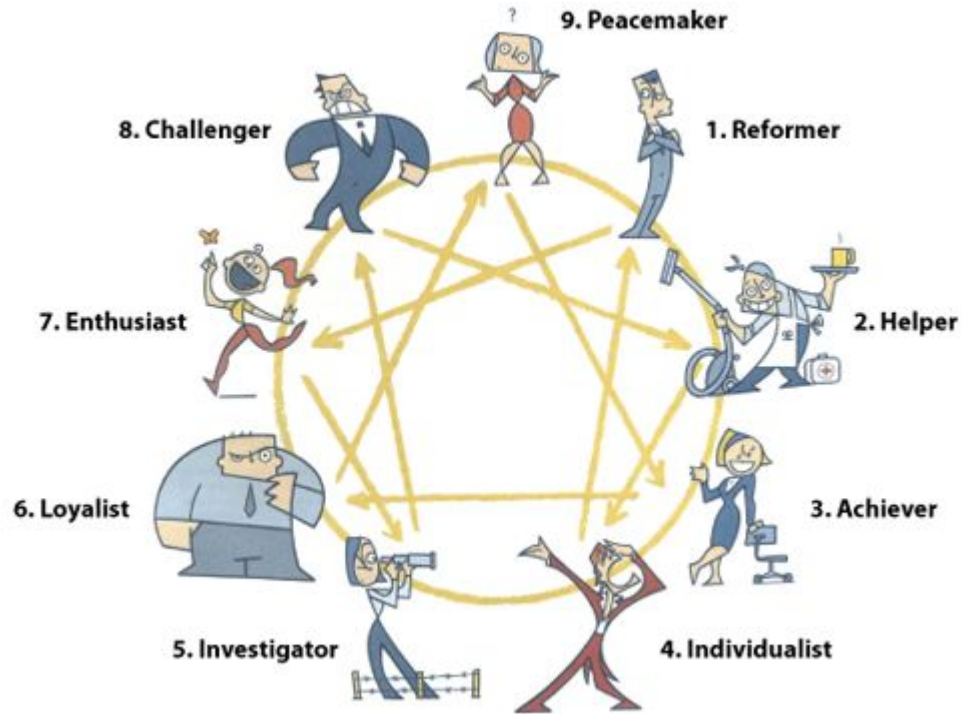


ACT FOR DEPRESSION AND ANXIETY

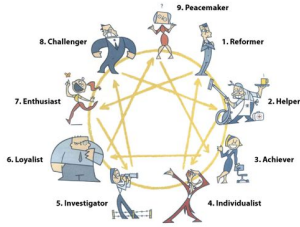
Strategies for living a life that matters



INTRODUCTION TO THE ENNEAGRAM



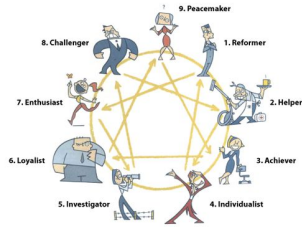
UNDERSTANDING YOUR PERSONALITY



Getting to know your personality helps you to:

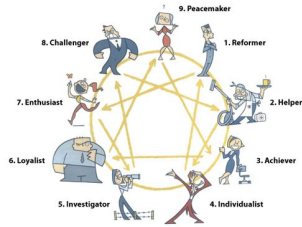
- Understand what drives your thoughts, feelings, sensations and urges
- View yourself and others with more compassion and kindness
- Appreciate that you were made with strengths and weaknesses
- Acknowledge your ‘worst traits’, get ready for when they show up in times of stress.
- Identify your ‘best traits’, draw on them in times of stress, so that you can choose a valued direction and be the best version of your self.

YOUR PERSONALITY PROFILE



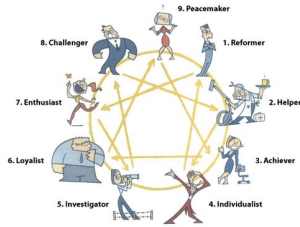
- The Smalley-Swift Personality Profiling System (SSPS) is based on the Enneagram Model, which categorizes people into 9 different personality types, each with unique traits and world view.
- The assessment of your personality is designed to provide you with a deep level of insight about yourself and your relationships.
- Your personality reflects a style of relating to the others and the world that you adopted in childhood that helped you feel safe and secure.
- Aspects of your personality change and adjust over time and in response to circumstances in your life.
- The negative aspects of a personality described in the profiles are not flaws: they indicate areas of growth and development towards maturity.

YOUR PERSONALITY PROFILE



- Your basic type dominates your overall personality, while the wings complement it and add important, sometimes contradictory, elements to your total personality.
- Your resourceful score reflects what happens to your best traits under stress.
- Your non-resourceful score reflects what happens to your worst traits under stress.
- The profile can provide clues to what is working well in your life and what is not working so well.
- The accuracy of the profile depends upon the answers you provided. If your profile type doesn't seem to fit you, your second highest score may fit you better.

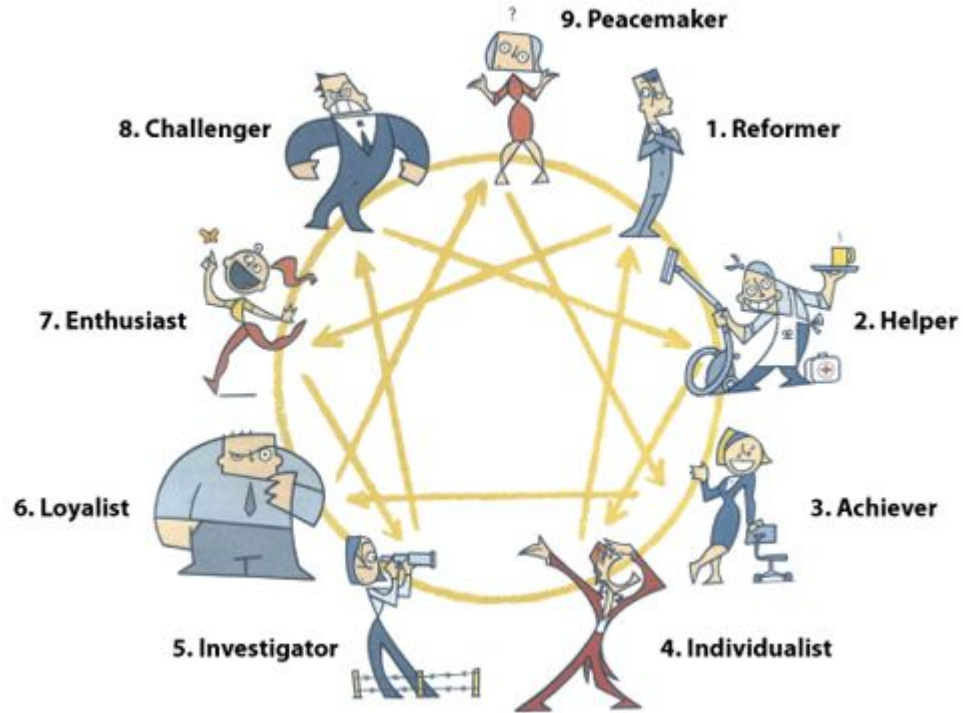
YOUR PERSONALITY PROFILE

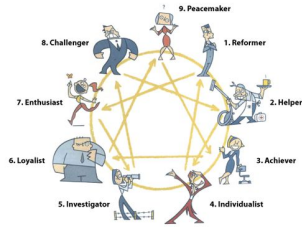


As part of ACT,
Knowing what you matters to you (Values)
And who you are (Personality)
helps you to.....

Accept your internal experiences
Choose a valued direction
Take action

ENNEAGRAM: THE NINE TYPES

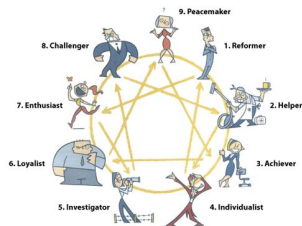




ONES: THE GOOD PERSON (AKA 'THE REFORMER')

Ones:

- Have a very strong sense of moral value
- Are conscientious and possess a deep sense of right and wrong
- Are rational, reasonable, self-disciplined, and highly ethical
- Have the ability to see the 'big picture' and small details at the same time which makes them great at problem solving
- Are wise and keep their word
- Have a great sense of integrity and character which makes them outstanding moral teachers, personal examples and witnesses to the truth and other values.



ONES: THE GOOD PERSON (AKA 'THE REFORMER')

Traits

Best: ethical, reliable, productive, wise, idealistic, fair, honest, orderly, and self-disciplined

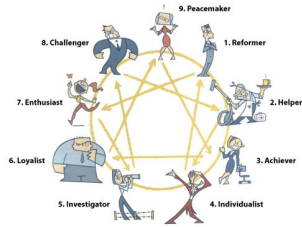
Worst: judgmental, inflexible, obsessive-compulsive, controlling, anxious, overly serious, and jealous

World View

'The World is an imperfect place. I work to achieve perfection.'

Primary Will (*What you desire most*): To be correct

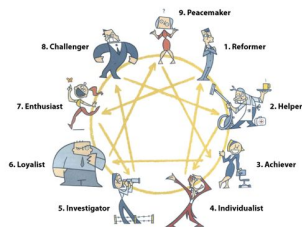
Primary Concern (*What you fear most*): Being chastised by those closest to you



TWOS: THE LOVING PERSON (AKA 'THE HELPER')

Twos:

- Are sincere, warm-hearted, appreciative, compassionate and full of feeling others
- Are caring and can be generous, playful, and nurturing
- Have an innate way of knowing what other people need and have a sincere way of giving it to them
- Often play a parenting role with those they care for
- Are able to see the good and potential of those around them
- Become devotees, dedicated fans, and the hub of their families
- Will often go way out of their way to help others



TWOS: THE LOVING PERSON (AKA 'THE HELPER')

Traits

Best: loving, caring, adaptable, insightful, forgiving, sincere, appreciative, humble, and affectionate

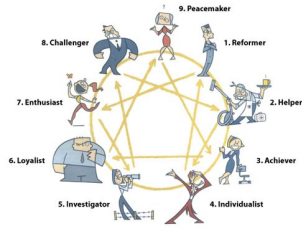
Worst: indirect, manipulative, possessive, self-serving, overbearing, presumptuous, and self-deceptive

World View

'People depend on me and they need my help'

Primary Will (*What you desire most*): To gain unconditional love from others

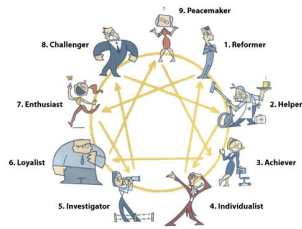
Primary Concern (*What you fear most*): Being unwanted, alone or unworthy of being loved



THREES: THE EFFECTIVE PERSON (AKA 'THE ACHIEVER')

Threes:

- Believe in themselves and their own value
- Are self-assured, adaptable, charming, often attractive and maintain a high self-esteem
- Project the image of an achiever and are not afraid to prove it
- Are constantly in an effort to improve themselves and will often become outstanding in their field of expertise
- Will motivate others to be like them
- Are good communicators, promoters, and obviously motivators
- Will represent themselves and their projects in a compelling fashion
- Believe that value is a result of top performance



THREES: THE EFFECTIVE PERSON (AKA 'THE ACHIEVER')

Traits

Best: optimistic, confident, industrious, efficient, self-motivated, energetic, and practical

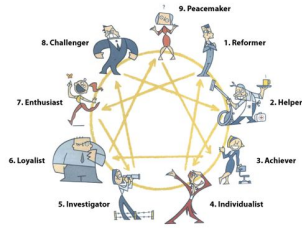
Worst: dishonest, self-involved, pompous, superficial, unforgiving, and overly competitive

World View

'Everybody loves a champion. I must avoid defeat.'

Primary Will (*What you desire most*): To feel valuable by being productive, achieving success, and avoiding failure

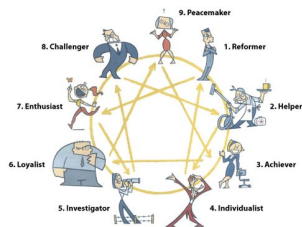
Primary Concern (*What you fear most*): Being worthless, and ultimately rejected



FOURS: THE ORIGINAL PERSON (AKA 'THE INDIVIDUALIST')

Fours:

- Are highly sensitive and intuitive to both self and others
- Are romantics that are absorbed in an emotional world and drawn to relationships
- Are self-aware and introspective, and they cultivate and prolong personal feelings
- Are searching to discover who they really are and take an artistic approach to life and create a beautiful and aesthetic environment designed to get in touch with feelings
- Passionate feelings, fantasy, and imagination create a world of thought, wonderment, and exploration away from dullness of reality
- This allows them to transform all their experiences into something valuable



FOURS: THE ORIGINAL PERSON (AKA 'THE INDIVIDUALIST')

Traits

Best: Warm, compassionate, introspective, expressive, creative, intuitive, supportive and refined

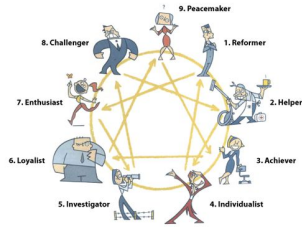
Worst: depressed, self-conscious, guilt-ridden, moralistic, withdrawn, stubborn, moody, and self-absorbed.

World View

'Something is missing from life that others seem to have. There is a void that feels like abandonment. I must continue the search.'

Primary Will (*what you desire most*): To find out who you really are

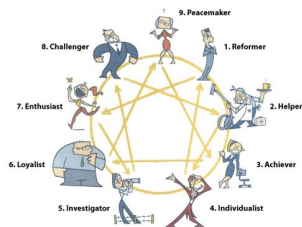
Primary Concern (*what you fear most*): That there is no real significance to your being



FIVES: THE WISE PERSON (AKA 'THE INVESTIGATOR')

Fives:

- Are innovative, inventive, and autonomous thinkers
- Are excited by learning and possessing knowledge is powerful
- Ability to concentrate accentuates their desire to learn
- Are kind, perceptive, open-minded, faithful, and mostly self-sufficient
- Perceptive ability allows them the gift of prediction
- Are not the first to be heard by others, but they often possess valuable, original ideas
- Are like the Four, in that they are global thinkers, however, fives base their ideas on knowledge, foresight, and experience
- Are reality based and see events and processes as they really are



FIVES: THE WISE PERSON (AKA 'THE INVESTIGATOR')

Traits

Best: inquisitive, analytical, determined, sensitive, wise, unbiased, aware, perceptive, and self-contained

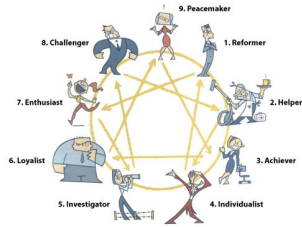
Worst: selfish, inflexible, distant, critical of others, unassertive, disapproving, and intellectually overbearing

World View

'Privacy is golden. The world is intruding, and I need time to contemplate and refuel my energies.'

Primary Will (*What you desire most*): To understand...everything

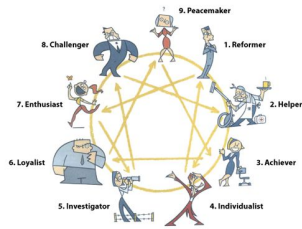
Primary Concern (*What you fear most*): To be intimidated or overwhelmed by someone else



SIXES: THE LOYAL PERSON (AKA 'THE LOYALIST')

Sixes:

- Are engaging, friendly, playful, loveable, and endearing
- Are able to obtain strong emotional responses from those around them
- Consider long-term relationships and bonding to be important
- Trust is key in developing these relationships, and can not be accomplished with trust in both themselves and others
- Biggest motivator is 'belonging'
- Focal point is family and friends
- Are dependable, cooperative, hardworking and reliable around others
- That are healthy will be independent, yet cooperatively interdependent with others



SIXES: THE LOYAL PERSON (AKA 'THE LOYALIST')

Traits

Best: loyal, likable, caring, warm, compassionate, witty, practical, helpful, and responsible

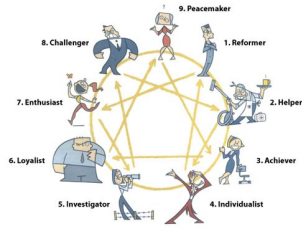
Worst: controlling, suspicious, unpredictable, defensive, inflexible, extremely vigilant, self-defeating, and touchy

World View

'Prepare for what can and will go wrong. Question authority.'

Primary Will (*what you desire most*): To maintain security and feel safe

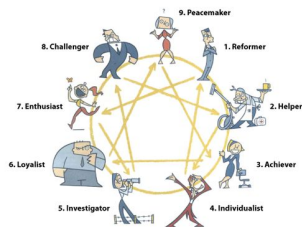
Primary Concern (*what you fear most*): To be abandoned or alone



SEVENS: THE JOYFUL PERSON (AKA 'THE ENTHUSIAST')

Sevens:

- Are enthusiastic about life and are the classic extroverts who love people and are surprisingly nonjudgmental
- Are very likable and responsive to others and are excited about the opportunity for new experiences but can get bored quickly
- Are accomplished generalists, and can do many things well
- Are practical, productive, and very versatile
- Are in tune with the world's sensations and options and can be very spontaneous and sometimes impulsive
- Ideas and options keep their present world active and allow them to avoid pain
- Are optimistic as long as they have energy
- Will maximize their weekly schedule, and continue planning for weeks



SEVENS: THE JOYFUL PERSON (AKA 'THE ENTHUSIAST')

Traits

Best: curious, charming, confident, spontaneous imaginative, creative, fun-loving, and productive

Worst: impulsive, undisciplined, possessive, restless, self-involved, impatient, and unsettled

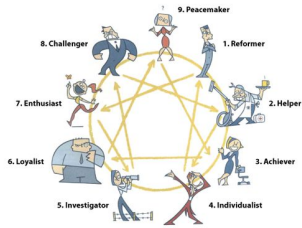
World View

'The world is vast and full of opportunity. I must explore as much as I can. The future is bright.'

Primary Will (*what you desire most*): To remain happy and satisfied

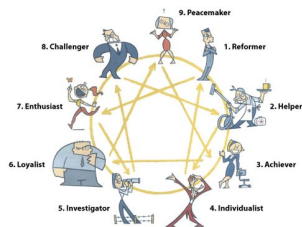
Primary Concern (*what you fear most*): Deprivation, missing out

EIGHTS: THE POWERFUL PERSON (AKA 'THE CHALLENGER')



Eights:

- Are action-oriented, are natural born leaders and quite often are called upon for tough decision making and directives
- Are assertive and self-confident, believe in standing up for themselves and don't mind fighting for what they need or want
- Believe justice and fair use of power are important
- Are instinctually initiative which is an important component of their successful ventures. Love a challenge and have a 'can-do' attitude
- Will carry others through 'thick and thin' with their power and determination and earn honour and respect by promoting worthwhile causes and supporting others around them



EIGHTS: THE POWERFUL PERSON (AKA 'THE CHALLENGER')

Traits

Best: direct, protective, dependable, effective, powerful, straightforward, self-reliant, and self-confident

Worst: controlling, resistant, harsh, aggressive, self-serving, skeptical, distrustful, and argumentative

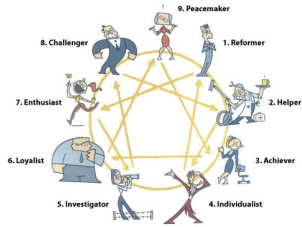
World View

'The world is an unfair place. I must protect the innocent.'

Primary Will (*what you desire most*): To depend on no one

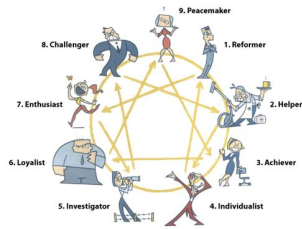
Primary Concern (*what you fear most*): Having to submit to others

NINES: THE PEACEFUL PERSON (AKA 'THE PEACEMAKER')



Nines:

- Are a peacemaker, and are good at mediating conflict, and can clearly see and understand both sides of a story
- Are great at comforting, their peace of mind plays a vital role in solving conflict
- Are honourable and respectful, and have the ability to harmonize and bring groups together
- Like to blend in and join others by being open and accommodating
- Are very insightful and receptive to how others feel and are great at self-monitoring or managing their presentation to fit the situation around them
- Are composed, kind-hearted, modest and maintain a certain innocence which makes them sincerely nice people



NINES: THE PEACEFUL PERSON (AKA 'THE PEACEMAKER')

Traits

Best: Kind, gentle, reassuring, supportive, loyal, easygoing, stable, trusting, and nonjudgmental

Worst: stubborn, unassertive, rigid, passive-aggressive, guarded, obstinate, neglectful, and irresponsible

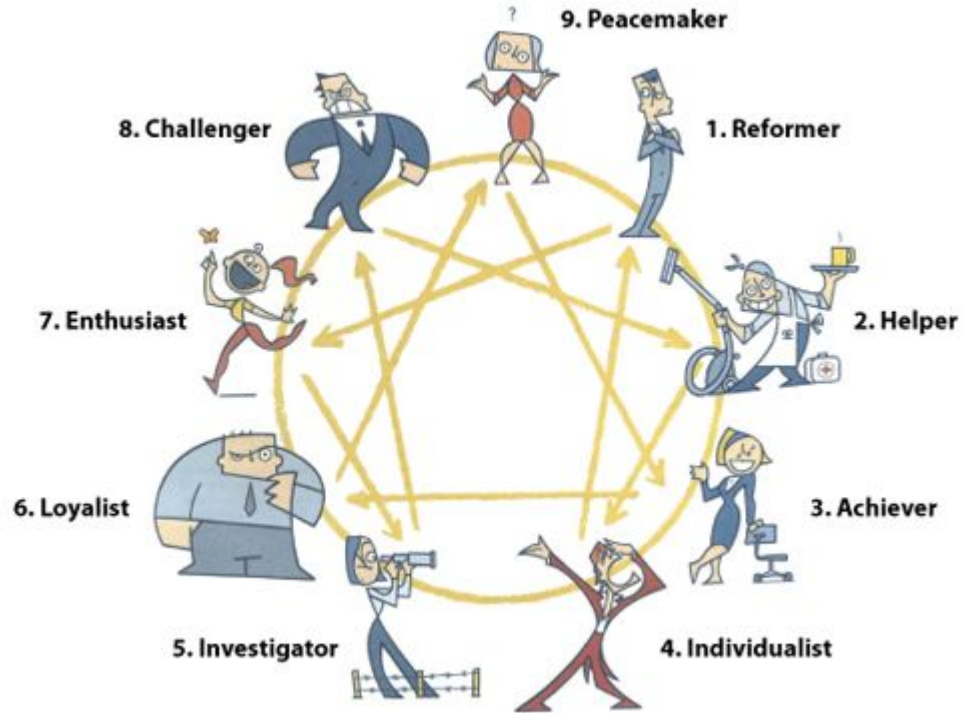
World View

'Since one person can not change the world, stay comfortable, and keep the peace.'

Primary Will (*what you desire most*): To find alliance with others

Primary Concern (*what you fear most*): Being isolated from others

ENNEAGRAM: THE NINE TYPES



THE *STRUGGLE* SWITCH

Written and Narrated
By Dr. Russ Harris

<https://www.youtube.com/watch?v=rCp1l16GCXI>



Dr. Russ Harris
Psychotherapist
Author "The Happiness Trap"

The aim of ACT:

Create a rich,
full and meaningful life,
while effectively handling the pain
and stress that inevitably
goes with it.

ACT achieves this in two main ways:

- (1) ACT helps you develop psychological skills to deal with your painful thoughts, feelings, sensations and urges more effectively, in such a way that they have much less impact and influence over you.

(2) ACT helps you to clarify what is truly important and meaningful to you
— your “values”—
and then use that knowledge
to guide, inspire, and motivate you
when making changes in your life.

ACT in three steps:

Accept your internal experiences

Choose a valued direction

Take action

ACT in ACTion:

As I encounter
pain
(T, F, S, U)

when trying to
live a life that
matters
(by my values)

I make a choice
to Avoid (Away)
Or
Accept
(Towards)



ACT in ACTION:

As I encounter
pain
(T, F, S, U)

when trying to
live a life that
matters
(my values)

I make a choice
to Avoid (Away)
Or
Accept
(Towards)



Be present: (watchful, mindful, awareness)
be in contact with the present moment -
notice what is happening right here and now

Open up: (willingness, “hopeful endurance”)
defuse and accept, separate, detach -
step back from thoughts and feelings, allow them
to flow through you, allow them to come and stay
and go in their own good time,
without getting swept away by them or
without getting into a struggle with them

Do what matters:
Bring to mind values you want to live by,
skills and strengths you can use,
Make choices and act according on your values

Choice Points and Personality

*What would it look like if, during stress
(painful thoughts and feelings)*

*you could leverage your strengths
(your best traits)*

*in order to make the best choice
(value-congruent behavior)?*

Exercise: Choice Point

FRONT OF CARD

DOMAIN:

Family/Relationships

Values:

Being a caring,
present,
dependable dad

BACK OF CARD

PAIN:

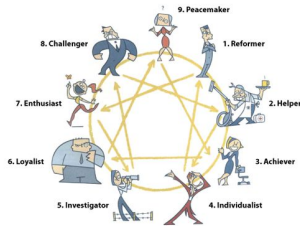
Thought - Why is she being so difficult? What can I do to fix this? What if she is like this in her other relationships?

Feeling - Confusion, Frustration, Fear

Sensation - Tightness in chest, on edge, on guard

Urge - Withdraw, say nothing

YOUR PERSONALITY PROFILE



- Your basic type dominates your overall personality, while the wing complements it and adds important, sometimes contradictory, elements to your total personality.
- Your resourceful score reflects what happens to your best traits under stress.
- Your non-resourceful score reflects what happens to your worst traits under stress.
- The profile can provide clues to what is working well in your life and what is not working so well.
- The accuracy of the profile depends upon the answers you provided. If your profile type doesn't seem to fit you, your second highest score may fit you better.

YOUR PERSONALITY PROFILE

- No one is a pure personality type: everyone is a unique mixture of his or her basic type and usually *one* of the two types adjacent to it on the crown. One of the two types adjacent to your basic type is called your *wing*.
- Your wing adds “colour” of your personality, and important to consider to better understand yourself or someone else. For example, if you are a personality type Nine, you will likely have either a One-wing or an Eight-wing, and your personality as a whole can best be understood by considering the traits of the Nine as they uniquely blend with the traits of either the One or the Eight.

