

Sex, Love and Your Personality

The Nine Faces of Intimacy

Copyright © 2011 by
Mona Coates and Judith Searle.
All rights reserved.

What Makes a Healthy Relationship?

As a therapist working with couples and individuals for over thirty-five years, much of my practice has been with people who are ultimately seeking a love relationship that lasts or people who are trying to fix an existing relationship in trouble. The innumerable books, movies, television shows, online dating services and web sites that focus on finding the “right mate” demonstrate what a high priority a good relationship is for almost all of us. Yet our high divorce statistics provide eloquent testimony about the difficulties of sustaining a marriage or love relationship over the long term.

Across all economic, racial, religious, political, age-related and cultural groupings of people, certain common problems appear. Typical issues include: communication breakdowns, working hours, money and/or the allocation of money,

Mona Coates, Ph.D. and Judith Searle



mistrust, child discipline and sexual differences (e.g., desire, frequency, dysfunction). How people handle such conflicts varies greatly—from complete avoidance to seeking professional assistance (e.g., therapists, ministers, psychologists, social workers and psychiatrists) or attending retreats and communication seminars.

In spite of all attempts to resolve their differences, many relationships seem to falter, then crumble, under the weight of certain issues. Yet there are also couples whose relationship endures through it all. Despite traumatic crises and turbulent conflicts, they remain steadfast, durable and resilient partners.

What can account for such differences?

I've noticed through years of experience that certain factors are good predictors of whether a particular relationship will survive. Some of these are commonly un- ...CONTINUED ON PAGE 15

The Coming of Wisdom with Time



*Though leaves are many, the root is one;
Through all the lying days of my youth
I swayed my leaves and flowers in the sun;
Now may I wither into the truth.*

— W.B. Yeats

Carl Marsak

Teaching the Enneagram to Lifelong Learners

Based on something known as the “Saturn Return” many esoteric astrologers and transpersonal psychologists usefully divide the human life cycle into three distinct periods: The first third of life, from 0-28 years; the second third, from 29-56 years; and the final third, from 57-84 years. Recently, I opened an article in the Enneagram Monthly by saying that “The majority of students and clients in my Enneagram workshops, presentations, study groups and coun-

seling sessions are between thirty-five and sixty years of age—right in the middle of the chronological bell curve” (“Falling Into the Looking Glass: The Perils and Pitfalls of

Teaching the Enneagram to Younger People,” April 2011, pp. 4-5). In that article I gave a brief case history of a 25 yr. old woman who had a set of difficulties emerge in her Enneagram studies with me that were both age and type-related. I also listed three potential pitfalls that can befall younger people: 1) Using study and practice of the Enneagram to consciously or unconsciously avoid engaging in normal, age-appropriate tasks and goals; 2) Issues and behaviors having to do with “spiritual bypassing”; 3) Challenges of the individuation process, including confrontations with archetypes of the collective unconscious and the shadow sides of life.

On the other end of the chronological ...CONTINUED ON PAGE 22

In This Issue

letters
editorial
page 2

Echo Points #2
Susan Rhodes
page 4

Enneatemps #2
Paya Naderi
page 7

Positive Thinking?
Susan Rhodes
page 9

12 Steps & E
Robert Tallon
page 12

Jack, it's great to have the *Enneagram Monthly* "up and running" again, especially because of the impressive assortment of articles in the April issue. Several held particular interest for me, although they all had stimulating things to say.

Carl Marsak's "Perils and Pitfalls of Teaching the Enneagram to Younger People" hit home because I have been approached about teaching a class to high school seniors. This is uncharted territory for me, as I have taught only the "over-thirty crowd." I keep thinking of C. G. Jung's "tasks for the second half of life," which involve integrating the conscious and unconscious aspects of the personality, and his "tasks for the first half of life," which involve turning outward and engaging life as it comes. Are young people "too young" for the Enneagram? I shall soon find out. Speaking of Jung, I cannot help but think that the appearance of Carl's article at this time is a "synchronicity," that is, a meaningful "coincidence"

Letters

(or "providence," in religious terms).

I would also like to mention Paya Naderi's *Enneatemps* - a fascinating exploration of the four temperaments and their relation to the Enneagram - which contained a bit of information that especially struck me; that enneatype Ones, like Eights, are notable for quickness of decision making. To my knowledge, this has not been standard Enneagram teaching. Ones have generally been portrayed as nit-picking, detail-obsessed, procrastinating decision makers, concerned always and everywhere to make the "perfect" choice, and worried they will blunder if they hurry the process along. As for me (I am a 1w9), this is not the case, and apparently this is not the case for the type in general. I almost always make decisions rapidly, even on big items, like a car, or even a house! And, despite my haste "to get it over with" (Ones are *not* "process

persons"), I cannot think of a time when any of these choices have turned out to be bad ones. Not that I'm perfect (although, tee-hee, we know in our hearts that Ones are usually correct, don't we?), but there is a sort of inherent ability to size up a situation, to cut to the chase, to eliminate the ambiguities, and...to follow one's "gut."

I must also note that I am the author of *A Christian Spiritual Psychology: The Four Temperaments of Jacob Boehme* (New Cultures Press, if anyone is interested), so I am well versed in the old four temperaments - or "four humors" - theory. Rightly handled, it remains an insightful guide to personality study. I was surprised to learn, in Paya Naderi's article, that it is popular in Europe to this day. I do know that Immanuel Kant, while revolutionizing philosophy at several points, reverted to the four temperaments in analyzing personality type. (See his *Anthropology from a Pragmatic Point of View*.)

- Tom Isham
Marshall, MI

THE ONLY COMBINED
SCIENTIFICALLY DETER-
MINED ENNEAGRAM
PERSONALITY TEST AND
IN-DEPTH GUIDE

the
essential
enneagram

DAVID DANIELS, M.D., & VIRGINIA PRICE, PH.D.

"JUST UPDATED AND REVISED 2010 WITH MUCH
NEW MATERIAL"



- The Enneagram Intensive (Part 1) of our *Enneagram Professional Training Program* (EPTP) comes to lovely Vallombrosa Center in Menlo Park close to the SF Airport in August 2011 and to the Montreal Center close to Asheville, NC in October–November, 2011
- Deepening Spiritual Awareness and the Typing process (Part 2) come to California in August 2011.
- Check our website for David's radio shows and video.

Call Tracy at 866-366-8973 for detailed information and registration or go to

www.enneagramworldwide.com

Visit our website and explore the more than 200 pages of vital information, and for all the detailed information about our Intensive, training programs, and workshops.

Still working toward a new website; we are grinding ahead and the light

at the end of the tunnel is slowly coming into view. Meanwhile, I have a feeling that we are approaching a breakthrough point in Enneagram theory. Lots of new ideas, innovative ideas about teachings, and explorations of how we can link the enneagram to other systems. Can't quite put my finger on it yet, but I think we're heading in some interesting directions....

In This Issue:

Patience is generally not considered a typically sevenish virtue, so it seemed a long wait since **Mona Coates** and **Judith Searle** first told me about the book they were working on: "Sex, Love and Your Personality: *The Nine Faces of Intimacy*." So it was with a great sense interest that I've been awaiting this masterpiece opening on my screen. We had several case histories by Mona Coates in the *EM* in the mid and late 90's that had always left us with a craving for more, because there are few ways of illustrating the enneagram types more clearly than by authentic life stories. Something about the raw impact of actually lived situations never seems to be imitable by mere theorizing. This is particularly true for matters of intimacy and sexuality. So we are happy to finally have this material to share with all our readers.

From the Editor

Carl Marsak looks at the effects of introducing mature folks to the enneagram.

"The Coming Wisdom with Time" is not a guarantee that wisdom will come with time. Alas, for some it may include feelings of remorse for lost opportunities due to lack of self-knowledge. Too many people get caught up in the pursuit of "life" and develop habits that serve them to achieve their goals, but may not always bring them long-term fulfillment. Late in life, in retrospect (that's when our vision approaches 20/20, ironically, while we need ever stronger prescription glasses...), our value system may become refined to include more intangible treasures life has to offer: relationships, cultural pursuits, spiritual aspirations and regrets for not having seen it all sooner.

"The Geometry of the Enneagram (Part 2): *Echo Points and Their Wing Point Complements*" offers a second approach (the first one was in last month's issue) to explain why opposite types on the enneagram circle seem to correspond with one another in certain striking ways. In this issue, **Susan Rhodes** zeroes in on how each type corresponds to the zone immediately opposite it on the circle (e.g., how Type 1 is like a Type 5w6 /Type 6w5, etc.).

"Enneatemps: The Four Temperaments and Enneagram Types (Part 2)" tackles the tricky question of how to match a system of 9 types with one of 4

Volume 17, Number 2, Issue 177

Enneagram Monthly

748 Wayside Rd.
Portola Valley, CA 94028

Phone: 650-851-4806 Fax: 650-851-3113

Email: em@guna.us

Editor and Publisher Jack Labanauskas

Staff Writer Susan Rhodes

Assistant Editor Sue Ann McKean

Consulting Editor Andrea Isaacs

The Enneagram Monthly, Inc. was founded by Jack Labanauskas and Andrea Isaacs as a not-for-profit corporation. Its purpose is to gather and disseminate information in the field of the Enneagram, that is most commonly known as a personality typing system.

For subscription and advertising rates see back cover.

Sex, Love and our Personality: <i>The Nine Faces of Intimacy</i>	Mona Coates and Judith Searle	1
The Coming of Wisdom with Time.	Carl Marsak	1
Letters	Tom Isham	2
From the Editor.	Jack Labanauskas	2
The Geometry of the enneagram (Part 2): Echo Points and Their Wing Point Complements	Susan Rhodes	4
Enneatemps: <i>The Four Temperaments and Enneagram Types (Part 2)</i>	Paya Naderi	7
Is Positive Thinking Destroying America (<i>Or Possibly the Enneagram</i>)?	Susan Rhodes	9
The Twelve Steps, the Enneagram and Contemplative Prayer.	Robert Tallon	12
Subscription Forms and Ad Rates		24

Visit our web site! www.ennea.org with the updated Index by Author 1995 - 2007 and Index by Subject 1995 - 2007

ancient temperament types. **Paya Naderi** comes up with an interesting answer that might even work for the Jungian types and the MBTI. Paya makes a bold leap by separating off the inner triangle types completely from the equation. Just like in the geometric figure itself, where the hexad points are interconnected and the triangle is self-contained, he gives points 9, 3 and 6 a special role (different from that of the hexad points) in which all inner triangle types are more fluid than the hexad points in function and scope. Instinctively I find this idea plausible for two reasons. First, we have at least a smidgen of every single type in us from the get-go and like that piece of carrot in the boiling pea soup, it will occasionally surface... And second, it nudges the interpretation of "What is an enneagram type?" closer to a dynamic model that (like that piece of carrot) explains both why we wear many hats, but at the same time retain one primary point of view.

Susan Rhodes wonders, "Is Positive Thinking Destroying America (*Or Possibly the Enneagram*)?" Well, actually, it's not Susan but outspoken pundit Barbara Ehrenreich, who in her recent bout with cancer was annoyed by people urging her that she "think positive" if she wanted to recover. This advice had the opposite effect, leading her to take a dim view of positivity—and leading Susan to take a closer look at the difference between the kind of positivity that heals and the kind that does not.

Robert Tallon's "The Twelve Steps, the Enneagram and Contemplative Prayer (Part 2)" is the second half of his thoughtful exploration of how individuals in 12-step programs can use the enneagram in their journey toward recovery from addiction. Picking up with the 2nd of the 12 steps, Robert shows us how bringing type into the picture deepens our ability to personally relate to each these steps. It's ironic that, in life, we must so often make our

best efforts when we are least equipped. But sometime the best equipment is not what we can see on the outside, but is what is hidden from view: the motivation to beat the odds, even when it seems impossible. Many battles have been won not by the strongest, best-prepared army, but by motivated underdogs that were hungry, cold, wounded and almost out of ammo.



An IEA Accredited Enneagram School • Courses approved by ICF

2011-2012 DC Enneagram Coach Training Certification Program Starts August 23

PROGRAM:

An advanced coaching school for experienced human growth professionals wanting to integrate the art, science and consciousness of the Enneagram into their businesses

Through in-depth distance courses, a 6-day live intensive, a five-month fieldwork program supervised by faculty, and regular contact over 10 months with a community practicing presence, you will:

- Develop your capacity and confidence in the power and vitality of presence-based coaching as a basis for sustainable change
- Gain understandings, skills and tools to work with the multiple dynamics affecting your client's growth;
- Grow yourself and grow your business

FACULTY:

Roxanne Howe-Murphy, Ed.D., Founder, author of *Deep Coaching and Deep Living* (2011)

Belinda Gore, Ph.D., pioneering Enneagram psychologist and leadership consultant

Diana Redmond, veteran coach and spiritual mentor

Elizabeth Carrington-House, MCC, veteran leadership coach

DISCOUNT:

\$500.00 tuition discount to IEA members.

The Deep Coaching Certification Program

...illuminated for me an extraordinary coaching model for supporting clients' realization of deep and liberating change. Bringing together the profound truth of the Enneagram and the power of Presence, the program significantly deepened my knowledge while expanding my skills and awareness. The result...a highly increased capacity for me as a coach to support transformative changes in my clients!

—Samuel Schindler, San Francisco

To register, or for more information, go to: www.deepcoachinginstitute.com • or contact linda@deepcoaching.com