: Learning to savor the present moment without trying to improve it.

Duration: 5–10 minutes daily for 3 days.

Steps:

- \* Choose a simple moment: drinking coffee, walking, showering.
- \* Close your eyes briefly. Notice smells, temperature, sounds, light, textures.
- \* Breathe slowly.
- \* Observe what your mind wants to do.
- \* Gently return to one sense.

What you'll notice:

Pleasure becomes calmer. Not about “what’s next,” but about \*now\*.

— It’s not intensity that nourishes, it’s presence.

## **Exercise 2 – Observing Gentle Escapes**

Purpose: Recognizing small habits that pull you away from the present.

Duration: 15 minutes in the evening.

Steps:

- \* Note three moments of distraction.
- \* For each, write:
  - \* What I didn't want to feel.
  - \* What I did to avoid it.
  - \* What it cost me.

What you'll notice:

Your humor and curiosity are gifts — but sometimes used to escape emptiness.

— Staying present is the beginning of choosing.

### **Exercise 3 – Staying with Discomfort**

Purpose: Befriending the fear of insignificance or limitation.

Duration: 20 minutes.

Steps:

- \* Sit quietly, breathe deeply.
- \* Recall a moment of feeling overlooked or useless.
- \* Notice bodily sensations.
- \* Stay. Breathe.
- \* Write: \*“I don’t need to prove I exist to be alive.”

What you’ll notice:

Discomfort passes — presence remains.

## Conclusion

This chapter has shown that grounding presence is not a limitation, but a gateway to lasting joy.

Mindfulness doesn't merely reduce dispersion — it transforms it at the root, anchoring energy for deep healing.

By staying instead of fleeing, you reclaim choice.

By grounding presence, you turn avoidance into strength.

Now that presence is anchored, we'll explore integration and growth paths for Type 7 — where energy becomes vision, and joy becomes sustainable.

Begin today. Choose presence. Let it become your strength.

# **Chapter 9**

**Exploring the Paths  
of Integration  
and  
of Growth of Type 7**



# Introduction

Your Type Seven is a starting point—not a destination; integrating it transforms avoidance into unshakeable growth, while ignoring it keeps you trapped in a loop of self-sabotage.

As a Type Seven, I long viewed my enthusiasm as a passport to freedom: an ability to bounce from failure to a new adventure, to reframe every limitation into an opportunity. But one day, during a pivotal moment in my professional life, everything changed. I was in full dispersion—abandoning one project for another more “exciting,” leaving a superficial relationship to avoid commitment—when I realized that this constant quest was not resilience but a deep self-sabotage.

Inspired by an Enneagram session, I explored integration toward Type Five: instead of fleeing into forced optimism, I brought in the analytical focus of the Five, channeling my energy into sustainable projects.

This shift was liberating: my avoidance—rooted in a childhood trauma of restriction, where I learned not to make decisions for myself—began transforming into depth that grounded my joy. Rather than conforming or rebelling, I became able to see what mattered to me and to stay centered on it, despite discomfort, despite unpleasant moments, despite the fact that finishing something isn’t always fun.

Why explore these paths of integration now? Because these efforts are not constraints—they are emancipation, transforming your compulsions into allies for a life where you choose consciously instead of chasing illusions.

For a Type Seven like us, this means shifting from a reactive life where avoidance sabotages our potential to an integrated existence where we merge our strengths with those of other types.

This chapter is your map for navigating those paths—let’s begin by understanding how integration reveals both your shadow and your light.

## **Definition and Role of Integration in the Enneagram**

Integration in the Enneagram is not a cosmetic adjustment or a surface-level improvement; it is a dynamic and vital movement toward the positive qualities of another type—a flow that allows the Seven to transcend compulsions and express a more balanced, authentic essence.

Defined by Hudson as a growth path through which each type adopts the strengths of its “integration type”—for the Seven, toward the Five, where overflowing enthusiasm becomes deep analytical focus—this process is not linear but cyclical, influenced by health levels and life circumstances.

Unlike disintegration, which is a movement toward the negative traits of another type under stress—for the Seven, toward Type One, where forced optimism calcifies into perfectionistic anger—integration is a call to evolution. It softens the ego’s grip and frees the individual from the overlays of judgments and beliefs that distort reality.

For me as a Type Seven, this definition came alive during a moment of crisis: my compulsive dispersion, rooted in childhood restriction, pushed me into disintegration toward Type One, where I grew rigid and self-critical to mask my inner emptiness. But by integrating Type Five, I learned to anchor my energy in focused curiosity, transforming avoidance into presence and allowing myself to make decisions without fear.

Writing a book had always been a dream—and a powerful source of stimulation. I began countless projects, and once the outline was done, I often abandoned them because they required time, focus, and “not doing anything else.” In an unhealthy state, I would spend hours obsessing over small details—the title, the layout—until the frustration justified abandoning the entire project.

The role of integration in the Enneagram is twofold: it acts as a mirror revealing where compulsions limit you, and as a guide toward deep healing that extends beyond symptom relief, inviting you to integrate the strengths of other types for a more complete personality.

Chestnut's subtype nuance highlights how this varies:

- a self-preservation Seven integrating the Five might anchor security-driven planning in deep introspection, turning routine compulsions into creative stability;
- a social Seven brings analytical focus to group dynamics, avoiding superficiality in favor of authentic connection;
- a sexual Seven\* channels passion into Five-like depth, avoiding compulsive instability.

Cron, with his narrative lens, sees integration as rewriting your story: for the Seven, it is the story of a childhood where aspirations were restricted, leading to an ego that flees through dispersion. Integrating the Five rewrites that narrative toward full realization.

For the Seven, this role is full of hope: it shows that our constant search for pleasure is not destiny but a pattern we can transcend by integrating the Five's focus. It guides us toward reintegrating the strengths of other types for a whole personality.

Integration fosters collective interconnectedness: growth is not individual but relational—an invitation to connect your strengths with the world rather than fleeing it.

Still, integration is not magical; it requires commitment, and without embodied nuance, it risks remaining intellectual for Sevens accustomed to mental dispersion. This role prepares us for the discovery of the Seven's specific paths in the next section, reminding us that navigating integration is the beginning of healing that transcends symptoms and leads to real emancipation, where you finally choose yourself without running away.

## Discovering the Growth Paths of the Type Seven

Now that we've defined integration as a vital movement toward the positive qualities of another type, let's explore how these paths manifest for the Seven—a dynamic flow transforming compulsive avoidance into balanced growth, where you integrate Type Five's focus and transcend Type One's rigidity under stress.

For the Type Seven, integration toward Type Five is a call to depth: instead of fleeing into mental gluttony that scatters your energy, you adopt the analytical focus of the Five, channeling your optimism into structured, meaningful creativity that nourishes your soul.

Imagine this: your overflowing enthusiasm, which pushes you to generate endless ideas, becomes a powerful tool when integrated with the Five. You learn to dive into a single pursuit with curiosity, transforming the compulsion to avoid limitation into a capacity to face it without panic.

For me, this integration marked a turning point. During a period of professional dispersion where I jumped from project to project to avoid perceived failure, I leaned into the Five by forcing myself to analyze one idea in depth. Most importantly, I took the time to choose what truly mattered to me—letting go of the fear of missing out. Choosing means renouncing; the Seven tends to avoid choosing, wanting to do everything, selecting pleasure over meaning.

This discovery shows that the role of integration is deep healing beyond symptom relief—for the Seven, integrating the Five means transcending the ego that flees limitation, linking your sabotage patterns to childhood, and forming a more complete personality where analytical qualities ground authentic joy.

Disintegration toward Type One—the stress path—is the other

side of this flow. Under pressure, the Seven adopts the One's negative traits: perfectionistic rigidity, forcing optimism into inner anger directed at oneself or others—a sabotage that amplifies the fear of insignificance by imposing rules to avoid perceived chaos.

For the Seven, this often manifests as self-imposed criticism: instead of bouncing back joyfully, you become rigid, clinging to absolutes to hide dispersion. I lived this during a relational failure where, under stress, I imposed “rules” to “fix” the situation, ultimately sabotaging the connection instead of embracing it.

Hudson reminds us that disintegration is an alarm signal: it shows where health is decreasing and invites us to move back toward integration for deep healing.

Chestnut adds subtype nuance:

- a **self-preservation Seven** disintegrates into obsessive perfectionism, sabotaging safety through constant self-critique;
- a **social Seven** masks isolation by forcing harmony like the One social subtype, sabotaging relationships through repressed anger;
- a **sexual Seven** flees routine by adopting the possessive rigidity of the One sexual subtype, sabotaging intensity through critical control.

This exploration reminds us that the Enneagram is not static: integration and disintegration are life movements that guide us toward transcendence—reintegrating qualities from other types for a whole personality or stepping out of ego into a less automated life.

This flow fosters collective connection: the Seven's paths are not individual but intertwined with the world, where integrating the Five's focus supports authentic contribution and prevents superficial symptom-management.

A note of caution: these paths are subjective, dependent on commitment, and without practice, they can remain theoretical for a mind-scattered Seven.

## Growth Path Exercises for the Type Seven

Now that we've explored the Seven's growth paths as a dynamic flow that transforms avoidance into balanced integration, it's time to take action with exercises designed to help you navigate these movements—iterative, personalized tools that go beyond superficial symptom reduction toward deep healing that deprograms the ego and frees your potential.

Inspired by Hudson's view of integration as a practical path for transcending compulsions, these exercises are not rigid routines that restrict your enthusiasm. They are creative, flexible invitations to observe, analyze, and confront your patterns—starting at the surface to build trust, moving into the middle to deprogram, and reaching the depths to transcend into a life where *you* decide.

These exercises invite you to transform your natural curiosity and pleasure-seeking into a more stable, chosen energy. You don't need to "fix" yourself—you need to observe, understand, and recenter: shifting from automatic movement to conscious movement. Each exercise returns you to your inner axis, where enthusiasm becomes wisdom.

## **Exercise 1 – Return to Your Senses**

Purpose: Learn to savor the present moment without trying to improve it.

Duration: 5–10 minutes, once a day for 3 days.

Steps:

1. Choose a simple moment: drinking coffee, walking, showering.
2. Sense. Close your eyes for a few seconds. What do you perceive?
  - Smell, temperature, sound, light, texture.
3. Breathe slowly.
4. Observe your mind. Note what it tries to do: plan, compare, imagine something else.
5. Return to a single sense (taste, sound, touch).

What you'll notice:

After a few days, your pleasure becomes calmer.  
Not the escape toward “what comes next,” but the flavor of now.

**It's not intensity that nourishes—it's presence.**

## **Exercise 2 – Observe Your Gentle Escapes**

Purpose: Recognize the small gestures that pull you away from the present.

Duration: 15 minutes at the end of the day.

Steps:

1. Write down three moments when you distracted yourself today (social media, daydreaming, a joke to avoid silence...).

2. For each moment, note:

- What I didn't want to feel
- What I did to avoid it
- What it cost me (missing nuance, not hearing someone, fatigue)

3. Breathe. Read your list without judgment.

What you'll notice:

You'll see that your humor, spark, and curiosity are beautiful—but sometimes they help you flee the void.

And that void is not an enemy: it is the space where real joy breathes.

**Staying present is the beginning of choosing.**

### **Exercise 3 – Stay With What’s Uncomfortable**

Purpose: Tame the fear of being insignificant or limited by learning to move through it.

Duration: 20 minutes.

Steps:

1. Sit quietly. Take three deep breaths.
2. Recall a moment when you recently felt “out of place”: unheard, overlooked, unnecessary.
3. Observe your bodily sensations: warmth, contraction, tingling.
4. Stay there. Breathe without trying to change anything.  
Say inwardly: \*\*“I can be here, even if it’s uncomfortable.”\*\*
5. When ready, write a truth:  
“I don’t need to prove I exist to be alive.”

What you’ll notice:

The discomfort passes—but your presence remains.  
That passage gives birth to a quiet joy: being yourself without mask or dispersion.

## Conclusion

In conclusion, this chapter on integration and growth paths for the Type Seven reminds us that your type is not a fixed limit but a starting point for dynamic evolution, where you transform avoidance into creative depth and free your potential from the sabotages that once held you back.

We've seen that integration toward Type Five and disintegration toward Type One are not inevitable destinies but vital flows that—with awareness—lead to deep healing beyond symptom relief, as the ego softens and a more complete personality emerges.

For me, this discovery was liberating: integrating the Five's focus allowed me to channel dispersion into long-term vision, transcending sabotage rooted in childhood trauma; recognizing disintegration toward the One helped me avoid rigidity that masked my fear of insignificance.

This flow invites collective connection: your paths are not individual but interwoven with the world, where integrating Five's analytical qualities supports authentic contribution and prevents superficial growth.

There is real hope here: by navigating these paths, you make the unconscious conscious, as Jung said, directing your life instead of enduring it, and transcending toward full realization as you reintegrate the strengths of other types.

Now that you've explored the paths of integration, we'll dive into how to overcome compulsions—deprogramming the ego step by step for a conscious freedom that grounds your joy.

Take a moment to apply one of this chapter's exercises—they are the first step toward that freedom.

# **Chapter 10**

## **Overcoming your compulsions**

### **The steps to program your ego**



## Introduction

Your Type Seven compulsions are not your destiny—they can be deprogrammed. Doing so transforms your escape patterns into unshakeable freedom; ignoring them is choosing perpetual self-sabotage.

As a Type Seven, I long saw my compulsions as allies: the mental gluttony that pushed me to fill every moment with new ideas, the avoidance of pain that kept me wrapped in forced optimism, anything to stay away from the emptiness lurking beneath. But one day, during a relational crisis, everything shifted.

I was in a conversation with a partner, a moment that required intimacy and engagement. But instead of facing vulnerability—my fear of being trapped in limitation—I derailed the moment with a joke, reframing the tension as “nothing serious, let’s move on to something fun.”

It wasn’t enthusiasm; it was compulsive sabotage—an automatic mechanism that prevented me from choosing myself, from taking care of myself. It echoed my childhood, where my mother imposed “safe” choices to avoid conflict, conditioning me to fill the void instead of inhabiting it.

That moment was a shock: my compulsions, forged in restriction, were keeping me trapped in a loop where I prioritized external attention at the cost of my real potential.

Why deprogram these compulsions now? Because this work is not a constraint—it is liberation, transforming reactivity into conscious choice instead of letting the ego run your life.

For a Type Seven like us, this means shifting from an automatic life—where avoidance sabotages our aspirations—to an existence where we finally choose ourselves, free from self-neglect.

This chapter is your guide to this deprogramming—let’s begin by understanding how these compulsions hold us back, so we can release them step by step.

## Definition and Role of Compulsions in the Enneagram

In the Enneagram, compulsions are not just habits or quirks; they are automatic, unconscious responses of the ego, forged to protect us from the core fear of our type—but over time, they become chains that sabotage our potential and keep us trapped in a reactive life.

For Type Seven, the primary compulsion—avoiding pain and limitation—appears as mental gluttony: overconsuming ideas, pleasures, or experiences to fill an inner emptiness. I long mistook this for pure creativity, but it was actually disguised sabotage.

Inspired by Hudson, who defines compulsions as the ego's "fixations" that distort reality to avoid the root fear, these impulses are not random. They are ego overlays—beliefs and judgments that warp perception to preserve the illusion of safety, at the cost of authenticity.

For me, this definition came alive during a moment of crisis: confronted with relational failure, instead of facing the pain, my ego imposed positive reframing, turning sadness into "an opportunity for fun elsewhere"—a sabotage that isolated me without my noticing it.

The role of compulsions in the Enneagram is twofold:

- they act as shields to survive the core fear—for Sevens, avoiding limitation experienced as imprisonment in suffering;
- they also act as signals pointing toward deep healing, inviting us to transcend the ego rather than merely soothe it.

Cron, with his narrative lens, views compulsions as looping stories: for the Seven, it is the story of a childhood where aspirations were restricted, leading to an ego that flees through gluttony. But facing this pattern allows you to rewrite the narrative and transcend it, reintegrating the strengths of other types.

For Type Seven, this role is particularly hopeful: compulsions show where we are stuck in constant seeking, a sabotage that steals our real potential—but they are also an invitation to explore the “why” behind them, leading to healing that goes beyond symptom-management and transforms avoidance into conscious strength.

This role also supports collective connection: compulsions are not purely individual—they are intertwined with the world, inviting you to integrate your shadow to contribute authentically, avoiding the traps of superficial growth.

Compulsions are not always “negative”; they helped you survive. But without nuance, they can be idealized as “fun” by the Seven, masking their cost in sabotage. This prepares us for the next section, where we explore the specific compulsions of Type Seven—reminding you that deprogramming them is the beginning of real emancipation, where you finally choose yourself without running away.

## Discovering the Compulsions of Type Seven

For the Type Seven, compulsions are like invisible currents pulling us toward the illusion of freedom, yet silently chaining us to cycles of endless sabotage—an exploration that begins by confronting how these mechanisms, rooted in our fear of limitation, keep us from truly choosing ourselves.

The Seven's core compulsion—avoiding suffering—manifests as mental gluttony: compulsive overconsumption of ideas, experiences, or pleasures to fill an inner void. This sabotage keeps us scattered and unfinished, as if making a real choice were a threat too big to face.

For me, this compulsion became clear during a phase of disguised burnout: instead of facing the frustration of a stagnant project, I jumped on a new “exciting” opportunity, reframing the failure as a “positive lesson,” when deep down it was sabotage to avoid confronting pain. It echoed my childhood, where maternal restrictions taught me to conform my choices to others to survive rejection.

Hudson's perspective—compulsions as ego fixations used to avoid the core fear—reveals that the Seven's avoidance is not innocent: it pushes us to multiply options to avoid grounding ourselves, sabotaging relationships and potential by keeping us in endless pursuit that hides deep self-neglect.

Chestnut refines this with subtypes:

- Self-Preservation Seven avoids deprivation through compulsive planning of material safety—sabotage that leads to rigid routines and prevents choosing real needs.
- Social Seven animates groups to mask loneliness—superficiality that sabotages authentic connection by aligning energy to collective expectations.
- Sexual Seven flees routine through passionate pursuits—idealizing intensity at the cost of stable commitment, depending on

others to fill the void.

This discovery also involves examining the systemic role of compulsions: they act as shields to survive the fear of insignificance, yet become sabotage when they dominate, trapping us in a loop where we prioritize external attention over inner fulfillment.

Cron adds a narrative layer: compulsions are looping stories. For the Seven, avoidance masks childhood restriction, creating an ego that reframes to survive. Facing this role allows rewriting the narrative toward a complete personality. For the Seven, this means recognizing that our apparent “joy” is often a sabotage to conform our choices to others—avoiding self-care. But discovering this is an invitation to explore the “why,” leading to deep healing and transforming compulsions into conscious allies.

For years, I let myself be carried by opportunities. It was always easier to see the positive in whatever I was doing rather than admit that sometimes it pulled me away from what truly mattered to me. “Making the best of things” could have been my motto.

The first problem: I never asked myself what I truly wanted, what mattered. Everything that happened to me was reframed as joy. I saw good fortune everywhere, and my ingrained attitude told me to always see the bright side.

This bright side helped me overcome many things—but I now see it was also a way to flee pain. I never fought for anything that truly mattered to me. I always preferred to see change as opportunity, and what happened as “lucky.”

Today, I know that doing what matters to me matters—and it may require phases of discipline without fun. Living with that allows me to stay centered.

## Deprogramming Exercises for Type Seven Compulsions

Now that we've uncovered the Type Seven compulsions as invisible currents that pull us toward illusory freedom yet chain us to sabotage, it's time to take action with deprogramming exercises—iterative, personalized tools to release these patterns, moving beyond superficial symptom-relief and into deep healing that liberates your potential.

Inspired by Hudson—who sees compulsions as ego fixations to be released through awareness and affirmation—these exercises are not rigid routines that restrict your enthusiasm. They are flexible, creative invitations to observe, analyze, and confront your compulsions: starting on the surface to build trust, moving into the middle to deprogram, and reaching the depths to transcend into a life where *\_you\_* choose for yourself.

## **Exercise 1 – Observe Your Two Paths: Escape or Integration**

Purpose: Recognize when you drift away from yourself (disintegration toward Type One) and when you ground yourself (integration toward Type Five).

Duration: 10–15 minutes daily.

Steps:

1. Reflect on your day. Note two moments:

- one when you felt rigid, demanding, impatient (disintegration)
- one when you felt calm, curious, grounded (integration)

2. For each moment, write:

- What I felt in my body
- What I was trying to avoid
- What changed in my breathing or inner tone

3. Read your notes without judgment. Simply notice the energy differences.

What you'll notice:

You'll see that disintegration isn't caused by "stress" or "mistakes," but by a fear of losing freedom.

And that integration arrives when you stop long enough to taste your own presence.

Integration is not slowing down—it is regaining the freedom to choose your direction.

## **Exercise 2 – Consciously Choose Your Energy for the Day**

Purpose: Shift from reflexive dispersion to a conscious inner orientation.

Duration: 10 minutes in the morning.

Steps:

1. Before opening your phone, take your notebook.

2. Write:

- My current energy (tired, excited, scattered...)
- What I choose to amplify today (calm, depth, simple joy)

3. Close your eyes and picture yourself acting from that chosen quality.

4. Throughout the day, return to it whenever your mind starts running.

What you'll notice:\*

You'll realize you can channel your enthusiasm instead of being overwhelmed by it.

This transforms hyperactivity into inner direction—the mark of a mature Seven.

Joy is not found by adding more, but by choosing what matters.

### **Exercise 3 – Return to the Calm of the Five**

Purpose: Explore the Seven's natural growth path toward Type Five—learning to savor depth instead of fearing it.

Duration: 20 minutes.

Steps:

1. Sit in a quiet space. Breathe slowly.
2. Choose a topic that excites you (idea, project, reading).
3. For 5 minutes, observe your urge to speed up, expand, move on.
4. Then slow down deliberately. Stay with the same topic, but explore in silence:
  - What happens if I stay?
  - What do I discover when I stop trying to understand quickly?
5. Note what you feel in your body and mind.

What you'll notice:

You'll taste the beauty of concentration—not as a constraint, but as a doorway into your own depth.  
You'll see that the Five's calm is not cold—it is rich, stable, nourishing in a way excitement never is.

Integration is the inner adventure Sevens often forget to explore.

## **Exercise 4 – Connect Your Paths in a Spiral of Growth**

Purpose: Visualize your evolution and understand how your cycles repeat so you can orient them consciously.

Duration: 30 minutes.

Steps:

1. Draw a spiral starting from the center.

- The center: your calm, your axis
- Outer circles: moments when you scatter or rigidify

2. On each circle, write:

- What you feel in those moments (tension, euphoria, fatigue)
- What you are unconsciously seeking (escape, freedom, recognition)

3. Look at your spiral and draw a line back to the center:

- What brings me back there?
- What practices or people keep me connected to myself?

4. End with an intention:

“I choose the growth that connects me, not the growth that scatters me.”

What you’ll notice:

You’ll see that your cycles have a logic—not a destiny. The spiral reminds you that growth happens through successive movements—each return to calm is a rise in awareness.

Growing is not rising above yourself—it is returning to your center at every turn.

## Conclusion

In conclusion, this chapter on the compulsions of Type Seven reminds us that these invisible currents are not inevitable enemies, but ego signals we can deprogram for a liberated life—one where you transform reactivity into conscious, fulfilling choice.

We've seen that compulsions—automatic responses forged to protect against the fear of limitation—play a dual role of survival and sabotage. But by confronting them through a five-step guide, you open the door to deep healing that goes beyond symptom-management toward real emancipation.

For me, this deprogramming was transformative: by releasing my compulsive avoidance, rooted in childhood restriction, I began choosing myself, taking care of myself instead of pleasing others—a shift that led to grounded joy rather than constant seeking.

This process invites collective connection: your compulsions are not isolated—they are intertwined with the world. Deprogramming the ego allows you to contribute authentically, avoiding the traps of superficial growth.

And there is real hope here: by deprogramming these compulsions, you make the unconscious conscious—as Jung said—directing your life instead of enduring it, and transcending toward a complete personality where you reintegrate the strengths of all types.



# **Chapter 11**

## **Finding authentic joy beyond the ego: A path to follow**



## Introduction

Your Type 7 joy is not fleeting — when grounded, it transcends the ego and opens the door to a fulfilled life. Ignored, however, it keeps you trapped in constant seeking.

As a Type 7, I long believed my joy was limitless: an energy that carried me from one adventure to the next, filling every empty space with brilliant ideas and fun moments. But one day, after months of inner work — confronting my shadow, navigating my levels of health, and integrating the focus of Type 5 — everything shifted.

It happened during an ordinary walk in nature, a moment I would once have filled with future plans or mental distractions. Instead, I stopped. I breathed deeply. I felt the breeze on my skin. And for the first time, I tasted a grounded joy — one that didn't need escape.

It wasn't the illusion of a forced "happy ending." It was authentic presence, freed from the self-neglect rooted in my childhood trauma — the restrictions my mother imposed for my "happiness," which conditioned me to fill emptiness rather than inhabit it.

That moment was a gentle shock: my joy, once compulsive and self-sabotaging, had become grounded — a force anchoring me in the present without fear of insignificance.

Why explore this grounded joy now? Because this work is not an ending; it is a culmination. It transforms constant seeking into lasting joy — where you live fully instead of chasing illusions.

For a Type 7 like us, this means moving from a reactive life, where avoidance sabotages our potential, to an existence where we choose consciously, freed from self-neglect.

This chapter is your path forward — let's begin by synthesizing the journey that led us here.

## Synthesizing the Path: From Pattern to Grounding

Throughout this book, we have traced a path that begins with discovering the Enneagram as a dynamic tool to explore your unique patterns, shaped by personal history and relationships. In Chapters 1 through 5, we confirmed your Type 7 and refined your uniqueness without locking you into stereotypes.

In Chapter 6, we explored awareness of Type 7 traits, compulsions, and self-sabotage, revealing how these mechanisms — rooted in childhood restriction trauma — once served as protection but ultimately limited your potential by keeping you stuck in dispersion and avoidance.

Chapter 7 confronted the shadow of Type 7 — the repressed fear of insignificance that masks self-neglect — transforming it into a gateway for deep healing rather than superficial symptom relief.

Chapter 8 guided you through the levels of health, a spectrum moving from unhealthy (destructive dispersion), to average (forced optimism), and toward healthy (grounded joy), offering keys to rise and transcend limitations.

Chapter 9 anchored this evolution through mindfulness and presence — embodied practices that transform compulsive escape into authentic connection with the present, freeing energy for a less reactive life.

Finally, Chapter 10 explored integration and growth paths, where enthusiasm is channeled through the focus of Type 5 — a grounding that releases potential without egoic chains.

From the initial avoidance pattern — a survival compulsion forged under restriction yet sabotaging authenticity — we arrive at deep

grounding, where joy is no longer a fleeting illusion but a nourishing, present reality.

This synthesis reveals the deeper role of the journey: dismantling ego overlays — beliefs that distort reality — toward transcendence, where you reintegrate the qualities of other types or move beyond ego altogether into a fully conscious life.

This path is not purely individual. It is relational — your joy becomes collective, avoiding the isolation of egoism.

The hope is clear: by grounding this journey, you transcend into true emancipation — choosing yourself at last, freed from self-neglect.

## **Discovering Authentic Joy for Type 7**

For Type 7, authentic joy — grounded, genuine, and enduring — is not a diluted version of enthusiasm. It is a transformative discovery that emerges when we stop fleeing the present and fully inhabit it, releasing creative energy that nourishes the soul without avoidance.

At the heart of this discovery lies the fear of insignificance that drives compulsive pleasure-seeking. Grounded joy transforms this compulsion into presence — where joy is no longer fleeting illusion but deep connection with self and world.

Imagine this: your optimism, once a shield against perceived limitation, becomes a way to savor the moment without compulsively reframing reality — a joy that no longer needs constant novelty to exist.

For me, this realization unfolded gradually. After confronting my shadow and navigating my levels of health, I saw how my “cheerful joy” often functioned as sabotage — masking an inner emptiness inherited from a childhood where maternal restrictions taught me to fill every space to survive rejection.

Inspired by Robins, who views grounded joy as embodied practice, this discovery begins by sensing how dispersion shows up physically — restlessness signaling when we abandon real joy for a superficial substitute.

Hudson adds a spiritual layer: grounded joy becomes a gateway inward, where forced optimism dissolves and makes room for joy infused with the depth of Type 5 — transforming avoidance into presence and enabling conscious choice without fear.

This discovery also honors subtype nuances, as Chestnut describes:

- a self-preservation 7 may ground joy through present-moment routines, transforming compulsive planning into emotional stability;
- a social 7 may express joy without superficiality, cultivating genuine connection beyond performance;
- a sexual 7 may anchor intensity, avoiding compulsive instability that undermines commitment.

For Type 7, authentic joy is not boring or limiting. On the contrary, it amplifies creativity by channeling it — preventing dispersion that blocks lasting achievement.

This discovery invites a holistic understanding: authentic joy anchors emotions, linking individual and collective dimensions, integrating shadow rather than repressing it, and transforming avoidance into a force that nourishes the world.

Authentic joy is not magical; it requires consistency. Without embodiment, it can remain intellectual for a Type 7 accustomed to mental dispersion — a lesson I learned firsthand.

This prepares us for the vision exercises ahead, reminding us that discovering grounded joy is the beginning of real emancipation — choosing yourself without escape.

## Vision Exercises for Type 7

Now that we've identified authentic joy as the anchor transforming compulsive seeking into fulfilled presence, it's time to act through vision exercises — creative, iterative tools to integrate this joy into daily life.

These exercises are not abstract visions that fuel dispersion. They are concrete, flexible invitations to observe, analyze, and confront your joy — first building trust, then deprogramming ego patterns, and finally reaching deeper levels of transformation where you choose yourself without sabotage.

## **Exercise 1 – Rewriting Joy: From Fun to Presence**

Purpose: Transform compulsive joy into grounded joy

Duration: 15–20 minutes

1. Observe your automatic patterns.

Write down three recent moments when you felt excited or euphoric — but later felt empty or scattered.

2. Identify what you were avoiding.

For each moment, write:

“In truth, I was trying to avoid feeling...”

3. Rewrite the story.

Choose an earlier memory where you escaped discomfort through “fun.” Rewrite it in the first person, staying present to today’s feelings.

4. Breathe and let emptiness exist.

Sit still for two minutes. Feel whatever arises.

Expected effect:

You rediscover that joy doesn’t need constant motion. You learn to savor life without filling every silence.

## **Exercise 2 – The Ritual of Chosen Emptiness**

Purpose: Befriend boredom and rediscover Type 5 clarity

Duration: 10–15 minutes daily

Create ten minutes without stimulation. Observe the mind's urge to escape. Ask:

“What am I avoiding right now?”

Anchor with:

“I can be here without adding anything.”

Expected effect:

Emptiness becomes fertile space. Ideas arise without escape.

### **Exercise 3 – Embodied Meditation of Grounded Joy**

Purpose: Experience joy as bodily presence, not mental excitement

Duration: 10–20 minutes

Anchor attention in chest and belly. Recall a calm joyful moment without narrating it. Breathe slowly.

Write an integration phrase:

“My joy doesn’t need speed.”

Expected effect:

Joy settles into the body — depth replacing stimulation.

## **Conclusion and Call to Community**

This chapter on authentic joy beyond the ego reminds us that the Type 7 journey is not futile — it is a culmination where compulsive avoidance transforms into grounded, lasting joy.

This joy is not illusion, but presence — born from integrating shadow, navigating health levels, and channeling energy toward growth that nourishes the soul without old sabotage.

For me, this realization marked completion: after confronting self-neglect rooted in restriction trauma, I discovered joy that needs no distraction to exist — joy that allows me to choose myself and live fully.

This joy is relational. It connects you to the world, avoiding egoic isolation, and transforms your pattern into a gift for others.

By grounding joy, you make the unconscious conscious, as Jung said — directing life rather than being driven by it.

Now that your joy is anchored, bring it into the real world. Join a community where transformations are shared. Exchange with me and other Type 7s on the path.

Take time to practice these exercises — they are the first steps toward freedom.

Let authentic joy guide you. Care for yourself at last — fully connected to the world.



