

# Out of the Box Coaching Newsletter

## Stress and Security by Clarence Thomson

### **\*New E-Book\***

#### ***Out of the Box: Coaching with the Enneagram***

For the first time, a pdf version of our book is available at both our sites (below), for only \$10.95.

(For those with plenty of shelf space, Amazon.com has the hardcopy version for \$12.21 + shipping.)

### **\*New E-Book\***

#### ***More Out of the Box Coaching***

Our new e-book contains exciting ideas from our 2002—2007 newsletters, organized for easy access according to topic. Available at both our sites (below): the most up-to-date practices to bring about transformational change.

“Now what do I do? Now that I know my Enneagram style, what do I do about it?” Phase two for many Enneagram students, and the implicit request for help from an Enneagram coach, reveals itself in that question.

The question usually rises if the presentation of an Enneagram style on paper or in a seminar seems a bit negative. A narrow focus of attention is in a certain sense, negative, but it also has positive characteristics. A laser-like attention can be understood as focus or tunnel vision. So the coach has the implicit assignment of enabling people to see what they've not seen because when they do, they'll see resources they didn't know they have.

Wonderfully, you have the map that shows you where those resources are buried. Every Enneagram style has two connecting lines we call stress and security points. These are energies available to us but we don't always activate them or use them well.

Let's look at style Four. Here's the way a style Four presented her problem to me:

“I'm barely even able to do the homework assigned, yet I maintain A's and I actively participate in class discussions... it's just when I go home, I lose it... the motivation... I don't know what it is... I'm lacking. I think I need a mate in order to do anything; I'm so lonely without one, and life just doesn't seem to make sense... I look out the window right now and it's cold and snowy, and I don't even want to move... I just want to curl up in a ball and disappear. I feel like I need to be "out" there, but I can't... SOME thing is holding me back. I just feel so alone... and I'm scared of not succeeding with my dreams, ideas, goals, and aspirations. I don't want to waste away, yet I can't, as I've said SO many times, find the motivation... to get out there....”

This style Four saw herself as abused and noble. There is some nobility lurking at style Two. Style Twos are natural nurturers, giving to whomever they love. So I made some style Two suggestions to this young woman. She saw herself (an “A” student in an expensive college, very attractive and with friends) as a wretched lost soul. So I asked her to go to Wal-Mart (a foreign land to college girl 4's) and see if she could compare her state in life to half a dozen of the fat mothers pushing carts and pulling children. Fours usually project their inner resources on to someone else and then envy the qualities in that person that they have disowned in themselves. So I took that proclivity to project and gave it a quarter turn. I know she can do that because her connection to Two is an ability to deeply sense the needs of others. The compassion she will feel for them will partially soothe her own self-pity. (Continued on page 2)

## Stress and Security (cont.)

If she can get in touch with the pain and needs of others, as a Two would, it will break some of the isolation she was experiencing. Notice what I did not do. I did not discuss and especially did not evaluate how real her situation in life was. It was as real as yours or mine, whether you think she should hurt that much or not.

Now, this frustrated her a little because what she (and a lot of Fours) really wanted to do was explore her feelings. She has a belief that if she really really really explored her feelings somehow she would feel better. Some contemporary psychology tends to follow this pattern. The premise is often acted out thus: If you "get in touch" with your feelings, then you can change your behavior. That is, by and large, often helpful. However, the other direction works better for style Fours. If you change the way you behave, it will modify your feelings.

I had her look specifically at people she would not envy, because for a Four the most powerful leverage is usually their inner imagery. So I had her (without her awareness) install images of people she could feel compassion for. I chose fat people for her to look at because she has a Three wing (note she had to mention she got "A"s) and would be image-conscious.

The tendency of Twos is to be proud they don't have any needs, so they meet their needs by projecting them into others. (I'm thirsty; I'll get you a drink...) The high side of that is a certain satisfaction and self-esteem in meeting those needs. So I also had this Four volunteer in a soup kitchen one night a week for six weeks. Later I'll ask her to write an essay on her experiences. When Fours create art, they find adequate expression for the intensity of their feelings. If they don't express their feelings into the world, they have a tendency to turn them on themselves. To help her see this in action, I did recommend that she watch a movie. If you'd like to see how a Four structures her life around her art, go watch *Joni Mitchell: Woman of Heart, Woman of Mind*.

You might object by saying she doesn't have any motivation. You'll notice she doesn't specify what she doesn't have motivation FOR. She does her homework; she's a good girl. So she will do what I tell her and it will make her feel better. What I asked her to do was congruent with what I knew she had some energy for because she'll have a connection to style Two.

This is a work in progress. She won't be Mary Poppins tomorrow. But when coached to tap into the resources of styles One and Two, little by little she can overcome some of the more painful aspects of being a Four.

## Help for Coaches

Are you an Enneagram coach? Are you struggling to find a client's Enneagram style? I can help. The *Ennea-Key* is my 12-question system that almost *always* reveals an individual's Enneagram style. Send an e-mail ([coach@enneagramcentral.com](mailto:coach@enneagramcentral.com)) requesting the twelve symbolic *Ennea-Key* questions. Have your client answer them, and then send me the responses. Make sure you tell me the presenting problem, too. I'll identify the style, and as a bonus, offer you an hour's "meta-coaching" for \$50. - *Clarence*

**PODCAST of Tom Fox's NCR Interview with Clarence:** <http://ncrcafe.org/node/801>

**OUT OF THE BOX COACHING FIELD GUIDE and OUT OF THE BOX SELF-COACHING WORKBOOK at Mary's web site below.**

**ONE-ON-ONE COACHING TELECLINIC WITH MARY OR CLARENCE (sites below): Apply out-of-the-box coaching principles and practices to your own situations. Enrich your life and/or help others by learning how to accelerate transformational change.**