



## Conscious Life presents

### Resilience Through the Enneagram

**Guest: Sharon Ball**

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#### **[00:00:09] Meagen Gibson**

Welcome to this interview. I'm Meagen Gibson, your conference co-host. Today I'm speaking with Sharon Ball, a licensed professional counselor and International Enneagram Association accredited practitioner and trainer, she brings more than 25 years of experience in therapeutic trauma-informed care. Sharon believes trauma has the power to unite and connect us if we recognize and resolve our traumatic experiences individually and collectively. Sharon Ball, thank you so much for being with us today.

#### **Sharon Ball**

Thank you, Meagen, for having me.

#### **Meagen Gibson**

So I want to start off by asking you, why do you believe that trauma connects us?

#### **Sharon Ball**

Well, first, I don't see how it could not connect us. Whether you've experienced trauma yourself or you're walking beside someone who's experienced trauma, we're all bouncing off of each other. And what happens to me will somehow surface, especially if it's unresolved, will definitely surface within my family system, within the people, my friends. I do believe it has a way of impacting us positively and a way of impacting us negatively. And that comes back to trauma resolution and doing your work and your recovery.

#### **Meagen Gibson**

Right. And not, and just in case anybody at home is thinking, what popped into my head that I know you don't mean, which is the kind of platitudes of like, everything happens for a reason, and the bad things that happen to us make us stronger. And I'm like, you know what? I could have done with less trauma, actually, I would have been just as strong without any of those experiences.

**[00:01:44] Sharon Ball**

Definitely. And you think of the things that you have gone through and why would you want someone else to experience that? I had someone say to me the other day, well, trauma just increases your resilience. So if we did away with trauma, people wouldn't exercise their resilience skills. And I'm like, I would never wish upon anyone to learn resilience through what I've gone through. I think there are ways to teach resilience without having to go through trauma so you're prepared for when something traumatic happens, you've got the tools and the skill set, but no, we don't want people to endure difficulties. But, yes, there are some silver linings. Definitely.

**Meagen Gibson**

Yes, absolutely. And when people bring up the resiliency thing, I always remind them that hard things without support does not equal resilience. Hard things without support equal trauma. Resiliency requires support. And sometimes support from people, sometimes support just from our own skills and tools that we have available to us that we've learned from people like you and from things like this conference.

**Sharon Ball**

And the modeling effect. When little people, our children, don't have models that show them how they can recover, how they can move through things, how do you expect someone to grow up and know how to do it? So just taking all of that into consideration is very important when you think about how trauma connects us, whether it's in positive ways or negative ways.

**Meagen Gibson**

Yeah, absolutely. I'm so glad you named modeling. I have this memory of childhood that's so simple that just popped into my mind, so I'll share it. But I was like three years old and I had my first cold and my dad brought me out to watch TV at what felt like two in the morning, but it was probably like 6am Pitch black outside. And he gave me a handkerchief and I sat there for the next two hours with this handkerchief, like, just pinched on my nose because he didn't know that he needed to show me how to blow my nose and I didn't know how to do it.

And so I only think of that example because we forget that people need the simplest of instructions. Like, we need to be shown how to calm down or how to expend energy when we're really nervous or anxious or excited, how to get through those big emotions. And we need to be shown and modeled how to do things, right?

**Sharon Ball**

Yes. We don't come out knowing everything, so that modeling factor is huge.

**Meagen Gibson**

Yeah. All right, so I want to get into the Enneagram because I love talking about the Enneagram. So what is the Enneagram and how does it fit into trauma?

**[00:04:25] Sharon Ball**

Sure. For me, I see the Enneagram as a way to understand who I am and connect better with who I am. And then the next level impact is I can understand other people and connect better with them. And so when we look at the Enneagram, there's nine types of how to view our ego or the way we do what we do as people and how we're wired. And obviously, well, not obviously, but for those who are not familiar with the Enneagram, there's actually like 27 flavors of that.

But when I try to use the Enneagram applied to trauma resolution, I stick with just the nine types and make sure that my trauma informed care comes first and then enter in the understanding of the Enneagram and how powerful it can be. So, thinking in terms of how, I'm wired differently and there's nine different types, and how I can connect better with other people, and the Enneagram for me is the perfect mapping system to do that. So it teaches me my particular type, why I do what I do, why I feel the way I feel, why I think the way I think, and how that differs maybe from you.

But we might not be so different in how we think and do and feel, but for those around me, it helps me be a better communicator, helps me regulate my emotions because I know what my triggers are, my blind spots. And so when I look at the Enneagram, I see it as a map and the movement that you can do with the way the map is structured. And I don't know if our audience is going to be able to see a map, but the symbol of it is actually a mapping system.

So I think it's pretty cool. When I think of where I might go this summer on vacation, I'm going to take Google Maps with me and I'm going to get to the right place. So that's, in a nutshell, for me, it's just really understanding who I am, how I'm wired, connecting better with myself and then understanding other people and that they're different, they think differently, which can connect us in a powerful way.

**Meagen Gibson**

Absolutely. And one of the things, I have your book actually right here, it's called *Reclaiming You*. Right next to me. One of the things about your book that was so fantastic for me and to me and illustrated something that I've encountered again and again and again is that I think it's obvious that two people can experience the same event and process it very differently. But this puts that into why and how.

And so one of our other contributors, Darryl Tonemah, tells this story about how his family went through a tornado and they were all in different places in their house during the tornado. And because they're all different people, they all had vastly different experiences afterwards of what that tornado was like, but also through an Enneagram lens, it's like two people can go, even in a family system, if it's four people, they could all have different Enneagram numbers or some of them can be oriented the same and they're all going to have different experiences afterwards because of their personality type and how they're oriented and how they relate to that thing.

Yeah. And so I would love it if you could say a little bit more about that and how you kind of developed this specifically with the lens of trauma. Was it just through your practice and seeing how all of these different Enneagram numbers would respond to different life events and things like that?

**[00:08:11] Sharon Ball**

Yes. And let me clarify first, when we talk about applying the Enneagram to trauma, I said this previously, I always work with my trauma informed care first and foremost. So if I have a client that comes into the office, they've already typed themselves and then went through a trauma, I can work with their Enneagram type, their resilience that comes from how they're wired, I can work with how maybe their communication skills are hindered. I can really almost À la carte it, the therapy, for that person if they've already typed themselves, they come in knowing their type.

I rarely, rarely will type a person in the midst of trauma if they don't know their type. Because from a neurobiological standpoint, your body will trump everything. It will trump your psychology. And that's how our body is wired. So no matter, I mean, I've had eights who have said they're eights and they show up in my office having gone through something significantly traumatic and they are not responding like the typical eight that I am thinking in my head so I have to throw out all my biases. I have to throw that away.

And just work with the body, work with the biology of the person and then not to mention the brain health, right, when our brains are out of balance, how much that impacts our psychology. So keeping in mind as practitioners that we work with the human being in the midst of trauma first to regulate that. Then there's one other aspect. So we have someone who's already typed themselves encountering a trauma, keep that in mind. Then we have someone who comes in and wants to figure out how their Enneagram type relates to their trauma, but they're in the midst of trauma. So I don't type, I work with the body.

And then we look at childhood. Does our type develop out of challenges, stressors, in childhood? Yes. That's how we develop these coping mechanisms that the Enneagram fits perfectly into. And some call that the wounds of childhood, but those are more hurts. In my field, I would say that's a hurt, maybe a little trauma. But if a child has experienced a big T trauma in childhood and has not worked through that and comes to me as an adult, we're working with the trauma first, then we pick up patterns of behavior and thinking and feeling that might lead us and be helpful to typing.

So I just want to make sure that as practitioners, anybody who's listening, we always work with trauma-informed care first, which is the neurobiology. And amazingly, the Enneagram work fits into that if you can hold on making a judgment on the type or the person, hold on typing and just work with the regulation of the body.

**Meagen Gibson**

Absolutely. I'm so glad that you kind of set that as the container and the orientation from which we talk about this. Because as with anything, especially those of us who are amateurs and are not therapists, we learn about a new tool or we learn about a new language for orienting ourselves to the world and sometimes when we get really excited about it, at first, we can use it as a weapon instead of a tool, right? And we're using it against other people and we're like, oh, you're being such an insert number here.

And the other person is like, I don't know what that means. All I know is how I'm responding because this is who I am and this is how I feel. And so I love that just that kind of the grounding here of, somebody's not going to come in and we're just going to start talking about numbers and typology and personality types. We're going to deal with getting your nervous system regulated. We're going to deal with getting you safely embodied and trusting yourself and trusting your

environment and your relationships first. And then we can talk about how that relates to your Enneagram type. Am I hearing you right?

**[00:12:29] Sharon Ball**

Oh, you nailed it. Yes. Because sometimes we don't mean it as a weapon. The intention is not there. But when you get excited about something and you don't have the background to anchor it, you can actually cause more harm with a person. And so even when I supervise coaches or I'm working with coaches, I really try to keep them in understanding what is therapeutic intervention and what is coaching movement forward and support. And those are two separate ways therapists treat trauma. Coaches kind of help support and move through trauma.

So I think it's fascinating how the Enneagram can be helpful for anyone. You don't have to be a therapist to use it. It's just use it wisely, especially if you have a friend or a family member going through trauma. Sometimes I've sat in my chair and I've thought, wow, okay, this is throwing me. They're coming in with this type and they're not showing up as this type. And I've learned over 25 years to sit back and not make a judgment on it and really work with the client therapist relationship and provide that safe space.

Because if I can... The office be that place to ground them and help them feel safe, seen, and heard, which comes back to the Enneagram, the centers of intelligence, then that person is going to have that regulating going on in their nervous system and might have a chance to open up and share what's really going on. And that has nothing to do with type in that space. It's about the trauma that they're experiencing.

**Meagen Gibson**

Absolutely. And just to say that you've really touched on something that I think is pretty common, especially when we're talking about the Enneagram and then when we put situational contexts in, like you said, there's 27 types, there's the 9 main types, but 27 kind of ways that that can show up. And so somebody can be in their family system and in their home system and look very much one way and go out into the world in their work role.

And it's going to bring out a different aspect of that particular number that might make them look like something else entirely. So this kind of amateur typology of, like, you're being such a... I used to get called an eight a lot at work. Not in this line of work, but I used to get called an eight a lot at work and it never offended me. I was like, whatever, who cares? But also, I think what you mean is I'm very assertive. Thank you.

**Sharon Ball**

Identify people's behaviors. That's what we see first in front of everyone. How people are behaving, their actions. But the Enneagram gets underneath. It gets to the motivation of what that behavior looks like. And for each of us, we could behave in the exact same way but what's motivating that behavior is different. It might look the same on the outside. This is why the Enneagram fits with trauma work, because we're going internal. It is a system that works internally, getting underneath and behind why we do what we do, think the way we think and feel the way we feel.

**[00:16:02] Meagen Gibson**

Yeah, absolutely. I was just thinking about something that comes up a lot, especially when we're dealing with trauma, something like control and how the different Enneagram types might relate to control, try to get control or try to get rid of control. Just like that one thing. I was just like in my mind, going through the nine types, I was like, oh my God, that would look so different to all nine types. And so for anybody listening, if this is their first time even hearing about the Enneagram, is it possible for you to do a real brief overview of like, here are the nine types, here's what's important to them, here's what motivates them?

**Sharon Ball**

Yes. And I start with centers of intelligence, because for us in the book, that's where if you don't know your type, you might actually be able to identify which center of intelligence. They come in threes. So eight, nines and ones. Eights is your passionate protector. And it's interesting that you say control because immediately I thought of fear and how that relates to trauma, how we each, in our own type, if we know our type, might even...

**Meagen Gibson**

Fear and control, to me, are just basically opposite sides of the same coin anyway.

**Sharon Ball**

Yes. And how when it comes to a traumatic experience, how control is so important, having control of yourself and your personal agency and fear, losing that, shows up differently. Right? So eights are our passionate protectors. Nines are peacemakers, mediators, harmonizers, whereas eight, they get in and I know eights, when things are out of control in a room, they'll step up and take over. And they don't mean it in a negative way, they're just asserting, hey, something's not working here, so I'm going to take charge. And it's just this natural way of doing it.

So we have eight, nines and ones, the passionate protector, nines, the peacemaker, mediator, harmonizer. They're bringing people together so oftentimes they'll forget, be more self forgetting and definitely hear what other people are saying. And then our ones, the reformers, to me, when I've met reformers, especially in corporate, they're like our operational guys and women that see this line of how to do things in the right way, but they've got this idealistic way of doing it and they believe in that ideal in whatever form of life that is.

And so those three types in the body center of intelligence have an interesting relationship with anger. It doesn't mean that they're bad people because they feel anger first, or for nines, it's inward anger. Eights and ones, it's expressed more outward, but it's just what they feel first. When something's off, they just notice that that's there and eights in particular. So I think that's why sometimes they get the raw end because they can be more reactive and people see it.

So for the body center people, eights, nines, and ones, that's just different ways of showing up when something's out of control and they sense that anger. And you can see how just even in that, I can't really relate to that. I'm not in the body center, but it's good for me to be aware of when I'm working with people, right? It helps me not pass judgment, helps me understand maybe how to ask better questions, just to give them the chance to work through whatever they're working through and describe what I'm hoping I want to hear. Right?

**[00:20:26]**

Then moving into the heart center, twos, threes, and fours, you have your considerate helper. There's all these different names, Meagen, that when I teach, especially in corporate, I don't even use the adjectives because even the adjectives can bias you towards the, you know, your type two, considerate helper. That's who I would love to be.

### **Meagen Gibson**

We all want to be twos.

### **Sharon Ball**

Renée, my co-author is, you know, she goes above and beyond, is really intuitive, they're very intuitive, can really hone in on someone's needs, oftentimes forgetting their own self care because they're in tune with others. And underneath all of these types, there's a reason why we do the strength of ours the best. So remember, these are just highlights. Some of these strengths that I am highlighting for each type can also become your weakness or your chink in your armor. And that's the blind spot that the system allows us to see and work through.

And then three is the achiever, sometimes called the performer. I'm a three. I don't like the name performer. I didn't like it when it kept coming up on my assessment and I kept reading. I started learning about the Enneagram with Richard Rohr, doing some of his classes, and then kind of ventured out into Helen Palmer stuff, just kind of worked around, Russ Hudson and then landed in Ginger's plethora of business work with the Enneagram. And I just didn't like it, Meagen. All of the yuck of a three, it hit home.

And really, I think that's where my inner work around my trauma began, was going back to how I was as a little girl and in college helped me understand why I was even responding in my current trauma the way that I was. And it was my type structure working. It was my coping mechanisms, my defense mechanisms, working so hard. Work, work, work to stay away from the feelings. So if you're a three, even though we're smack dab in the feeling center, the irony is we don't like to feel because it gets in the way of our productivity, our efficiency.

And so we learn this way of just doing rather than being, which is performing to others. And our self is then defined by our performance versus who we are. So I can say honestly, when I woke up to that, I think it was the most painful thing, but then also the most freeing because in that heart center, the feeling that twos, threes and fours are closely related to or connected with is shame. Any Brené Brown book I read, I was just... It hit me. It nailed me head on. And it doesn't mean that other types don't experience shame. Don't hear me say that. It's just remember, each type has a different... But for threes, it's just like we're inherently defective if we're not performing and succeeding.

And then you move to the four, which, type four is kind of the tail end of the two, three and four. And they're the individualist. Sometimes I've heard them described as the artist, the creative and really just, man, the depth of emotions, the plethora of emotions that they have, the ability to go inward and sit with really difficult things but also expecting kind of the ideal. And this need to be individualistic or this need to be seen as separate from the rest defining them.

**[00:24:38]**

And I say, I've got a couple four friends. I'm here in Nashville, and I think many people around me are fours. And their resilience is their ability to sit in the tough spaces and not be afraid of it, but to dive right in. The drawback, though, when you think about that, is sometimes they can get stuck in that and not move forward with things that they need to be doing or get caught in that heaviness.

Then we move into the head center, and two of my children are in the head center, we've got five, six and seven. And the emotion they're feeling they're connected to is fear. And so our fives, sometimes people call them the investigator, the intellect, researcher. But it's about logic and reasoning and facts. And the more they know, the safer they feel.

And I think sometimes they get the raw end of the deal when it comes to feeling emotionless. Or people think they're disconnected when they really do feel, it's just their need and that desire to know more kind of takes over. And it does, it helps settle their anxiety and their worry. And you can understand why. Sixes are your loyalists, I've heard them loyalists. What else have I called? What have you heard as some of the adjectives for the six?

**Meagen Gibson**

I'm trying to remember if sixes are the ones who are extraordinarily afraid of death.

**Sharon Ball**

Well, I mean, they're fearful and they're like worst case scenario. Oh, the analyst.

**Meagen Gibson**

Yes.

**Sharon Ball**

Mitigating risk constantly in their head. The what ifs that could happen. They do. They want to plan for worst case scenarios. Like my daughter...

**Meagen Gibson**

Right, death.

**Sharon Ball**

Yeah like she had anything bad that happens or if we even go on a cruise, my daughter has a drugstore with us. She's got everything we need in case we get nauseous or whatnot, because that's what helps calm them. The problem is being able to settle, and you can't predict everything. So they sometimes get into this rumination, constant worry and you can see how that would slow you down.

And sevens are enthusiasts or are epicurists. There's all sorts of... Visionary. Their zest for seeing life in the big picture. Sometimes I describe it like a playground. They look outside and they see life



as a playground and really can see what that end game looks like. Fear in a different way, they experience it more from the sense of being trapped or stuck.

### **[00:27:47] Meagen Gibson**

I was going to say like a lack of freedom and flexibility.

### **Sharon Ball**

Just a taste of all of the nine types and then being aware of the centers of intelligence that they land in. The body, the heart and the head. And the body people being kinesthetic in nature, gathering information through their five senses. The heart people, intuitive through their feelings, their heart, emotional intelligence. And then head center, the intelligence is from logic and reasoning, mental. When you just even look at the three centers and how you might relate to one but you won't relate to the other, it definitely helps you go wow.

Then when we do get into situations where we're going through a traumatic event or we're recovering in a family system and we're all showing up differently, it could be our type and it could be just the neurobiology going on right now. But it helps us hold that space with a little more care and honor with the differences that are showing up. And I think when we can do that for other people, we allow them to heal versus wanting them to heal in a certain way or the expectation.

### **Meagen Gibson**

It's interesting you mentioned that. And first I was thinking when you were going through the types, I was like, if I'm on a boat or I'm on a desert island, I want one of each, right? I don't want all of one type. That would be terrible. Can you imagine all the ones on an island trying to fight for organizational control? I want one of each. I think there's so many wonderful, beautiful things about each of them.

And then assuming that you are safely embodied, that you have nervous system regulation, which I know is a big assumption when we're talking about trauma, but assuming that that's the case, I can also really see how, especially in relationships, family relationships, romantic relationships, how when you're going through a crisis or when you're facing a traumatic event or events, how lonely and isolated you can feel, or how out of relationship sync you can feel because of the orientation that we just discussed.

And if a feelings oriented and a fear oriented are just kind of like missing each other, one's like I need to be soothed and the other one's like and I need to talk about what's scaring the heck out of me, right? And how that might create conflict if we're not self aware enough and we don't have the knowledge that you've been talking about to understand, oh, this is how my partner makes sense of it and they don't know how to relate to how I make sense of it.

### **Sharon Ball**

Oh, yes. I mean, you can only imagine how that would hold back, if we are talking about a family system or a coupling, how that would hold them back from both moving forward and feeling that isolation. And we know when our trauma victims are recovering, trauma wants to make you feel isolated, not as if it's a person or something, but it makes that person feel isolated anyways just because of what it does to our five senses and nobody else around feels the same way.

**[00:31:06]**

Then when you look at the psychology differences, yeah, it would be very powerful to know this person just needs this because that's how they're wired and I might need to ask a different question. It would bring people out of isolation.

**Meagen Gibson**

Yeah, absolutely. And even I'm thinking about just like as yourself, I for a long time made the mistake of thinking everybody was going to be psychic. If they loved me, they would understand what I needed. And then I think it was probably about ten years ago, I learned that I just had literally with the biggest black Sharpie I could find, I would have to be like, here's how I will feel support, like on a legal pad. Here's what helps me feel safe and loved. And they were all like, well, that's definitely not what I would have done. So thank you for the literal instructions.

But you have to know yourself well enough. You have to inquire within yourself enough to even come up with that list. And I think a lot of people find themselves in these situations. They're like, I don't know. And especially trauma, obviously, but outside of trauma in just ordinary day to day difficulties, sometimes we just don't know.

**Sharon Ball**

Yes. It takes it out of becoming a good or bad or right or wrong where it just is. And I think that's where when you can be in more receptivity, when you can relax, take a deep breath and you are regulated, and you give space for someone else to show up differently than what you want them to show up. And when we're looking at helping one person resolve their trauma, know that they're connected to many other people around them. So, if they're allowed to show up differently, there's so much power in that.

And that's each person practicing this receptivity versus reactivity. And when we're reactive, we're expecting something to happen. So allowing that person to just be. Taking the you've got to be this way or it's right or wrong when they're healing out of the picture, let alone when we do talk about the little things like the challenges or the miscommunications and giving room for, hm, it just might be a difference here, maybe not an intentional trying to harm me.

**Meagen Gibson**

Yeah, absolutely. It's so easy to assume malicious intent when the people that we're dealing with are really just doing the best they can. And it requires a lot of us to be self aware enough and also have a regulated nervous system in order to hold the space for other people to have their own genuine expression of what they're going through. Right?

**Sharon Ball**

Oh, yeah.

## **[00:34:16] Meagen Gibson**

Okay, so we spoke a little bit about this before, but what are some of the ways that each type might be oriented out of their typical orientation during trauma or when they're dysregulated?

### **Sharon Ball**

So if, going back to the, what do we call it, not ground rules but the container, so I'm going to go back to one of those three examples. If someone comes in and they have already typed themselves and it is a current trauma, then we can see how their type structure either shows up in stress areas or you can shine a light on how their type structure can actually show up through resilience.

Now, if they're dysregulated, that's where I feel like it might show up opposite. So we have to be careful not to pigeonhole them into, we've been using eights a lot, I think they're such a great example of sometimes people making these assumptions about them, but I use the example of an eight who isn't going into action, isn't trying to save the day, is more a deer in the headlight and they show up in the office more just dazed. And think of your veterans.

I have several veterans who are eights and they're accustomed to war and they're accustomed to all of that, but they're hijacked through their nervous system. And so when they show up and they're more flatlined, you've got to help them go back into what is it that you do have that can bring back your personal agency that you do have power in this situation?

Whereas originally the eight might feel all that power and jump into it, sometimes that might not be true. So that would be a good example for that type. Now the rest of the types, same thing. I think they've got their resilience strengths that show up strong. You can really see how a nine, let's say a family has gone through natural disasters. Let's say, look at all the tornadoes we have had and the fires.

### **Meagen Gibson**

I was going to say fires, yeah, hurricanes, I'm in Florida. Yeah, those kinds of things. Yeah.

### **Sharon Ball**

A nine parent who is regulated and has the support around them can really impact their children in a huge way, bring that peace to a very chaotic situation, let's say they're displaced and I had to really work on my line to the nine because my house has flooded twice in the last two years. And so my son and I have been in two different houses while my house was being remodeled. Well, for a three, I don't like chaos. I like my order so that I can get my things done and I've had to really regulate in the last couple of years and move to my line on the nine to say, hey, I need to have myself regulated so my son can feel safe.

And I think nines, just when they're in that space, can do it really well. And then if we move to the one. If you think of a one parent or a one adult, in any type of natural disaster, there is something amazing about ones who can see clearly the next steps.

**[00:38:08] Meagen Gibson**

They're the ones like organizing relief and volunteers and how are we going to get people fed and what does everybody need?

**Sharon Ball**

Naturally. They just do it naturally. When they can't access that and be able to do that, they might get stuck in feeling really that self-talk that they do that they're not measuring up, they can't do enough. But that's again, for every high side you've got a trait that is just a high side trait. You got something that's going to be the negative side. Twos, I think are gosh. When you think of someone who, let's say a family has gone through that. Can we continue with the natural disaster?

**Meagen Gibson**

Yeah, I don't mean to interrupt you at all, but that's also something that I really loved about the book that I hope people pick up is that you go through different types of traumatic events. So there's PTSD, family violence, natural disasters, grief, poverty, racism, addiction, sexual assault, intergenerational trauma and even the pandemic. And so there's just about every situational, kind of, traumatic event that you go through.

And then you line up each type and how they might respond and how that might take them out of their kind of center and put them into these kind of maladaptive reactivity and then how to bring them back, like listing actual practices and tools for each different type because the interventions are going to be different depending on your typology. So it's brilliant. But anyway yeah, go ahead. I just wanted to make sure to tout the book.

**Sharon Ball**

Definitely, because yes, I love the practices chapter too, because they're simple practices, they're effective, they work. And if you know your type, you can use the practice specific to your type. But you think about the two and how intuitive they are. I've been out with Red Cross on several natural disasters and it doesn't mean that every Red Cross worker is a type two. But there are ones that I've been out with where I'm like, wow, this just comes natural. Their movement into asking good questions, sitting back and listening, anticipating the needs of the person in line. If we've got a line of 1000 people waiting to get fed, they know what to do.

**Meagen Gibson**

They see the person that's cold and needs a blanket five people down the line or something. Yeah.

**Sharon Ball**

And I've heard twos say that sometimes that gets them out of their own despair of what they are working through. That gives them some hope to do something for someone else. So they're living out of that resilience trait. Threes, I think, in that situation, similar to ones but different, they're going to champion and inspire the people around them by giving hope through we can get through this, we've got this, let's keep doing this. Think of your football coach, the game is on the line.

And then four is similar to twos, but in a different way probably more individually can reach out to people in a situation like that and use their skill set of listening and going, taking that deep dive

that maybe the two is reaching more people, but the four can go really deep. Five, I've seen fives in natural disaster situations execute. I mean, they plan, they've researched, they bring something to the table and you just know they've nailed it. You don't have to question, have they done their research, do they know if this is going to work?

**[00:42:02]**

So I think for a five, being able to resource that and remind themselves that they're very effective, even if they are struggling themselves, they can do that for their family. Six is, I think, again, anticipating what could happen next. If I'm out and we're working in a difficult region and I've got people who are watching and anticipating. Yes, some of that is first responder wiring. You just taught to do that, but then other people just have it naturally. And I think sixes, they're like eyes on everything.

And if you show up and you're in a community where there's a natural disaster, you're going to be scanning and making sure everybody's taken care of because you're alerted to that just naturally. Those are our sixes and then sevens. I think there is a similar to threes, but from a different place. They just want to get people moving into hopeful places. They don't like this place where people feel stuck.

So they're really going to champion bringing in resources and that's for the hope of, hey, let's get them out of this suffering because they intuitively do not like it. So I think each type can show up even just using natural disasters, you can overlay that to other traumas if you are wanting to see how your type might be helpful or resilient, it's pretty fascinating the amazing wealth of resources we have within.

And when you're reminded of it, when you're down and it feels like it's really difficult, sometimes you need someone to come around and say, hey, this trauma does not have to define you. You are not the trauma, the trauma does not... You are more than that. And here's some of the traits that you possess that maybe the traumatic event made you forget.

### **Meagen Gibson**

Yeah, and I found so much healing in the book for all the types because as you're reading, you think of all the people that you know that are in the different types if you're into the Enneagram. And it was so great to just, as you're reading, all I was thinking is it's a way of saying how you're responding to this stressful trauma makes sense and also isn't who you are. You don't have to stay here, and here's your way back to feeling whole again and who you are and how you show up in the world that's comfortable for you. And so it's just a great resource and tool, and I hope people pick it up. And how can people find out more about you and your work?

### **Sharon Ball**

Sure, sure. You can find me [sharonkball](#). Sharon, the letter K, ball. And I'm on [Instagram](#). There's Facebook. Right now, I'm really enjoying writing blogs. So if you have all of these, what you named, all of those traumas, I'm doing a highlight of each just to give tools to people on how to respond and start with yourself first and your family. Better educate for yourself, and then that will help you be a better person for those you live with and then those that you encounter outside your home.

**[00:45:28] Meagen Gibson**

And one quick note before you go. We don't type kids. Why?

**Sharon Ball**

Well, no, it's interesting, I'm writing a parenting book right now on trauma and kids, and you can type them if they haven't had a significant trauma in their childhood. And I think the typing can begin by seeing their centers of intelligence. Where do they land in those centers? I think as parents, we have to be more aware of what our type is, how we're showing up for our kids.

And my caution is when you, and if you, type your kid, if you choose to, that doesn't become your way of working your stuff out on them or your way of making them be what you want because you can then only cause more complications for your child. And so if you choose to type, maybe choose to look at the resilience and the strengths of that child and really pull out, and that we would call positive psychology, to really empower that child in what they can be versus looking at the blind spots.

And then use simple parenting techniques for the times in which... When you need to correct their behavior. But, yeah, I think it can be a slippery slope, Meagen, in my opinion, when we look at it because sometimes we're just not aware as parents, and, you know, you need to be aware.

**Meagen Gibson**

Absolutely. Wonderful. Sharon Ball, thank you so much for being with us today.

**Sharon Ball**

Thank you.