



THE
Helper

*We are all here on earth to help others;
what on earth the others are here for I don't know.*

—W. H. Auden

Twos are motivated by the need to be loved and valued and to express their positive feelings toward others.

Traditionally society has encouraged Two qualities in females more than in males.



**Twos at their
BEST are**

loving
caring
adaptable
insightful
generous
enthusiastic
tuned in to how
people feel

**Twos at their
WORST are**

martyrlike
indirect
manipulative
possessive
hysterical
overly accommodating
overly demonstrative (the
more extroverted Twos)



How to Get Along with Me

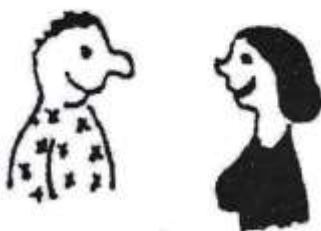
- Tell me that you appreciate me. Be specific.
- Share fun times with me.
- Take an interest in my problems, though I will probably try to focus on yours.
- Let me know that I am important and special to you.
- Be gentle if you decide to criticize me.

In Intimate Relationships

- Reassure me that I am interesting to you.
- Reassure me often that you love me.
- Tell me I'm attractive and that you're glad to be seen with me.

Relationships

Twos at their best in a relationship are attentive, appreciative, generous, warm, playful, and nurturing. Twos make their partners feel special and loved.



Twos at their worst in a relationship are controlling, possessive, needy, and insincere. Since they have trouble asking directly, they tend to manipulate to get what they want.



What I Like About Being a Two

- being able to relate easily to people and to make friends
- knowing what people need and being able to make their lives better
- being generous, caring, and warm
- being sensitive to and perceptive about others' feelings
- being enthusiastic and fun-loving, and having a good sense of humor



What's Hard About Being a Two

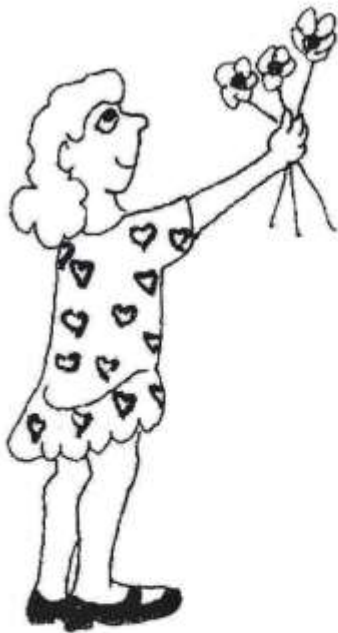
- not being able to say no
- having low self-esteem
- feeling drained from overdoing for others
- not doing things I really like to do for myself for fear of being selfish
- criticizing myself for not feeling as loving as I think I should
- being upset that others don't tune in to me as much as I tune in to them
- working so hard to be tactful and considerate that I suppress my real feelings



Typical Thoughts of a Two



Twos as Children Often



- are very sensitive to disapproval and criticism
- try hard to please their parents by being helpful and understanding
- are outwardly compliant
- are popular or try to be popular with other children
- act coy, precocious, or dramatic in order to get attention
- are clowns and jokers (the more extroverted Twos), or quiet and shy (the more introverted Twos)

Twos as Parents

- are good listeners, love their children unconditionally, and are warm and encouraging (or suffer guilt if they aren't)

- are often playful with their children
- wonder: “Am I doing it right?” “Am I giving enough?” “Have I caused irreparable damage?”
- can become fiercely protective



Careers

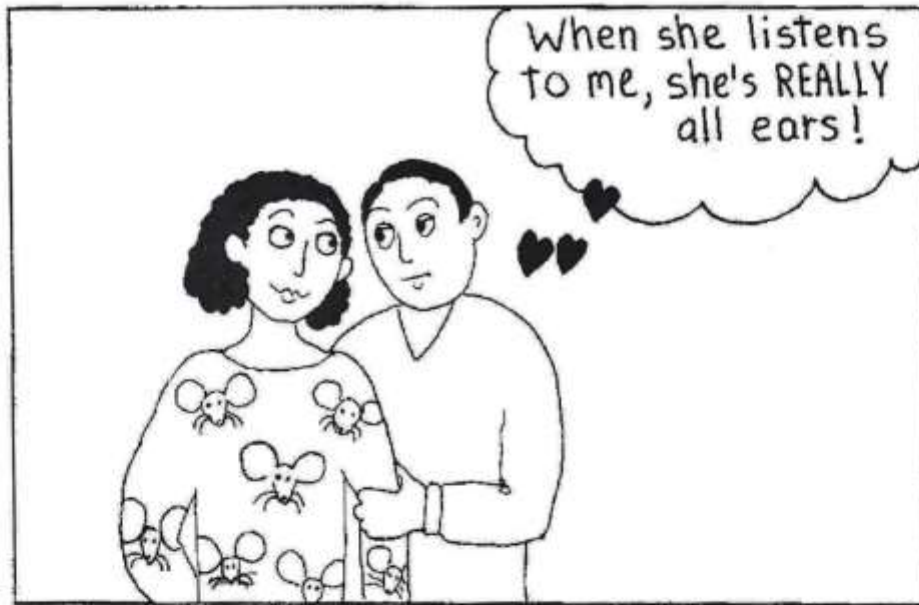
Twos usually prefer to work with people, often in the helping professions, a counselors, teachers, and health workers. Extroverted Twos are sometime found in the limelight as actresses, actors, and motivational speakers. Twos also work in sales and helping others as receptionists, secretaries, assistants, decorators, and clothing consultants.

And Free Time

Twos enjoy socializing with family or friends, caring for children, making their homes warm and inviting, gardening, reading, working for charitable organizations, having new experiences in the outside world, and exploring their inner world.

Many Twos take special care of their appearance.





Comments About Twos

"She is loved by many because she gives so generously of herself. When a friend had cancer, she was the main support system for the family while still managing to put energy into her career."

"My Two friends are easy for me to be around. They are lighthearted and playful as well as having tremendous depth and wisdom. I wish I could articulate my feelings as well as they can."

"He is a wonderful father. He showers his children with attention, generosity, and love."

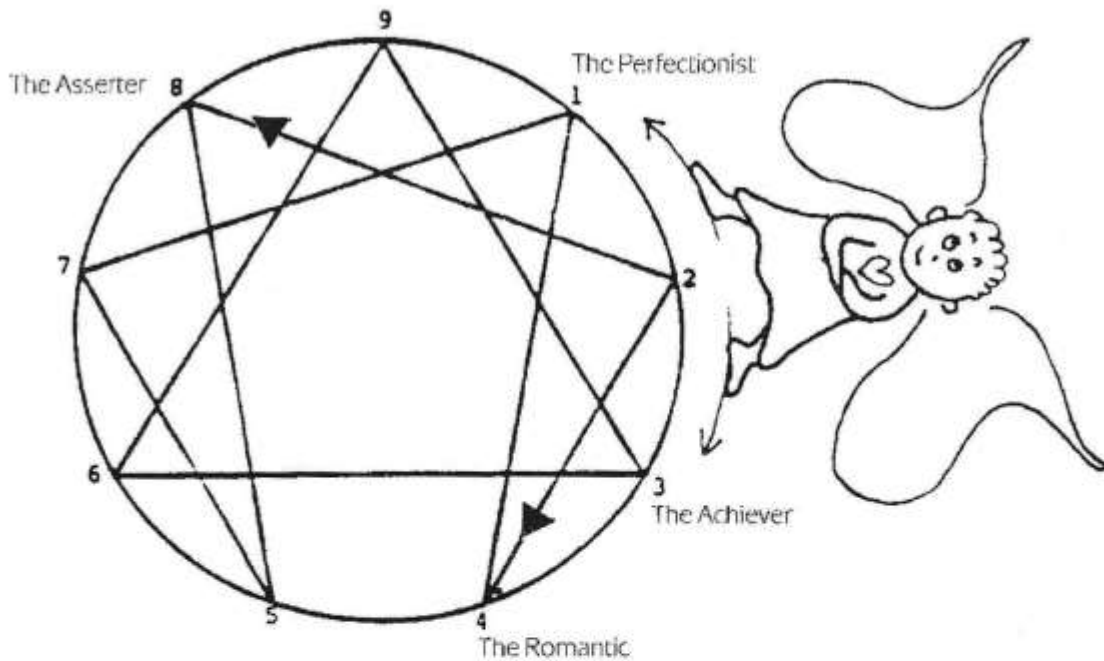
"When I have a problem, I call my Two friend. She's always perceptive, sympathetic, and nonjudgmental."

Wings

Your personality may blend into or be influenced by the types on either side of yours. A strong wing can make a big difference in your personality.

Twos with a stronger One wing tend to be more idealistic, objective, self-critical, and judgmental.

Twos with a stronger Three wing tend to be more self-assured, ambitious, outgoing, and competitive.



Moving Around Within the Enneagram

Following the lines in the diagram, the Two moves toward Four in one direction and toward Eight in the other. Twos move toward the positive side of Four when they feel secure; they can also consciously cultivate these positive qualities. Twos move toward the negative side of Eight when in stress; they can consciously try to avoid these negative traits. Read the chapters about types Four and Eight to learn more about them.

When Twos Move Toward the Positive Side of Four They

- admit and accept their painful feelings, including anger, sadness, and loneliness
- express themselves more creatively and artistically; explore their inner world

- express their own needs more, including saying no
- find other sources of self-worth besides helping
- learn to be alone and become more contemplative

When Twos Move Toward the Negative Side of Four They

- compare themselves with others, lament, and feel envious
- become more self-absorbed, withdrawn, and depressed

When Twos Move Toward the Negative Side of Eight They

- stop being kind and loving; become irritable and attack sharply
- become hardened, distrustful, and isolated
- blame and make demands
- become controlling: try to take charge of everyone and everything

When Twos Move Toward the Positive Side of Eight They

- feel more self-confident and powerful
- become more honest and straightforward
- become less concerned with others' opinions of them

Practical Suggestions and Exercises for a Two

1. Self-Esteem

- Engage in some activities that give you pleasure and satisfaction but that do not involve being with others.
- Exercise, meditate, and walk alone to bring the focus back to yourself.
- Reparent your inner child by talking to yourself in nurturing and loving ways, as you would to a real child. Stay in the parent stance, however.
- Give yourself some of the attention and pampering that you usually give to others.



- Go to a counselor regularly to learn how to discuss your own problems.
- Value the love that *is* in your life instead of focusing on what's missing.

2. Assertiveness

- Set limits. Say, "No, this is not a good time to talk," or "No, I will not be able to help," when you feel that another's request or demand would be too stressful for you.
- Get in touch with your angry feelings. Sometimes Twos feel overwhelmed and cry instead of dealing directly with what made them angry.
- Write down your resentments on a daily basis to become more aware of them.
- If you feel you are being treated unfairly or being taken advantage of, speak up as reasonably as possible, right away.



3. Relationships

- Try to be your own person, not the one others want you to be.
- Refrain from automatically offering help and giving advice; wait until asked.

Be honest about what you want.



- Take pleasure in giving in little ways. Stop overgiving, and graciously accept when people give to you.

For Parents

- Help your children become independent.
- Learn ways to stop excessive worrying about your grown children. Develop interests of your own to help you detach.
- Beware of the tendency to instill guilt in your children.

4. Codependency

- Go slowly when entering a new relationship. Get information. Be objective.
- Avoid relationships with needy or unavailable people. Only accept friendships and partnerships that are equal.
- Don't rescue people. Allow others to be responsible for their own behavior.
- Be aware that your desire for sex may camouflage your need for attention and approval.
- Resist rushing into another relationship when one ends. Take time to learn why the relationship failed, get to know yourself, and develop other interests.



5. Work

- Set limits so you don't take on more than your fair share of work.
- Develop assertiveness and objectivity.

- Find work that is suited to your personality, your interests, and your training.

Things Twos Would Never Dream of Doing

- refusing to smile at anyone for a month
- accepting all compliments with a simple “thank you” and not discounting them, brushing them off, or explaining why they weren’t deserved
- not wanting to take home an adorable kitten they had found
- not wanting to pay friends back tenfold after the friends had done them a favor
- not giving a second thought to a co-worker’s snub
- telling a friend they couldn’t give them a ride to the airport, and not giving or making up any excuses
- saying only a simple “good-bye” and not adding “good luck,” “stay well,” or “have a nice day!”

The worst job for a Two.



Hey! How would I know?



Pretend you don't know what the solution is to everybody's problem.

Positive Things to Say to Yourself

I am as important as everyone else.

It is as important for me to receive love and help as to give them.

I will speak up for what I want.

I do not have to give to be loved.

It is important for me to spend some quality time by myself.

