

# WHAT'S REALLY HAPPENING BENEATH THE BEHAVIOR?

## A Quick Enneagram Relationship Guide

We often react to behavior without understanding the emotional meaning underneath it.

This quick guide offers a glimpse into what different Enneagram types may be experiencing relationally beneath the surface, as well as common impacts on the partner / others in our life.

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### TYPE 1

**Longs for:** integrity, fairness, responsibility

**Threat means:** chaos, irresponsibility, being dismissed

**Partner may feel:** criticized, controlled, corrected, not good enough

**May actually be:** longing for shared responsibility and order

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### TYPE 2

**Longs for:** love, appreciation, connection

**Threat means:** feeling unseen, unimportant, unwanted

**Partner may feel:** guilty, pressured, emotionally responsible, overwhelmed

**May actually be:** longing to feel valued and cared for

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### TYPE 3

**Longs for:** respect, admiration, value, success

**Threat means:** failure, criticism, inadequacy

**Partner may feel:** emotionally shut out, dismissed, rushed, secondary to achievement

**May actually be:** protecting against shame

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## TYPE 4

**Longs for:** depth, authenticity, emotional understanding

**Threat means:** being misunderstood, unseen, emotionally dismissed

**Partner may feel:** overwhelmed, blamed, emotionally inadequate, like they can't get it right

**May actually be:** longing to feel deeply known

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## TYPE 5

**Longs for:** autonomy, space, competence, clarity

**Threat means:** overwhelm, intrusion, emotional flooding

**Partner may feel:** shut out, rejected, emotionally alone, disconnected

**May actually be:** trying to regulate overwhelm

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## TYPE 6

**Longs for:** trust, security, reliability, support

**Threat means:** uncertainty, betrayal, lack of safety

**Partner may feel:** questioned, distrusted, scrutinized, blamed

**May actually be:** trying to restore safety

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## TYPE 7

**Longs for:** freedom, possibility, joy, openness

**Threat means:** emotional heaviness, limitation, feeling trapped

**Partner may feel:** dismissed, emotionally alone, not taken seriously, avoided

**May actually be:** trying to escape emotional constriction

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## TYPE 8

**Longs for:** strength, honesty, autonomy, respect

**Threat means:** powerlessness, betrayal, being controlled

**Partner may feel:** intimidated, overpowered, dismissed, emotionally bulldozed

**May actually be:** protecting vulnerability

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## TYPE 9

**Longs for:** peace, harmony, ease, connection

**Threat means:** conflict, pressure, disruption, disconnection

**Partner may feel:** ignored, disconnected, confused, alone in the relationship

**May actually be:** trying to preserve peace

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## READY TO GO BEYOND INSIGHT?

Understanding what's happening beneath behavior is powerful... But insight alone doesn't automatically create change.

If you've ever thought:

- *I understand my type, but still get stuck*
- *I know my patterns, but still react*
- *How do I actually create change in my relationships?*

### JOIN MY FREE LIVE TRAINING:

## Why Insight Isn't Enough: How to Actually Change Relationship Patterns in Real Time

*Recording is available if you cannot attend live*

 Monday, June 1

 12:00 PM Pacific

 Live Online

[Reserve your spot or to receive the recording by clicking HERE](#)

**In this free training you will learn:**

- **Why understanding your type (or your partner's / another's) still doesn't create automatic change**
- **Powerful and practical ways to get to the root of stubborn relationship challenges**

*"Michelle gave us the missing piece to our 40 year relationship puzzle – her integration of the wisdom of the Enneagram with powerful relationship tools." ~Susanne & Mike G.*