



Enneagram Global Summit™

Nine Ways to Love and Be Loved in Intimate Relationship

Julia Foster

Jessica: Welcome to *The Enneagram Global Summit: Nine Essential Pathways for Transformation*. Our session is titled "Nine Ways to Love and Be Loved in Intimate Relationship," and our faculty is Julia Foster. Julia is an Enneagram teacher, business consultant and love relationship expert. She has been teaching the Enneagram for the past 29 years and is nationally recognized as an Enneagram expert. She's passionate about teaching the Enneagram in a way that fosters compassion, acceptance and a deep understanding in intimate relationships. This true understanding and compassion allows us to heal and grow spiritually in the relationship. Julia, thank you. I'm so glad you're here with us today.

Julia: Oh, it's my pleasure.

Jessica: To love and be loved, is there anything that the heart and soul of the human being desires more, whether that is with themselves or with another, or with the divine, if you will? This whole topic of opening to love as a giving and a receiving, and what each type brings to that as a capacity and brings to it as a kind of obstacle or resistance is a powerful map for all of us for something that we deeply yearn for. I know we're going to talk about the different ways that each of these Enneagram types expresses love in relationships. I think one thing that's going to be really potent is that you want to share with us ways that each type can feel loved in a relationship. Maybe start with how has this work, why did it become such a passion of yours? Why did you really apply the Enneagram to relationships?

Julia: I think it probably has a lot to do with the fact that I'm type Two on the Enneagram, the giver/helper type. I guess, even before I knew the Enneagram, one of my wishes was that we could just all love each other, understand each other and have compassion for one another. When I learned about the Enneagram, I realized that this is a really potent, wonderful way to understand people as they are to themselves and just a wonderful way to develop that love

rather than being judgmental or having conflict with each other, when we understand another person as they are to themselves, like what's important to them, what's in their heart, what are they here to heal, and what makes them feel loved? I've been a psychotherapist in private practice before I learned the Enneagram. I just started to see how helpful it was for clients to know what their type was, and then also to know what their mate's type was and how much healing happened. It just made everything go more smoothly.

Jessica: One of the things that we've been able to integrate into this is that as a part of the flow of love, the giving and receiving of love, there's actually a spiritual growth that takes place with that. You're going to speak to that too with each of these types is what can support that spiritual growth.

Julia: Yes, I think that in this day and age, a lot of why we are with each other is to support each other growing into our higher self. When we're both helping each other in a relationship to do that, there is more love, there is more enjoyment, there is more compassion, and there is a way to do that with one another when you really understand.

Jessica: Well, I think it would be wonderful if we began our journey around the Enneagram and gave some of this beautiful wisdom and guidance to each type. Where do you like to begin?

Julia: I usually begin with type One. That's type One, the perfectionist. Also, I'll just say that I have renamed the types to their higher expression. I call type One the humanitarian. Ones are the type that work really hard to do things well, to do things right, to improve themselves, to improve the world and to make the world a better place to live. In intimate relationships, Ones express their love for other people really by doing very practical, helpful, thoughtful things for the other person. It might not seem like they're doing a lot, but really they're always thinking about how they can help the other person in really practical types of ways. Also, one thing that I found really interesting is that Ones express love by helping their partner to improve themselves and to be better. My brother happens to be a One on the Enneagram. When I was first learning the Enneagram, and he was learning about being a One, I realized that his criticism of me, and his telling me what I was doing wrong, I said, "Oh, that's really a way that you express love." He said, "If I didn't care about you, if I didn't love you, I wouldn't tell you what you're doing wrong and to do it better." It has really helped our relationship for me to understand that this is one of the ways that Ones express their love and caring for another person is to help them improve themselves.

Then in terms of feeling loved, Ones do a lot in the relationship. They take care of things. They do the to-do list. They're organized. To be appreciated for how

much they do, how well they take care of things, how much they do on the to-do list, and that they do put a lot of energy, effort and thought into what they do. I think another way that Ones really feel connected in a relationship is to work on humanitarian efforts with their partner together. That feels really bonding for them. In terms of supporting spiritual growth for a One in a relationship, the path of growth for a One is to come to a place where the inner critic is quieter and they can accept themselves and love themselves just as they are, with all of what they see as being failings or not being good enough. Anything that you can do to support your partner around accepting themselves, loving themselves, not being so judgmental and hard on themselves is really helpful. It helps them with their path of growth.

Jessica: Thank you for that wonderful description, Julia. I do think it's particularly lovely for people to realize that type Ones, when they appear that they're criticizing us, I've had Ones say, with tears in their eyes, "Don't you know that when we're giving you suggestions and trying to fix things, it's because we love you?" That's just such a beautiful thing to understand about a One. Let's move to type Two now.

Julia: Type Two is called the giver or the helper, and I call type Two the lover. This is the type that's very relationship-oriented and wants to have a heart-to-heart connection with other people and particularly tuned into how other people feel, what they need, how they can be there for the other person, how they can be supportive of the other person. In a relationship, Twos express love by listening to their partner on a deep level from the heart, in an emotional kind of way, and will do whatever they can to be supportive, to be loving, to be nurturing, to offer suggestions, but just to tune in and be there and be with the other person emotionally. I think one of the other ways that Twos express love in a relationship is to be affectionate. They tend to touch you or hug you or just want to be close physically. That's one of the other ways that they express love.

Then in a relationship, for Twos to feel loved, oftentimes it's hard for Twos to receive. Even though you might be expressing love or being loving in a relationship with a Two, it's difficult for them to take it in. But what is helpful is to listen to them in the same way that they listen to you, so to just be present with them emotionally, to understand their feelings, and just to develop and feel that heart-to-heart connection with the Two really is primarily how to feel loved. The path of spiritual growth for a Two is to know and really experience that they're worthy, worthy of receiving love, worthy of receiving just really about anything, worthy of receiving what it is that they need in life. Because Twos are used to being the person who gives, being the person who helps, and it just seems like, "That's what makes me worthy is other people need me. I know what to give them. I know how to be there with them." In a relationship with a Two, anything that you can do to help support them around knowing that how they

feel is important, what they need matters, and that they're worth receiving and being loved in return, that's what's helpful for them.

Jessica: Thank you, it's really beautiful how when we talk about supporting the spiritual growth in another type, we're talking about developing our own spiritual growth in terms of learning to be attuned to what that type needs and support them in that. It stretches all of us.

Julia: Yes, I think it is human nature to just assume that other people are loved and supported in the same way that we are. One of the wonderful, valuable things about the Enneagram is to realize that the other person is a particular type and what they need and how they feel loved and how they're supported spiritually is different from us.

Jessica: Exactly, well, let's go to type Three.

Julia: Type Three is called the performer or the achiever. I call it the manifester. Threes work hard. They work hard and are successful and achievement-oriented. They're really task-oriented. Work or livelihood is really their focus and very, very important to them in life. One of the ways that Threes express love in a relationship is that they provide a comfortable lifestyle for their partner and for the family. Oftentimes, I'd like to accentuate this because I think oftentimes it just seems like Threes are just working hard, and they're not at home that much and they've brought a lot of time, effort and energy into that. I think it really helps to realize that being financially successful is one of the ways that they express how much they care about another person and how much they care about the family. Another way that Threes express love is that they will support their partner in accomplishing their goals and their dreams. They kind of do whatever they can.

In terms of feeling loved, Threes do like being appreciated for how much they contribute and how successful they are, and it does afford the person and the family a comfortable lifestyle. Another thing that they really like in a relationship is to accomplish tasks together, because even if Threes aren't at work, even on the weekends, Threes have a to-do list. They want to get things done and accomplish things and move forward. They really enjoy when their partner participates with them. Now, in terms of spiritual growth for the Three, it is their path of growth to know and really experience that they are loved no matter what. It doesn't matter if they're successful, it doesn't matter if they fail, but to be loved for who they are, for their true authentic real self and not just what they can do and how successful they are. Any way that you can support the Three and knowing that you know who they are as a person and that you love them and value them as a person completely outside of what they can do and how successful they can be.

Jessica: Beautiful, we move to type Four, the last in the heart triad.

Julia: Type Four called the romantic, I call type Four the spiritual seeker. This is a type that's a little bit similar to Two in that Fours are very relationship-oriented and want to connect in a heartfelt kind of way. Fours express love by connecting with the person in a very deep, authentic, passionate, romantic, emotional way. It's what feels good to them. It's where they live. It's just the way that they feel comfortable expressing their love. Because Fours live so deeply within their own heart, within their own feelings, it's easy for them to be there with you. If you're going through something difficult, if you're going through a crisis or you've had a loss or something is really challenging, a Four can express their love by being right there with you through anything difficult. That's one of the ways they express love.

Then in terms of feeling loved, Fours want to be met emotionally, to connect with them deeply in an emotional way, in a real way. This is a type that wants to have that real soulmate kind of feeling with their partner. In addition to that, they also feel loved when you allow them the space and the alone time that they need in order to connect with themselves and with their own creativity. They both want to connect really deeply and passionately. Also, they need that alone time in order to just commune with the muse and express their creativity. In terms of spiritual growth, Fours have this sense that there's something wrong with them, that there's some flaw within me. Once you see that flaw and you get really close, then you will probably leave. Their path of growth is to know that really, in truth, there's nothing wrong with them. They are deep. They are unique. They do feel things just on a very, very deep level. But it doesn't mean that there's anything wrong with them. This is not a flaw. To know that when their partner supports them and knowing that there isn't anything wrong, there's nothing wrong with me, I'm not flawed, I am worthy of love, and loving all of who they are and staying with them through the ups and downs and not really even abandoning them on an emotional level really helps.

Jessica: Yes, to really be able to weather a true storm with them where it's these very lovely highs and also just the real moving into the shadow with them and just to know that the steadiness is there is really transformative, isn't it?

Julia: Yes, really helps. I say to people who are with Fours, don't get on the roller coaster with them, but don't leave the amusement park. Just stay. Just stay right there, stay present and stay connected.

Jessica: Beautiful, that takes us into the head center, so type Five.

Julia: Yes, Type Five called the observer, I call it the sage. Fives, they tend to like to think about things, to gather information, because things out, analyze things.

The way that Fives express love tends to be a little bit more subtle than some of the other types. I like to say there's a very sweet part of Fives. It's subtle but they do care. They will do thoughtful things for their partner, thoughtful, helpful kinds of things. But they do it in a really quiet way. There's no fanfare about it. They're not going to necessarily be asking for acknowledgement or thanks about it. Another way that they'd like to express their love is sharing their thoughts and their ideas. This is really important for Fives, and Fives want to have a meeting of the minds with their person. Sharing what's going on in their own mind around their thoughts and ideas.

Now, for Fives, feeling loved in a relationship has a lot to do with feeling like their partner is fine with them taking time for themselves. Fives need alone time and preferably on a daily basis for them to recharge their battery. They like to read, think, listen to music, be on the internet, but they really need that private alone time on a daily basis. I've had Fives tell me that it's just so helpful when I don't have to explain it, my partner doesn't take it personally, it's fine for me to have that time. That really feels like being loved for a Five. Another thing that is I think helpful to know is that Fives really like to connect in nonverbal types of ways, sharing something that's important or sharing something that's beautiful, like watching a beautiful sunset together or listening to a lovely piece of music or sharing art or going for a nice hike where you're being quiet. Fives like connecting in more nonverbal subtle kinds of ways. In terms of spiritual growth and supporting a Five along their path of growth, for Fives, their growth has to do with turning up the life force energy plane in the body so that they feel more present, they feel more comfortable kind of being in the world. When they turn the life force energy flame up, then there's this feeling of "Oh, there really is enough. I am enough." Fives have a thought that they're not enough. When they turn the flame up and there's more energy and more engaging in life, then there's that feeling of "Oh, there is enough time, there is enough energy, I do have enough knowledge, and there is enough here in the relationship." Anything you can do to support your Five in that endeavor helps.

Jessica: Again, which helps all of us spiritually grow.

Julia: Yes, I think being with a Five, what it entails or what's helpful, I learned this once at a Dances of Universal Peace, going through all the types, and I could feel just how subtle and how quiet and internal, peaceful and simple that place is where Fives live and said to go there and to kind of meet them there. Does that make sense?

Jessica: Absolutely, beautiful. That place of the still point, the real silence of being.

Julia: Yes.

Jessica: That takes us to type Six.

Julia: Type Six called the questioner, I call it the truth-sayer. For Sixes, loyalty and dependability are really, really important, whether it's in a relationship or just in life in general. Sixes express love through being loyal. They're committed, they're loyal, they're going to stay in the relationship through thick and thin. No matter what's happening, no matter what it's called for, they're going to be there. They feel loved in a very similar kind of way. Being loyal, being dependable, being really steady with a Six. Also, Sixes really like to talk through things. It's really helpful for them because the mind tends to go to worst-case scenario and worrying about things. To have a partner where they can talk about whatever their fears are, whatever their concerns are, and talking through them in a really practical kind of way, and not dismissing or diminishing the fears and concerns because there are lots of types who are really positive and everything is going to be okay, and everything is going to go well, and don't worry about that, and why are you worrying about that?

All that does is a Six ends up feeling misunderstood and makes them more anxious and fearful. In a relationship with your Six, just be there and talk through the fears, talk through the concerns. Really having a basis of friendship is so important for a Six. It fosters that sense that I can trust you, I'm going to be safe, this is reliable and this is dependable. The other thing that I've learned from Sixes, and actually I've learned this from David Daniels, talking about his marriage, that it helps for the person to say, "I'm not leaving. I'm here with you. This is why I'm staying." I remember he said, "I know, I know, it sounds odd if you're not a Six, but it's so helpful to have that." That verbal reassurance really helps a lot. Spiritual growth-wise, Sixes are learning trust and learning about faith. Anything that you can do to support them around trusting themselves first and foremost, trusting life, trusting divine guidance, anything that you can do to support them in that way is helpful.

Jessica: When they do begin to trust that guidance, we're all so lucky because they really do have some powerful intuitive abilities.

Julia: Yes.

Jessica: Type Seven?

Julia: Type Seven, called the enthusiast, and I call it the visionary. Sevens are the type that likes to have fun, they like to experience joy, do lots of different things, like to experience the upside of life. How Sevens express love in a relationship is to be that person in the relationship who's fun, they're uplifting, they're the inspiring person. They like to plan exciting, interesting, fun things to do with their partner. There's also this sort of sentimental romantic side to Sevens in

relationship. They can be quite endearing in that way. They feel loved by their partner when their partner gets excited with them about their plans, their dreams, their ideas. It's not so much whether the plan actually ever happens. I've had Sevens explain this to me. It's talking about it and getting excited about the possibilities. That's where the juice is for a Seven. To have a mate or a partner to kind of share that enthusiasm with them, it's great. It makes them feel loved. Sevens really want to be adored in a relationship. It isn't something that they share particularly, but the truth is that they really do want to be adored and also to be appreciated for all the joy and the enthusiasm that they bring to the relationship or to the marriage.

Now, in terms of their spiritual growth, for Sevens, it has to do with being in the present moment just as it is, without making it better, without dressing it up. But to just be with things just as they are, even if they're difficult, even if there's sadness, even if there's disappointment. It helps to have a partner who will go through the difficulties and the challenges in life, and really walk through that more difficult path in life with their Seven. Sevens have said, "Well, I don't really want to go down that path because I feel like I'm alone with those feelings, and I'm not comfortable handling them." In a relationship, if you can be with your Seven or let them know not only is it going to be okay to go through those challenges and difficult times in life, but that it's actually the grist for the mill that really leads us into our spiritual selves, into our higher self, into connection with the divine. Ram Dass, one of my first teachers, is type Seven. His first book was called *Be Here Now*. That was a book all about just being in the present moment, right here, just as it is.

Jessica: Yes, beautiful. Let's move to type Eight.

Julia: Type Eight is called the boss. I call it the warrior. Eights are the type that kind of live life to the fullest. They like being in charge, and they have a lot of energy. In a relationship, Eight to express their love by being passionate both in and out of the bedroom. They're protective and they're also very generous. They have a magnanimous part to them. Now, Eights also really like to be able to go toe to toe with their mate. It's not to create difficulty in their relationship. It really is how they feel comfortable, and it's how they connect. It's an important part of relationship for them. Also living life to the fullest, let's say, is a way that they express love in a relationship. In terms of feeling loved, Eights want to be met energetically. Just kind of like Fours want to be met emotionally, Eights really want to be met energetically in the relationship.

To have somebody be really honest with them, live life in a passionate way, be willing to go toe to toe and really put their cards on the table. Eights develop intimacy through sex and going toe to toe with somebody, because for them, it's how they feel like this is an honest connection, this is where we're real with each

other. Eights need to trust in a relationship. It's a different kind of trust than a Six wants to trust more in a mental kind of way. Eights need to trust energetically. You are who you say you are. To be that energetic truth and be really honest with your Eight makes them feel safe, and it makes them feel loved. I would also add it's important for Eights to feel like I have your back and you have my back. We're in this together. Be loyal to your Eights and let them know that you have their back. Then in terms of spiritual growth, Eights have this really tender, vulnerable, I call it marshmallowy part on the inside. They're tougher on the outside, but there's this really tender, sweet vulnerability on the inside. Their path of growth is to come to trust that vulnerable, tender, pure, sweet part of themselves. Anything that you can do to support your Eight and knowing that living there, expressing that, it really is a strength. There really is power in expressing that love.

Jessica: When we can really love and be loved by an Eight, that really helps us expand into our own potency.

Julia: Yes. One of the things that they teach us is about strength and power.

Jessica: That takes us to the top of the Enneagram, type Nine.

Julia: Yes, Type Nine, the mediator/peacemaker type. For Nines, it's a little more difficult to put into words how Nines express love and how they feel loved because everything is a little bit more subtle for Nines. But how Nines express love is to be with the other person, to be present with their partner in a very accepting, nonjudgmental, allowing kind of way, which is really beautiful. It's a gift. Just to allow the other person to be themselves, be themselves completely, and just to be present and really hold that container, in a sense, for the other person to just be who they are. They do it in a very kind way, a really genuinely supportive and empathetic way. For a Nine, feeling loved, again, it's a little bit hard to put into words, but Nines feel loved when you are just present with them the way that they can be present with you. Just being present with them again in a really nonjudgmental, accepting kind of way. They like just hanging out, like doing regular, ordinary, everyday types of things together in a way that feels like we're just in the flow, there's peace and harmony between us, it just feels just good. It feels like we're connected, but we're not doing anything in particular. We're just here with each other in the flow. I think another way that Nines can feel really loved in a relationship is to be seen and to be acknowledged.

I think a lot of times, Nines feel kind of invisible and like they aren't really very important, that they don't matter that much. Just being really present with them and letting them know that you see them and acknowledge them and know them. Then in terms of a Nine's path of growth spiritually, it has to do with knowing that they matter, that they are important, that what they think and

what they feel and what their goals are, what's important for them in their life, that who they are really matters, that they are important, because there's this part of Nines that they tend to diminish themselves. They say, "I'm not that important. It's not a big deal. It doesn't really matter to me." In the relationship, to let your Nine know, "You are important to me and this is why. I want to know what you think. I want to know how you feel. I want to know what you want" in a no pressure kind of way because Nines don't really like to be pressured or put on the spot. But just to say, "Yeah, I want to know what you want to do and what you think about and what your opinion is and what's important to you." That all helps for a Nine to experience themselves as themselves, as they really are, and to know that their presence here in the world is so important and matters.

Jessica: And it does.

Julia: Yes.

Jessica: As does all of ours. I love the way that you've brought out for each type a more vulnerable part of them that we can help them bring into being, that their temperament wouldn't usually be able to bring in to help them be a more whole person because we all matter.

Julia: Yes, thank you.

Jessica: Julia, I wanted to let people know that you have a website if they were interested in being in contact with you or learning about the sessions or classes that you do. It's called ninewaystolove.com. I wonder if you might share with us, we're asking each faculty member to just briefly say something about how your work with the Enneagram has had a huge impact on your own personal development, maybe just one way that finding out about your type, like you say that you're a type Two, really help changed your life.

Julia: Oh, my gosh, that's a big topic. It has helped me so much. I think before knowing the Enneagram, even though I had been in therapy and worked on myself, I still had that tendency to only pay attention to how other people felt and what other people needed. I definitely overgave in relationships. I overaccommodated. I kind of leave myself behind and then periodically get really upset about the fact that I'd left myself behind. One of probably the best things about knowing the Enneagram and being helped by it was it really encouraged me to pay attention to myself, to my own feelings, to my own real feelings. I had that connection to Four for the Two, which is even if everything isn't okay, maybe I'm down, maybe I'm sad, maybe I have needs, but to really be real in my own heart about what it was feeling, what it was needing, and to ask really directly for what I needed and to be open enough to receive that.

I think the other aspect is one of the workshops that I teach has to do with the connecting points. For me, my other kind of point being type Eight, to realize that I'm just pursuing my own goals and what was important to me, which has always had to do with psychology, spirituality and the Enneagram, in my work, that following my soul's purpose in life gave me strength. I didn't have to always go fix somebody else or help somebody else. Those things are fine and I love doing those things. But if I don't attend to my own life and my own life's purpose and my own path, then I get really off, I get off kilter, and things didn't go well. I think both of those things helped me tremendously.

Jessica: Thank you for that very authentic sharing of that, especially for all the type Twos out there. As we come to this end, Julia, we're talking to tens of thousands around the globe in many countries. I wonder if you might share just for a minute or two what it has been like for you to work with couples using the Enneagram. You're a psychologist or a therapist. Have you seen just much more rapid change or deeper change? How has that been?

Julia: Yes, I would say that it is the most potent, the most powerful useful tool and a way of understanding and coming to compassion in a marriage, in a relationship. After a while in a relationship, we're just trying to get the other person to not do the things that hit on our childhood wounds. When both people are engaged in "I just don't want you to do that, I don't want you to say that, I want you to be like this," that then obviously creates difficulty, power struggles and misunderstandings in the relationship. When both people understand, "This is what's hard for you, this is where the wound is, this is where my wound is," we can actually support each other in healing those things internally rather than blaming the other person for not being that person who's going to heal the wound. When you have that understanding, and you have that perspective and that compassion for yourself and the other person, it frees everything up. Then you're there to love each other, support each other, enjoy each other actually, enjoy the relationship. I just can't say enough about how incredible I think it is and helpful.

Jessica: Thank you so much for your devotion to that support of intimate relationships and to your lovely sharing about your own transformation and sharing this information with the world. I know Julia and I both just wish all of everyone who's listening that you will use these tools to create a life where you are able to experience both being loved and loving. Thank you to all and blessings to all.

Julia: Yes, thank you.

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