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*The*

JOURNEY  
TOWARD  
WHOLENESS

*Study Guide*



InterVarsity Press  
ivpress.com

Taken from *The Journey Toward Wholeness Study Guide*  
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Published by InterVarsity Press,  
Downers Grove, IL. [www.ivpress.com](http://www.ivpress.com).

# SAFEGUARDING OUR SOULS

*Even when there is much to do, we must first guard our souls.*

*THE JOURNEY TOWARD WHOLENESS*

## READ

*The Journey Toward Wholeness* part one, “Triads: Naming and Managing Your Dominant Center of Intelligence”

## CHECK IN

Welcome! I’m so glad that you have chosen to spend some more intentional time working through the concepts presented in *The Journey Toward Wholeness*. I’m hopeful that this offering will give you the opportunity to explore the essence of who you are—*essence* referring to who we are at our core, our spiritual being, uniquely created by God. Moving on from there, you can begin to allow pieces of your false personality to fall away.

The work of the Enneagram is primarily soul work, and soul work is never one and done. While we might wish for instant change or quick fixes, those just aren’t real choices for transformational work. Instead, there is the offer of a lifetime journey. Once we begin the spiritual journey there isn’t an end point during this lifetime, just an invitation to keep journeying.

But culture not only encourages our desire for immediacy, it also most often grants it. We can have what we want *right now*: credit

cards offer us the opportunity to make home purchases we can't currently afford. We read the CliffsNotes of great literature instead of reading the whole book. And watching the latest movie no longer takes a trip to the theater because it can appear instantly in our living room.

I think of wholeness in terms of wholistic living, not a place where we arrive. In other words, wholeness itself is a journey. In fact, wholeness sets the table for all transformative moments, and transformative moments increase our understanding of wholeness.

We often want to control our own transformative experience, but that desire actually negates a true understanding of transformation. We have some control when we want to change something, and little or none when it comes to an opportunity for transformation. Unfortunately, you just can't write "wholeness" on your to-do list for Thursday!

Because we seek immediate gratification we're losing the understanding of what it's like to even be on the journey. We have a plan for almost everything, but when it comes to the spiritual journey, we're nomads. We never get "there." We just keep journeying toward wholeness.

Your triad is determined by your first response when you encounter information or situations.

Of course, there is great value in unpacking these pages by yourself, but I am hopeful that you'll go through this workbook with a trusted friend or small group. A partner or group can help keep you accountable to doing your work. Some Enneagram numbers might

be tempted to speed-read their way through the book so that they can "finish." Others might have sincere intentions of methodically working through the information but never quite make it past the

first few pages. Somewhere in the middle is ideal—thoughtfully engaging with the material—and a friend or group will help keep you on track.

Let's start by taking some time to learn about the person or people you'll be going through this workbook with. If you're planning to embark on this journey with a spouse or sibling, you can probably skip the first question, but leave room to be curious and surprised. You never know what you might learn!

- Share your name, Enneagram number, and how long you've been doing Enneagram work.
- Share why you are interested in embarking on this journey now.
- Share any hopes or goals you have for this journey together.

## OVERVIEW

Triads are the foundational grouping of the Enneagram, and they are determined by which Center of Intelligence is primary, or dominant, for each of us: the Heart, Head, or Gut Triad.

### THE ENNEAGRAM CENTERS OF INTELLIGENCE AND STANCES

NUMBER	TRIAD	STANCE	PREFERRED AND DOMINANT CENTER	SUPPORT CENTER	REPPRESSED CENTER
One	Gut	Dependent	Doing	Feeling	Thinking
Two	Heart	Dependent	Feeling	Doing	Thinking
Three	Heart	Aggressive	Feeling	Thinking / Doing* Doing / Thinking	Feeling
Four	Heart	Withdrawing	Feeling	Thinking	Doing
Five	Head	Withdrawing	Thinking	Feeling	Doing
Six	Head	Dependent	Thinking	Feeling / Doing Doing / Feeling	Thinking
Seven	Head	Aggressive	Thinking	Doing	Feeling
Eight	Gut	Aggressive	Doing	Thinking	Feeling
Nine	Gut	Withdrawing	Doing	Thinking / Feeling Feeling / Thinking	Doing

\*The core numbers Three, Six, and Nine are both dominant and repressed in the same Center of Intelligence. In the support center, one will lead, the other will follow.

**HEART (TWO, THREE, FOUR)**

- First response to life: What do I feel?
- Shame is just below the surface
- Characterized by love, empathy, connection, loss, and pain
- Generally search for both love and affirmation outside of themselves

**HEAD (FIVE, SIX, SEVEN)**

- First response to life: What do I think?
- Fear is just below the surface
- Logical and rational; they choose reasoning over emotions and judgment over reacting
- Like to gather and sort information; usually very knowledgeable about things and ideas that interest them

**GUT (EIGHT, NINE, ONE)**

- First response to life: What will I do?
- Anger is just below the surface
- Usually busy, which suits them because they have lots of vitality and are very determined—often to the point of being stubborn
- Pulled to both outer world and inner world, focusing on one and then the other

**REFLECT AND DISCUSS**

1. What resonates with you about your triad?
2. Describe a time, either earlier today or earlier this week, when you were presented with a situation or idea and responded from your primary Center of Intelligence.
3. What surprises you the most about how people in other triads respond to the world?

## JOURNEY DEEPER

I'll never forget where I was when I was first introduced to the concept that I could grow my soul. I had been a part of wonderful faith communities throughout my life, but somehow I had never gotten the idea that I could contribute to growing my soul. I had no idea that I had agency in my own development. As I have lived more fully into that idea over the decades, I have added another idea: I believe I am also responsible for safeguarding my soul.

Safeguarding is a kind of care for yourself and your own soul. It isn't attached to a list of hard and fast rules. It isn't as simple as don't have sex before marriage or do wear nice clothes to worship on Sunday. Instead, it has to do with recognizing how you're put together—how you take in the information that the world or your culture offers to you. Safeguarding your soul is about awareness and discernment. It's about knowing the people and ideas that may influence you or your thinking in some way.

We are living in a world that is filled with visual and verbal impressions. If you aren't mindful, these impressions that often come quickly and from all sides are only received and interpreted by your primary or dominant Center of Intelligence. Unfortunately, that means you only are only seeing and experiencing one-third of what's happening.

As you might know, I learned the Enneagram from Father Richard Rohr. He has been a kind and gracious friend and mentor to Joe and me for many years, so I have vivid memories surrounding the first time I strongly disagreed with something Father Rohr was teaching. As an Enneagram Two, I filter most information through the lens of my feelings. One result is that I cannot take in information without considering how it will affect the relationships in my life. As Father Rohr taught, I thought to myself, "Who am I to disagree with him?" And from there I began to wonder how it might affect our relationship for me to disagree with what he was saying.

Ultimately, giving myself permission to think independently became a major step in learning to safeguard my soul. Recognizing that I can listen to others and still respectfully disagree with them was key. Father Rohr is still a great friend of ours, but over the years I have disagreed with some of his thinking. To his credit, he has welcomed it every time.

Safeguarding your soul might include things like recognizing that double dates with a couple who constantly fights could have a negative influence on your marriage. It might mean that adult

**Soul work is best done in the context of community.**

children need to safeguard themselves from intrusive, overactive parenting. It could include knowing which books, music, or movies offer something valuable for your life,

and which ones can have the opposite effect. If this is a new concept for you, you might start with acknowledging which one of the Centers of Intelligence you use when receiving information—thinking, feeling or doing—and then begin to consider whether or not you feel differently if you use all three.

When Joe was much younger, still a priest in the Catholic church, he attended a large, multicentric worship gathering. As the evening progressed a woman in front of Joe's group turned around and said, "God told me to pray over you," speaking only to Joe. "Oh," Joe replied. "Oh, no thank you." Joe's eyes still get wide when he tells that story today. "I didn't even know her!" he'll say. "Who was she?" Joe was safeguarding his soul.

Taking care of your soul can look different for each Enneagram number. Here's a list of suggested ideas for each type to help you start thinking about how you might safeguard your soul:

- 1s** Safeguarding your soul includes naming your inner, critical voice in order to deflect the things that aren't true.



- 2s** Safeguarding your soul includes not making assumptions in relationships about people who are not relational in the same way you are.
- 3s** Safeguarding your soul includes allowing yourself to be more authentic.
- 4s** Safeguarding your soul includes not asking yourself to be any more or any less.
- 5s** Safeguarding your soul includes allowing a scarcity mentality to fall away.
- 6s** Safeguarding your soul includes trusting yourself.
- 7s** Safeguarding your soul includes allowing for a full range of feelings, not just the happy half.
- 8s** Safeguarding your soul means learning to think before you act or react.
- 9s** Safeguarding your soul includes doing what is yours to do, and recognizing that later is not a point in time.

### REFLECT AND DISCUSS

1. What does safeguarding your soul mean to you?
2. How do you react to the prompt for your number above?
3. Share an example of something you have done to safeguard your soul.

### JOURNEY ON

Safeguarding our soul is active not passive work. Before you gather for session two, make a commitment to follow through on the prompt for your triad below:

**Heart Triad.** Pay attention to your own feelings and emotions. This could be a one-time coffee date with yourself and a journal, or

you could place a pad of paper on your nightstand and write down a feeling or emotion each night before bed. Or you could check in with your feelings and emotions during your afternoon walk. Be aware as you do this good work that fulfilling others' expectations provides the approval you seek, but it's a poor substitute for more intimate desires.

**Head Triad.** Pay attention to how much of your life is driven by fear. Commit to (at least) a daily check-in with yourself to notice the motivation for the choices you've made. Each day, identify a couple of choices you made and consider what role, if any, fear played in your decision. Did that choice lead you into wholeness or encourage you to shrink back? It is always your option to connect with your soul in ways that enlarge rather than diminish the goodness of who you are.

**Gut Triad.** Pay attention to the relationship between what you are doing (or not doing) and other people. What did I do that wasn't mine to do? What was mine to do that I didn't do? What did I do that could be perceived by someone else as criticism? When did I use doing as a substitute for feeling or thinking? The reality is that often when people in the Gut Triad don't have the energy for what needs to be done, they do something else as a substitute. But that's not helpful because when you finish, you're still tired and the task is still not done.

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