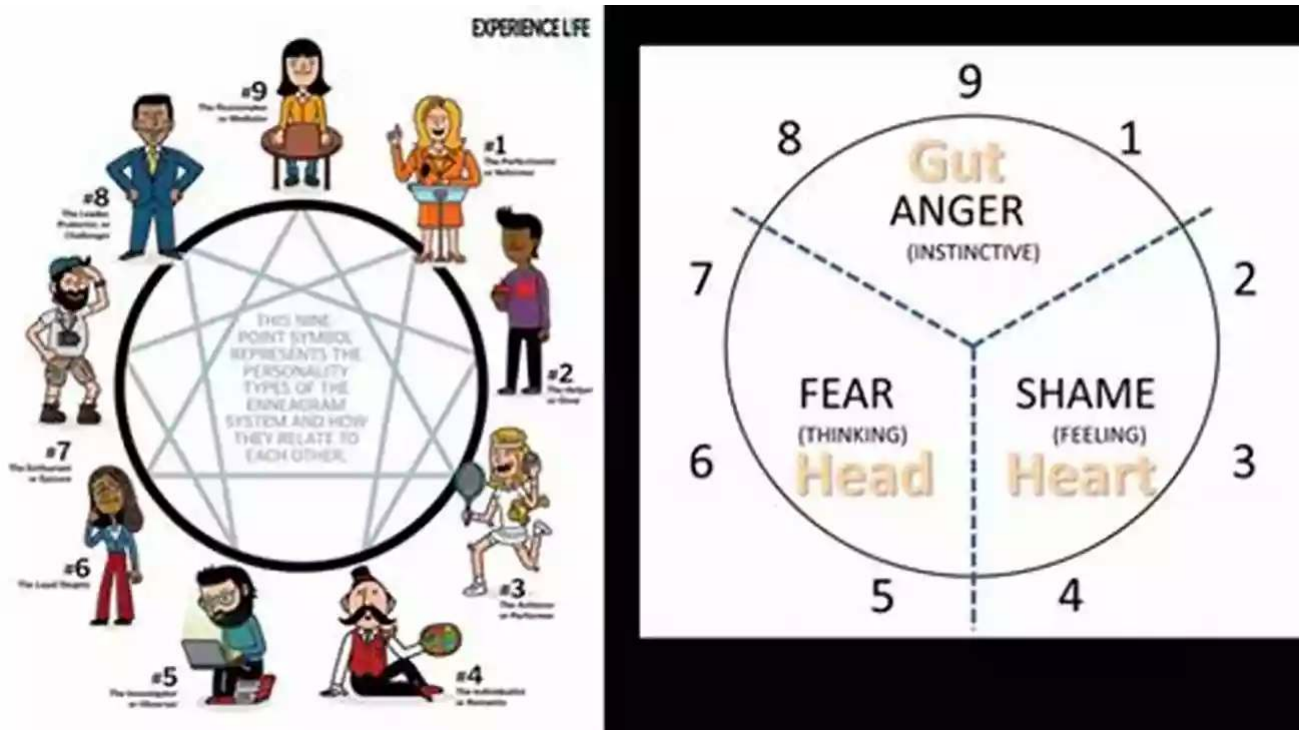


# What You Need To Know About The Helper Enneagram Personality Types

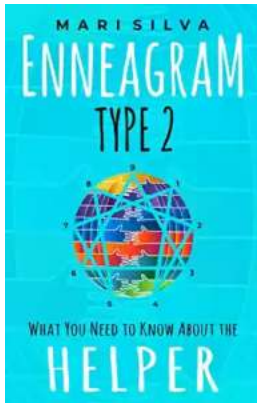


Have you ever wondered why some individuals are naturally driven to help others, putting their needs before their own? These individuals possess a distinct personality trait classified under the Helper Enneagram Personality Types. Understanding these types can provide valuable insights into human behavior and relationship dynamics. In this article, we will explore the characteristics, motivations, and growth paths of the Helper Enneagram Personality Types.

## What is the Enneagram?

The Enneagram is a powerful personality typing system that categorizes individuals into distinct personality types, each with their own unique set of traits, motivations, and behaviors. The system entails nine interconnected types, with

each type reflecting a particular worldview and approach to life. One of these types is the Helper, often referred to as the "2" in the Enneagram.



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

by Mari Silva (Kindle Edition)

★★★★☆ 4.4 out of 5

Language : English  
File size : 5743 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 117 pages  
Lending : Enabled  
X-Ray for textbooks : Enabled  
Screen Reader : Supported



### The Characteristics of the Helper Enneagram Personality Types

Individuals with Helper personalities are naturally empathetic, emotionally attuned, and compassionate. They have an innate desire to be of service to others and often find themselves sacrificing their own needs for the well-being of those around them. They are excellent listeners, provide unwavering support, and have a genuine interest in helping others reach their full potential.

Helpers are highly intuitive when it comes to understanding the emotions and needs of others. They possess exceptional people skills, which enable them to navigate complex interpersonal dynamics with ease. Their warm and nurturing nature creates a comfortable and safe environment for people to open up and seek guidance.

## **Underlying Motivations**

Understanding the motivations behind the Helper Enneagram Personality Types is crucial to comprehend their behavior fully. Helpers yearn for love, approval, and appreciation from others. They often believe that their self-worth is contingent upon their ability to be indispensable to those around them. Consequently, they tend to neglect their own needs and constantly prioritize the needs of others.

Helpers fear being seen as selfish or unlovable. They strive to be needed and valued, which fuels their drive to assist and support others. Their self-esteem is inherently tied to the gratitude and recognition they receive for their acts of kindness.

## **The Growth Path of the Helpers**

For Helpers to experience personal growth and break free from the limitations of their personality type, they need to develop healthy boundaries and recognize the importance of self-care. Often, Helpers hinder their own growth by neglecting their needs and relying heavily on external validation.

By becoming aware of their underlying motivations and challenging their beliefs about self-worth, Helpers can learn to balance their giving nature with self-nurturance. They should seek support in setting boundaries, expressing their own desires, and learning to say no. Developing a healthier relationship with themselves will ultimately empower them to support others from a place of genuine strength and not codependency.

## **Interacting with the Helpers in Your Life**

If you have Helpers in your life, it's essential to understand their motivations and provide them with the appreciation and support they crave. Showing gratitude for

their selfless acts and validating their efforts will deepen their sense of worthiness.

However, it's equally important to encourage Helpers to prioritize their own needs and well-being. Remind them that their value extends beyond their ability to help others. Encourage them to seek balance and engage in self-care activities that nourish their minds, bodies, and souls.

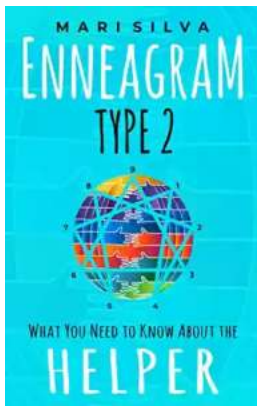
## **The Helper Enneagram Personality Types in Relationships**

In intimate relationships, Helpers are emotionally attuned partners who excel at nurturing and supporting their loved ones. They happily dedicate themselves to meeting their partner's needs, sometimes at the expense of their own. However, the lack of self-care and personal boundaries can lead to burnout and resentment in the long run.

To foster healthy and sustainable relationships, Helpers must communicate their needs effectively and establish open dialogues. Their partners should encourage them to express their desires and ensure that the giving and receiving of care is reciprocated. By promoting a balanced dynamic, both individuals can grow individually while fostering a stronger connection.

Understanding the Helper Enneagram Personality Types offers valuable insights into the motivations and behaviors of those born with this personality trait.

Helpers are compassionate individuals who thrive when they can be of assistance to others. By recognizing their need for appreciation and supporting their self-care journey, we can foster healthier relationships and empower Helpers to grow from a place of strength. So, the next time you encounter a Helper, remember to appreciate their selfless efforts and encourage a balanced approach to giving and receiving.



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Discover what your Enneagram personality type means and invoke positive change in your life!

Do you have a deep desire to learn more about your personality?

Do you have an overwhelming desire to help others with their problems?

Do you feel that you will be left out if you stop helping others?

Do you have questions about the Enneagram and how it pertains to your life?

If your answer to these questions is “yes,” then you’ve come to the right place!

This book will guide you through what the enneagram is, confirm if you are a Helper, and provide you with a little more insight into the nature and values of the Type 2 personality.

From this book, you will:

- Discover how the Helper interacts with others
- Learn how to recognize and fulfill your needs
- Understand the need for empathy in your actions
- Uncover all the fears and dark thoughts lurking in your subconscious
- Discover your true values and the importance of relying on them
- Become a better companion and host to your family and friends
- Learn to master the ability to accept help from others
- Discover tips and tricks to help manage stressful situations with ease

Using this book as your guide, you will learn the Enneagram language and discover a clear picture of all your strengths and weaknesses. With this knowledge, you can strengthen your relationships, decrease the stress in your life, and learn to be your best self.

So click the “add to cart” button and embark on this wonderful journey of discovery and fulfillment!



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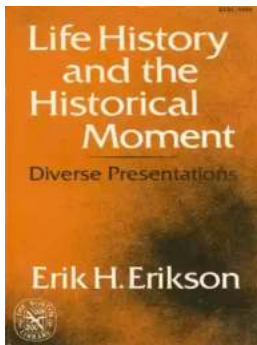
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