



BILL & KRISTI
GAULTIERE

**HEALTHY
FEELINGS,
THRIVING
FAITH**

Growing Emotionally
and Spiritually
through the Enneagram

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It's a joy to follow Jesus with you!
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Where's Your Hurt?

Even at night my heart instructs me.

Psalm 16:7

Emotions—we love 'em and hate 'em.

E-motions move us, motivate us, ignite our passions, and bring us pleasure, excitement, and connection. But they also stump us, stress us, cripple us, and hurt us and others. Many of us are controlled by our emotions, or we have learned to shut them down by numbing or distracting ourselves.

Have you considered that your emotions are a gift from God? A source of intelligence, faith, and love? God has emotions, and he created us in his image, which includes the ability to feel emotion (Gen. 1:26; 2:9).

Bill and I (Kristi) are blessed to have four little grandchildren. We've been reminded that children develop the capacity to feel before they develop the capacity to think rationally. Their emotions alert us to their needs and compel us to take action to care for them.

I am the youngest in my family, with two sisters who are almost five and seven years older than me. My parents and sisters were strong thinkers and had control over their emotions. But

I was born with the opening to my stomach closed. Whenever I was fed, I would projectile vomit. I cried in hunger, screamed in rage, and was inconsolable. My mom took me to the doctor, and I had life-saving surgery. But the trauma of the abandonment I experienced as an infant alone in the hospital added to my highly sensitive nature as a feeler.

As I grew, I continued to experience strong emotions, and when I expressed them it overwhelmed my parents. They tried everything they could to shut down my emotions: reasoning with me, telling me to snap out of it, making threats, isolating me. Nothing worked. I could not help but feel my feelings. I felt tremendous shame about being so emotional. How were they able to be so logical all the time? How could they be so even-keeled and unemotional? Why couldn't I be like them?

I began to *hate myself* for being so emotional. To cope with all my emotions and the stress they caused for me and those around me, I learned to put my energy into being sensitive to the desires and needs of others so I could help them and secure their love. I was not conscious that I was doing this—I just knew that caring for others made my life go better. I had found a way to secure myself in my relationships, feel better about myself, and earn people's love.

Largely, my personality seemed to work for me until I hit a wall in my late thirties. I suddenly realized how unloved I felt, even by God. I had taught that the Lord was good and loving, but then I was no longer able to really trust this to be true. I didn't want to admit it, but I was angry at God for allowing me and the people I loved to suffer. Due to repressing my emotions, I found myself buried in shame, horrified by the pride and hypocrisy in my soul, questioning my faith, dissatisfied with my life and relationships, and suffering from depression.

Bill and I write about hitting a wall spiritually in our book, *Journey of the Soul*. To get through The Wall, we need to go on an inner journey of getting emotionally honest with ourselves, God, and others. As we do, we grow into a deeper intimacy with God and greater spiritual and emotional health to be formed in Christlikeness.¹

Deeper Understanding of Emotions and Personality

I sought help from Jane Willard (wife of Dallas Willard), who introduced me to a tool she was learning in her spiritual direction training called the Enneagram. Friends had told her that it had saved their marriage. Some of our friends were also learning it and reported that the Lord was using it to reveal deep truths and lead them into greater growth and freedom in their lives. This included an Al-Anon sponsor who found it very valuable in her work with codependents in recovery.

At first we were skeptical. The Enneagram diagram looked like a pagan or occult symbol. It had not yet been scientifically validated as a psychological assessment, which was important to us as therapists.² But we respected Jane and our friends, so we began our own careful research and learning, testing everything against the truths of Scripture and through prayer. It didn't take us long to realize this was indeed a powerful tool for repentance and growth in Christ.

As I learned about the Enneagram type One, I immediately felt like I was reading about Bill. It was as if someone knew my husband better than I did, even better than he knew himself. It gave me so much insight into his unconscious emotions, behaviors, habits, and needs. I grew significantly in my empathy for him and in my ability to pray for him and love him.

But as I read about the Enneagram Two, I thought, *Ugh! I don't like this personality. How awful to be a Two!* I was irritated by what I read. I began to think of people I knew who were insecure Helpers like I was reading about and how much I wanted to avoid them. Later, one of my friends in the school where Bill and I were earning certificates in spiritual direction told me that she thought I might be an Enneagram Two, and she read to me some descriptions that exposed me. It was painful, and I felt naked and horrified at my root sin of pride. Thankfully, she was empathetic, and I came to feel hopeful that the Holy Spirit was leading me on a path for me to change and grow in my freedom and maturity in Christ.

We cannot repent of sin we are not conscious of. We cannot be healed of brokenness we refuse to feel. As the prophet Jeremiah

pointed out, “You can’t heal a wound by saying it’s not there!” (Jer. 6:14 TLB). The Enneagram provided understanding and invitation for me to see my sin, feel my deep shame, and bring my defended false self into relationship with Jesus and his people for the help I needed to be truly secure in God’s love and better able to joyfully love others well.

The foundation of the Enneagram theory and system of personality goes back to Evagrius Ponticus, a Christian from the fourth century who was one of the Desert Fathers. Evagrius identified a list of eight sins that later were referred to as “deadly sins”³ and more recently became the nine root sins of the Enneagram.⁴ He and the other Desert Fathers and Mothers used the deadly sins for spiritual counseling. Over the years, there have been contributions by spiritual teachers from different cultures and religions. Then in the 1970s insights from modern psychology started being added as well. Today the Enneagram is a highly developed assessment tool. The foundation of the theory is compatible with the Bible, but many Enneagram teachers do not come from that perspective. Our view is that *all truth is God’s truth* and that the Enneagram teaches us helpful truths about human personality. Of course, the theory and its teachers are not perfect, so we chew the meat and spit out the bones.

In our Soul Shepherding Institute and in spiritual direction for our clients, we use the Enneagram as a spiritual psychology tool. We have added to the theory our own insights on emotions and spiritual growth. In our use of the Enneagram, we put our confidence in Jesus Christ, *the One* in whom are hidden all the treasures of wisdom and knowledge (Col. 2:3). We look to his perfect life, his loving Father, his ever-present Spirit, his true Word, and his servants. We are thankful for how the Lord has used the insights of Christian psychologists and spiritual directors to contribute to the wisdom of the Enneagram.

Four Hurts in Your Personality

All of us are like Eustace from C. S. Lewis’ story *The Voyage of the Dawn Treader*: we have a false self like dragon skin, and we need to

let Aslan tear it off.⁵ This is quite painful! But it's the only way we can be free from the destructive effects of our root sin to become our best self that's more like Jesus—more authentic, free, intimate with God, lively, and loving.

I (Bill) first became aware that I had dragon skin when I was a senior in college and in a group therapy class led by my favorite psychology professor, Cara. She was also a therapist, and her class included weekly group therapy sessions. Each week different students got on “the hot seat” and shared their emotional struggles, and Cara provided counseling while also drawing out the reactions of others. I have to admit that after each group I thought, *I'm sure glad I don't have problems like these other students do.* Then during one group a student looked at me with icy eyes. “What about you, Bill? You just sit up there on your pedestal, analyzing and judging us who share. Why don't you ever share? What are you struggling with?”

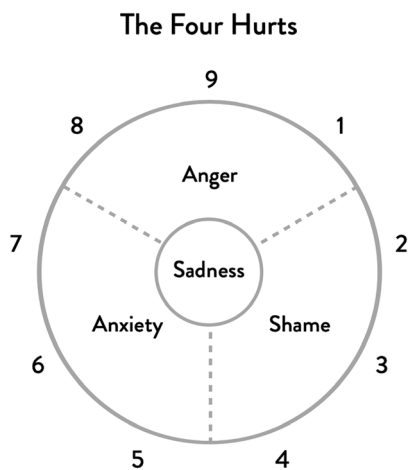
I was quite affronted but also tongue-tied. Later that week, I slunk into Cara's office. She asked me the same question she always asked: “How are you feeling?” The first time she had asked, I almost looked over my shoulder to see who she was talking to! *Feelings? Me?* I was dumbfounded. I had no idea what I felt, and it seemed irrelevant. I wanted to study counseling to help others. I was fine—or so I thought. When I felt emotional stress or pain, I just got busy with work, school, sports, and giving advice to other people. But now *I was hurting*, and I knew that Cara would listen to me, so I took the risk to be real and raw.

My counselor helped me put feeling words to my inner swirl of anger, shame, and anxiety from being called out in group. I learned that my experience was much less about what the student said to me and a lot more about the brokenness in my personality. As a general rule you can go to the bank with the idea that what you experience in your life is mostly determined by your personality—not other people or your circumstances. In my conversation with Cara, the Lord started tearing off my dragon-skinned false self and setting me free to be loved and to love as a real person, but it was quite painful emotionally.

Underneath my emotional reactions, I was hurting—I felt sad and had unmet personal needs. As the late Christian psychiatrist Gerald May wrote, “The joy and beauty of freedom and love *must* be bought with pain.”⁶

In the years after that, I continued to learn more about my personality as a hero child and a perfectionist, a One on the Enneagram. I always felt I had to be right, capable, ultra responsible, and strong for others. Inside my soul was a pressure cooker of unconscious distress, including resentment from all the heavy, unfair expectations I felt, mostly from myself.

One day Dallas Willard shared with me, “We work with words and people.” That’s been a helpful distillation for Kristi and me in our counseling, writing, and teaching. To help you communicate clearly and lovingly in your relationships, work, and ministry, we teach you a vocabulary of emotions that increases your self-awareness and enables you to receive the empathy that is oxygen for your soul. Of the many emotions that we name, we focus on four main hurts that can damage your identity: anger, shame, anxiety, and sadness.



Anger is a feeling of protest, reacting to being wronged or intruded on. It drives you to take a stand or fight back in order to feel in control or respected. It can malform your identity on the lie “I am what I do.”

Shame is feeling bad about yourself and can lead to depression. It compels you to impress or please other people to feel better about yourself. It can malform your identity on the lie “I am what others feel about me.”

Anxiety is feeling overwhelmed, worried, or scared about problems or dangers. It pressures you to gather resources to feel secure. It can malform your identity on the lie “I am what I have.”

Sadness is feeling loss, hurt, unmet need, or longing for love. Usually, it's hidden underneath anger, shame, and anxiety. Even though it's painful, it's also a positive emotion that can readily move you to pray or ask for empathy.

Your hurt shapes your personality and becomes your dragon-skinned false self. Yet most of the time, instead of seeing your false self as a dragon, you see it as an angel that helps you! We get *charmed* by our false self and its defense mechanisms because they make for us a “psychological anesthetic”⁷ that denies our emotional pain, especially our sadness over hurts and losses. But, as Christian psychologist John Townsend teaches, it's foolish to hide from the truths and loving relationships that we need.⁸ Instead, we can learn how to understand and care for the emotional hurts and needs that are embedded in our personalities.

Here's a quick overview of the four hurts and how they relate to the felt needs of the nine Enneagram types that we'll be unpacking in this book.

Anger (Gut Types)

Eight (Challenger): Act with power

Nine (Peacemaker): Act to avoid conflict

One (Reformer): Act to be perfect

Shame (Heart Types)

Two (Helper): Feel wanted

Three (Achiever): Feel successful

Four (Individualist): Feel special

Anxiety (Head Types)

Five (Observer): Think to have resources

Six (Loyalist): Think to have security

Seven (Enthusiast): Think to have pleasure

Sadness

All types: Need empathy, forgiveness, and grace

Those felt needs may seem pretty nice, but actually they are ways of denying anger, shame, anxiety, and sadness. In the early stages of growth, we don't see that our personality is bent away from God and resisting the grace we need by hiding our emotional pain, sin, and deeper needs in our unconscious shadow self.⁹ Eventually, we run into reality in the form of painful consequences to our defended personality, and that's when we can finally realize that our personality has been charming us to keep us from seeing what's broken inside. That's what happened to me (Bill) when I got confronted in group therapy for sitting atop my perch, thinking I didn't have any significant problems or hurts.

To wake up to reality and change, we need to feel our hurt emotions, ultimately getting to the deepest hurt of sadness. This includes verbalizing sadness, grieving losses and injuries, praying from your heart, forgiving sins, asking for what you need, learning to trust someone's empathy, and receiving grace. As we'll explore in the pages to come, this is how you can move through anger, shame, anxiety, and sadness into the blessings and positive emotions of freedom, joy, peace, and love.

How to Read This Book

In Psalm 139 (NCV), David marvels that Yahweh has created him so that his thoughts and feelings can “rise with the sun in the east and settle in the west beyond the sea” and even there his Spirit guides him and holds him in love (vv. 8–10). He praises the Lord for creating his personality “in an amazing and wonderful way” (v. 14). He concludes his prayer by pleading with the Lord to search his heart to find whatever is not good and lead him on “the road to everlasting life” (vv. 23–24). The Enneagram is a tool that God can use to answer this prayer for you. But it’s like a scalpel that can heal or harm, so here are some guiding principles on how this book can help you and the people you care for become more like Jesus.

Emotions are central to personality, so each type is grouped by its primary hurt (or core emotion) of anger, shame, or anxiety. These emotions, along with sadness, often hide under each other. When you care for your distressed emotions, it opens the way for you to feel positive emotions like freedom, joy, peace, and love.

Your felt need is the deep desire of your type that God created, but it’s easily taken over and corrupted by your root sin (sometimes called “sinful passion”). Your personality is deeply formed by good and bad motivations that are mostly unconscious.

It’s helpful to learn the map for your type (number), which includes your wing (the number next to yours that you relate to), stress line (in stress you take on unhealthy traits of this number), and growth line (in growth you take on healthy traits of this number). Developing the strengths of the other numbers in your map gives your personality more options and helps you to be healthier and more loving.

You’ll relate to more than one type, so in addition to reading the chapter on your type, read the chapters on your wings, stress type, and growth type. (You’ll find help in the

chapters about the other types also.) Settling on your best-fitting type is a deep work of reflection that takes time.

Let people find their own type. It's important to respect people's dignity by not putting them in a type box or joking about their type.

Stopping your root sin is like catching a rat in the cellar, to use an illustration from C. S. Lewis.¹⁰ Listening for your type's "emotional alarm" will help you sneak in to stop the destructive rat in your personality.

Observe your unhealthy personality in a relaxed way. Recognize your stress emotion and smile. *Oh, there I go again!*

Self-awareness helps you ask for what you need, confess your sins, experience God's love, and love others. It's essential for your well-being and becoming more like Jesus.

We all need empathy for the four hurts of anger, shame, anxiety, and sadness and other personality struggles. Learning about someone's personality can help you love them well.

Sadness opens a path of healing, so we give special focus on helping with grief in each of the nine type chapters and the last two chapters on sadness.

Seeing Jesus in your type from his life in the Gospels gives you insight and encouragement to be healthy in your emotions and personality. It does not change your type—*it helps you be more like Jesus within your type.*

Your virtue is your type's compass for depending on God's grace to be your best self. It's your sweet spot that supports your experience of the freedom, joy, peace, and love that flow from Jesus in his Kingdom of Light.

Soul care practices for your type and emotions help you be healthy and loving in your type. (You can also benefit from the recommended practices for other types.)

Jesus in Your Type!

Whatever you are feeling in your life and personality, Jesus of Nazareth has felt it and was tempted to react by securing himself but chose to trust God. In fact, the New Testament specifically names thirty-nine different emotions that Jesus felt.¹¹ Our Savior felt deeply and *intelligently*. When the Son of God took on human flesh, he stepped into human personality to empathize with us (Heb. 4:15). At different times, he embodied each of the nine Enneagram types at their best. He feels your damaged emotions and the temptations of your personality, and he mirrors back your type with God's grace and glory. He is the model for your type and, better yet, he *mediates* your type's virtue to you, shaping your personality to be more like his. He shows us that healthy feelings go with a thriving faith.

In the pages to come, for each of the four hurts and the nine types, we help you find words to pray and share with friends, and we draw you to Jesus, the Wonderful Counselor (Isa. 9:6). Through Scripture, real-life examples of broken personalities being restored, and practical soul care tips, we help you to discover *Jesus in you*. You will feel his empathy, join his intimacy with the God he knows as "Papa" (Mark 14:36 MSG), and learn from him how to become a more loved and loving expression of your personality type.

In some way, each of us is like the man with a deformed hand whom Jesus encountered at the synagogue one Sabbath (Mark 3:1–6). The man probably felt ashamed as he hid in the shadows, anxious about how to provide for his family, and angry for being judged and boxed out by the high-nosed priests. Jesus felt his emotions. On another occasion, we're told that when Jesus encountered a certain rich man, "Jesus looked at him and loved him" (Mark 10:21). That's what's happening here with this poor man. Both the rich man and the poor man felt sad. The rich man walked away depressed and clinging to his wealth, while the poor man was hopeful. *He kept his eyes on Jesus*, took him at his word, reached out his deformed hand, and was made whole! Your opportunity is to

stretch out your hurting personality to Jesus and be made whole in God's love. It's an ongoing process of becoming more like Jesus.

To help you get the most benefit from this book, take our free online "Enneagram and Emotions Assessment." You'll receive your results and personalized guidance right away. Just scan the QR code or visit SoulShepherding.org/Enneagram.

