

Enneagram Type Two Description

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In-Depth Description of Enneagram Type Two

An explanation of the Core Enneagram type can be found [here](#), which opens in a new window.

Common Descriptive Names: (1) The Helper, (2) The Giver, (3) The Altruist

Unconscious Fear for type Two: Of being unwanted and unworthy of being loved for themselves alone

To compensate for their Unconscious Fear an Unconscious Desire arises:

Unconscious Desire for type Two: To be loved unconditionally

For a comprehensive summary of each Enneagram type and the major aspects of this system, click on "[The Enneagram Cheat Sheet](#)," which opens in a new window.

As our personality was forming in early childhood we each developed limiting subconscious beliefs about ourselves, others and the world. For example, your mother or father might have yelled at you "Get your hands out of there!" or "You should be ashamed of yourself!" or "Stop being such a cry baby!" If you had really loving parents you might have heard, "Don't touch that, it's hot!" or "Don't do that, you might hurt yourself!" We also developed limiting beliefs about others. Growing up you may have heard, "I don't want you to play with those kinds of kids" or "Salesmen are sleazebags" or "Politicians are so duplicitous and two-faced." We also developed limiting beliefs about the world. Newspapers and television constantly bombard our minds with reports of scandals, crimes, wars, economic crises, natural disasters, and political corruption. Does this help us believe the world is a loving, safe place to live? Of course not. One way or another, none of us escaped childhood without some limiting subconscious beliefs. Your Enneagram type identifies some of the strongest subconscious beliefs that you've developed over time based on your distorted perception of reality.

The following subconscious beliefs of Twos stem from their unconscious fear and will continue to drive their personality until they learn to reprogram their subconscious beliefs, which will be talked about in the article on "[The Law of Attraction](#)."

Limiting Subconscious Beliefs for type Two:

- It is selfish to have my own needs.
- I have to take care of others before myself.
- People need my help.
- I'm here to serve others' needs.
- I have to earn love, approval and appreciation.
- To be loved I must be needed.

Core Coping Strategies for Twos: (where Twos focus their attention because of their subconscious beliefs)

- Sacrificing their own needs to care for others
- Not recognizing that they even have needs
- Focusing on, cueing for and sensing what other's need
- Giving (praise, affection, compliments, help, etc.) to get (love)
- "Matching." An NLP term meaning Twos try to find commonality between them and others
- Altering and adapting themselves to be more likeable and lovable
- Suppressing negative, unpleasant and unlikable feelings
- "Mirroring" others (matching mannerisms) in conversation to create wonderful rapport
- Winning important others over with kindness, charm and seduction
- "Mind reading" (Twos often assume they know what others are thinking and feeling)

Here's a brief profile of some healthy, very healthy, average, unhealthy and destructive type Two traits.

Healthy Twos are deeply empathetic, unselfish, warm-hearted, enthusiastic and compassionate people. They have a remarkable ability to sense what others are feeling since they themselves are full of feeling and are so tuned into people. They are extremely cheerful, caring, thoughtful, friendly and charitable. Healthy Twos are the kind of people who like to do nice things for people just to show them how much they love them. They are great listeners and remember little details about people that most people don't even pay attention to. They sincerely like to be of service and will gladly volunteer their time for a good cause, a good friend or even someone they just met that asked for their help, if they have the time. That is because they genuinely care about people's welfare and willingly go out of their way to support and help others, especially in times of need.

Healthy Twos have excellent interpersonal skills and seem to get along with just about everyone. They naturally look for the good in people and ways they can create rapport. When healthy Twos admire something about someone they are not shy about saying so. They like to point out the good they see in people and are sincerely encouraging of others. Healthy Twos are appreciative of all the wonderful people in their life and enjoy bonding emotionally with each and every one of them.

Healthy Twos are extremely generous with their praise, time, energy, attention and affection. They accept everyone for who they are and have a gift for relating to people on their own level. They see the dignity, virtue and humanity in all people and will treat the president of the United States the same way they treat a janitor at McDonalds – with loving kindness and consideration. Healthy Twos sense that people are deeply interconnected. They are a living embodiment of the spiritual value, "Love thy neighbor as thyself." Healthy Twos not only see the good in people but they also are able to forgive the bad.

Healthy Twos are the kind of people you can count on to go the extra mile. They will stay up all night with a child (perhaps not even their own!) who feels frightened. They will be the first person in the kitchen to clean up after a big Thanksgiving day family meal. They will take off their own winter coat when it's freezing outside and give it to someone else who looks cold while they both wait for the bus to come. You get the idea.

While Healthy Twos are more than willing to lend a helping hand or a word of encouragement to their loved ones when they need it, they also cultivate independence in their loved ones to promote their self-confidence, self-reliance, inner strength and self-esteem. They realize how debilitating it is to have anyone dependent on them so they work on empowering their loved ones so that they can thrive and make good things happen for themselves.

While healthy Twos have immense good will and enormous generosity of spirit for others they also know how to say no, maintain good boundaries and take care of their own needs. Healthy Twos are loving people who provide encouragement, support and nurturing in many different ways.

Very Healthy Twos like Mother Teresa* are unconditionally loving, truly selfless and deeply altruistic. They realize that their giving comes from a Universal Will and not their own will. They humbly give freely and generously but have no expectation of receiving anything in return because they have learned to love themselves unconditionally.

* This is my speculation based on her life and my experience with the Enneagram

Average Twos see people's needs everywhere and focus on how they can best meet those needs. They filter out the possibility that some types might not even mind if the Two said no to their request for help when the Two was extremely exhausted. They filter out the possibility that some types might actually resent the Two's help rather than appreciate it. They filter out the possibility that some types might be put off by the Two's lavish attention, flattery and exclusive focus on them.

Average Twos are motivated by the need to be loved and appreciated. However, because of their overdeveloped empathy, average Twos feel that they must put the needs of others first. So, much of their behavior focuses on giving to get. While healthy Twos can give altruistically for the pure joy of giving, average Twos have mixed motives with their giving. On the one hand, they genuinely like doing nice things for people but on the other hand, they need to get some form of positive attention or gratitude for their giving. Average Twos reading these words may find it hard to admit to themselves that they might have ulterior motives for their service, warmth, love and encouragement of others.

Average Twos can be people pleasers, flatterers and gift givers who take pride in their ability to make people feel special and important. Ironically, while taking pride in their ability to make other people feel loved, they can fear that they will not be loved or wanted in return. Because of this fear average Twos try to make themselves indispensable, sacrificing themselves too much, giving unasked for advice and unwanted assistance just to get some appreciation or affection. They can also be manipulative, doing things for others so that they will be needed.

Average Twos are often unaware of their own needs. Their attention is so focused on other people, and especially their needs, that they aren't even sure of who they really are. That's because they are so good at altering and adapting themselves to meet the needs of other people. There is a running joke in Enneagram circles that when Twos throw a party they don't know which of their many selves to be. Each person at the party only knows the version of the Two that has adapted to meet their needs.

Average Twos need to be liked so they can have a difficult time saying no to people, even when they are exhausted. They also have a difficult time receiving gifts or favors from other people without an immediate impulse to give something back at the first opportunity. They also have difficulty expressing any negative feelings or emotions because they want to be liked and subconsciously believe that if they expressed any kind of sadness, need or pain they would only drive people away.

While some types might withdraw when a romantic interest doesn't even give them the time of day, Twos will redouble their efforts and pursue the person even harder. They love a challenge and will look for any way that they can to meet their love interest's needs.

Because they doubt others love for them they can be intrusive, hovering and meddlesome as a way to get closer to others. They also need to hear that they are still important to others. They can also be possessive, fearing that others don't really need them they try to hold on them. It's ironic that average Twos see others as needy because they're the ones that are actually needy and clingy.

Average Twos can be overly intimate and have poor boundaries. They often will disclose personal information to someone they like and have just met in a subconscious effort to get close as quickly as

possible. They attempt to win over a romantic interest by giving him or her seductive attention and affection. They can be quite emotionally intense, physically demonstrative and romantic when they like someone because they long for intimacy, yet fear it at the same time.

At worst, average Twos can become proud and overbearing, seeing themselves as the main source of goodness in other people's lives.

Unhealthy Twos begin to fear that they are driving others away. They can feel self-important and saintly while also feeling unappreciated and unwanted. They can be self-deceptive about their motives and how manipulative, overbearing and controlling they are being. They can be patronizing and bossy, resentful and bitter, complaining that everyone is ungrateful. They often become needy and clingy or hypochondriacs (people who imagine they have some physical problem or illness) in an unconscious bid for sympathy and attention. Unhealthy Twos can overrate what they do for others yet feel like overburdened, self-sacrificial martyrs who suffer for the service they extend to those they care about.

Unhealthy Twos may realize, on some level, that life is not working for them. If they can see that other people don't share their same beliefs and yet their lives are working for them they may begin to recognize that their own beliefs and way of viewing the world may be distorted, limited or flawed somehow. This realization can be a turning point if unhealthy Twos are willing to claim some responsibility for their lives and seek assistance from a counselor, therapist or other support person. If unhealthy Twos continue to feel victimized rather than claiming responsibility for their life then they may deteriorate to the destructive level.

Destructive Twos lack adequate life coping skills. They probably came from a highly dysfunctional family and/or suffered a severe crisis in life that totally devastated their self-esteem and self-worth. Their mind torments them and unless they get some kind of help they will continue to live a miserable existence.

Destructive Twos try to get love from anyone in any way they can. They feel victimized and abused by ungrateful others. They become extremely self-deceptive, manipulative, coercive, guilt-inducing and domineering (like Eights). After all they feel they've done for others, they feel entitled to have anything they want. They won't hesitate to undermine a loved one's confidence, play on their guilt and shame, or coerce them into sexual behavior. They can develop an eating disorder and/or abuse medication to stuff their neglected feelings. They can develop psychosomatic problems (mentally induced physical illnesses) due to emotional issues and repressed feelings of unlovability. They may become completely obsessed with a romantic interest and stalk him/her. Their own self-denial and self-deception is so strong that they are able to rationalize literally anything they do.

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Career Talents, Values & Interests for Enneagram type Twos

I want to say from the outset that the Enneagram is one system among many powerful ones that can be used to help people understand their vocational talents, values and interests by understanding WHO THEY ARE INSIDE!

Mother Teresa and Richard Simmons are two famous Enneagram Twos but look how different they are based on other systems (click on the links below to see what I mean):

SYSTEM	MOTHER TERESA	RICHARD SIMMONS
	Mother Teresa Biography	Richard Simmons Biography
Temperament system	Solid Gold	True Blue
Myers-Briggs system	ISFJ	ENFJ
Dosha Type system	Pitta-Kapha type	Pitta-Vata type
Aura Colors system	Blue/Violet	Blue/Yellow
Multiple Intelligences system	Verbal-Linguistic, Intrapersonal	Bodily-Kinesthetic, Interpersonal
Numerology system	born on the 26th of the month	born on the 12th of the month
Numerology system	27/9 Life Path	32/5 Life Path
Astrology system	Moon quincunx Jupiter	Mars square Jupiter
Astrology system	Moon sextile Neptune	Moon sextile Pluto
Astrology system	Teresa's Astrology Report	Simmons' Astrology Report
Michael system	(Old Soul) Server	(Young Soul) Sage

Go to [Famous People Analyzed](#) for more information on these famous people. If you are interested in vocational guidance yourself then go to that area of this website by clicking on the following link: [Vocational Guidance](#).

So, what DO Mother Teresa and Richard Simmons have in common, both being Enneagram type Twos?

All Twos try to meet the needs of others and attempt to orchestrate the people and events in their lives. Twos derive their sense of self from being caring, considerate, loving people. They have a natural ability to feel the feelings and needs of others. They often go out of their way to say and do nice things for people. They want to be seen as friendly, thoughtful and generous and so they usually are. Not surprisingly, Twos are often, but not always, found in the helping professions because they are so empathetic, nurturing, compassionate and kindhearted (when healthy). Twos are often willing to go the extra mile for others, especially those in need. Work involving children, the disenfranchised, the neglected, the downtrodden, the physically or mentally challenged, the terminally ill, the elderly, etc. all appeals to Twos. **Doesn't that sound like both Mother Teresa and Richard Simmons?**

Twos can have either a One wing or a Three wing. **Mother Teresa is a [Two with a One wing](#) and Richard Simmons is a [Two with a Three wing](#).** If, after clicking on the previous links, you feel that you are more of a Two with a strong One wing, look at what Enneagram type Ones need for career satisfaction as well. If you feel you are more of a Two with a strong Three wing, look at what Enneagram type Threes need for career satisfaction as well.

Many Twos are gifted with the [Interpersonal Intelligence](#) (from the [Multiple Intelligences system](#)) because they have the ability to: (1) communicate clearly and listen well, (2) use empathy to help others solve problems, (3) organize people well, (4) discriminate and interpret different kinds of interpersonal clues, and (5) influence and inspire others to work toward a common goal. Needless to say, Twos love working with other people.

Average Twos like to please others and to feel needed in their job. They tend to be proud of their virtuous giving but also need attention, appreciation and expressions of gratitude. They can give unwanted advice and assistance and try to make themselves indispensable. They must be careful not to wear themselves out trying to be self-sacrificial martyrs.

Healthy Twos are unselfish and altruistic. They have a strong desire to relieve human suffering and are sincerely concerned about the welfare of others. Their giving is openhanded and they derive satisfaction from doing good for its own sake, without any need for approval, appreciation or recognition. Famous examples of healthy Twos are **Albert Schweitzer, Bill Cosby, Elizabeth Taylor, Jerry Lewis, Desmond Tutu, Leo Buscaglia, Alan Alda, Barbara Bush, Nancy Reagan, Mr. Rogers** and **Florence Nightingale**.

Natural Gifts and Talents of Twos

As a Two, I have some, or all, of these natural gifts and talents that I take for granted:

1. The ability to sacrifice my own needs for the benefit of someone I care to help
2. The ability to empathize with people and console and reassure them
3. The ability to nurture and cultivate love and kindness in others
4. The ability to provide real care and support to others
5. The ability to cooperate, collaborate and create harmonious relationships with others
6. The ability to intuit and inwardly perceive other people's needs
7. The ability to work long and hard on someone else's behalf
8. The ability to see the good in others even when they don't see it in themselves
9. The ability to listen compassionately and allow people to feel understood
10. The ability to create close, personal, meaningful relationships with people
11. The ability to praise people and make them feel good about themselves
12. The ability to build rapport and trust with anyone by being genuinely interested in them
13. The ability to offer hospitality
14. The ability to commit to those I care about and be loyal, dependable and responsible
15. The ability to offer good advice and counsel that helps people with their problems
16. The ability to advocate and promote people or causes I am passionate about
17. The ability to encourage, uplift, inspire and empower people
18. The ability to bring people together to create community and a family-like environment
19. The ability to protect people and create security and stability for them
20. The ability to ensure the welfare of those I care about
21. The ability to affirm others and put them at ease
22. The ability to mobilize and marshal people to help others in need
23. The ability to put myself in someone else's shoes and consider their feelings
24. The ability to understand what motivates people
25. The ability to network
26. The ability to lead discussion groups and build teams

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Work Values

Some of the work values important to Twos are (choose which ones apply to you):

- Aesthetics and beauty
- Close friendships with coworkers
- Close group/team work
- Contribution (to betterment of world)
- Helping others directly
- Integrity
- Lots of people contact
- Meaningful work
- Open communication
- Positively influencing people's lives
- Sense of mission
- Sociability

Universal Life Values

Which of the following universal life values are important to you?

- A loving, intimate partnership
- Aesthetics/beauty
- Career fulfillment/success
- Close family relationships
- Close friendships
- Faith/spiritual connection
- Financial security/comfort
- Good health/wellness
- Good physical fitness
- Inner peace
- Integrity/honesty
- Joy/happiness
- Ongoing learning potential
- Service/contribution
- Creativity/originality
- Time freedom/independence

Some Life Values of Twos

Some of the life values important to Twos are (choose which ones apply to you):

- Affability
- Affection
- Altruism
- Association with others
- Being appreciated and loved
- Being needed
- Being useful
- Care
- Charitableness
- Collaboration/team work
- Compassion for others
- Consideration of others
- Cooperation
- Cordiality
- Emotional closeness
- Empathy for others
- Family
- Feelings
- Friendliness
- Friends
- Fostering development in others
- Generosity
- Harmony
- Having positive feelings for others
- Helpfulness
- Intimacy
- Joviality
- Kindliness
- Love
- Nurturance
- Openness
- Partnerships
- Praise and giving compliments
- Relationships
- Responsiveness (to others' needs)
- Romance
- Self-sacrifice
- Sensitivity
- Service to others
- Sociability
- Spiritual faith
- Sympathy
- Thoughtfulness
- Understanding

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As a Two, career satisfaction means doing work that.....

1. Allows me to work with people who are kind, generous, thoughtful, loving, open and easy to get along with.
2. Allows me to work with a boss who is sensitive to peoples' needs, encouraging, appreciative, approving, and praises people for their good work and team spirit regularly.
3. Lets me work in a warm, friendly, harmonious environment with lots of plants, sunshine and pictures of my family and friends.
4. Allows me to collaborate, cooperate, bond, communicate and connect with people regularly.
5. Lets me draw out the best in people by being able to see their innate goodness.
6. Lets me bring more love, kindness, compassion and forgiveness into the world.
7. Gives me lots of opportunities to make people feel good about themselves.
8. Allows me to support, protect, care for, empower and help people (especially the downtrodden, oppressed, neglected, mistreated, abandoned, disadvantaged, weak, poor, old, young, demoralized, deprived, needy, underprivileged, etc). This is especially important to Twos with a One wing.
9. Allows me to support and help powerful, influential people who are ambitious to do good and bring more love into the world (especially Twos with a Three wing and social Twos).
10. Has meaning and value for me beyond a paycheck.
11. Doesn't require so much of me that I end up feeling drained constantly from overdoing and trying to please everyone.
12. Doesn't require me to suppress my own real feelings and needs.

Sample Type Two Personal Mission Statements

Most people don't have a personal mission statement which is why I am including some here based on each Enneagram type's innate gifts, talents, interests and values. A personal mission statement is nothing more than a brief written statement of your overall purpose in life, your personal vision for who you want to be in and for the world. Helen Keller once said, "The most pathetic person in the world is someone who has sight but has no vision." I would use the word pitiable (as in evoking compassion) instead of pathetic but otherwise I agree with her. Without a "why" to live for that makes a unique contribution life quickly becomes empty and meaningless. Ways to find your purpose in life are developed more fully in the [Vocational Guidance](#) section. What follows are parts of personal mission statements from Twos. You may notice a repeating theme.

1. My mission is to bring more love into the world
2. My mission is to take care of my own needs as well as I do those of others
3. My mission is to help other women raise their self-esteem and get out of abusive relationships
4. My mission is to make people feel special and loved
5. My mission is to be the most loving spouse, mother and grandmother I can be
6. My mission is to love my spouse and children unconditionally
7. My mission is to give generously of myself to worthy causes and people
8. My mission is to help people understand, appreciate and love each other
9. My mission is to help people heal their emotional wounds
10. My mission is to make wonderful things happen for those I love
11. My mission is to humbly serve God by loving all of His creations

Careers That Especially Interest Twos

Enneagram Twos can be found in many different occupations but there are certain occupations that they are drawn to because of their natural gifts, talents and values. Here is a list of some of them.

Many Twos love teaching and educating, especially children and those with special needs.

- Advisor (anything from foreign policy to guidance counselor)
- Art and creativity teacher (especially with the **Visual-Spatial intelligence**)
- Bilingual education teacher (especially with the **Verbal-Linguistic intelligence**)
- Educational administrator
- Elementary school teacher
- Home economics teacher
- Instructional coordinator
- Math or Science teacher (especially with the **Logical-Mathematical intelligence**)
- Music teacher (especially with the **Musical-Rhythmic intelligence**)
- Nursing instructor
- Physical Education teacher (especially with the **Bodily-Kinesthetic intelligence**)
- School principal
- School psychologist
- School social worker
- Teachers of all kinds (especially drama, English, humanities, foreign languages, social studies, special education)
- Teacher's assistant
- Volunteer teacher

Twos excel in Social Services/Counseling/Healing work where personal warmth and genuine caring are so important.

- Caretaker
- Certified life coach (CLC)
- Child care provider
- Coach (any)
- Counselor (any)
- Energetic healer
- Healer (any)
- Marriage and Family Therapist (MFT)
- Mediator
- Non-profit organization worker
- Orphanage worker
- Professional certified coach (PCC)
- Psychiatrist
- Psychologist
- Psychotherapist
- Public service worker
- Social director/leader
- Social worker
- Sociologist
- Therapists of all kinds

Many Twos are drawn to the health care field because they can work directly with people in a helping capacity, two of their favorite things to do.

- Aerobics instructor
- Alternative healthcare practitioner
- Certified occupational therapy assistant (COTA)
- Certified respiratory therapist (CRT)
- Chiropractor
- Dental assistant
- Dental hygienist
- Dentist
- Drug and alcohol addiction specialist
- Exercise physiologist
- Family physician
- Health care administrator
- Health care worker (any)
- Health educator
- Home health aide
- Home health social worker
- Hospice nurse/worker
- Licensed practical nurse (LPN)
- Massage therapist
- Medical assistant
- Medical secretary
- Mental health professional
- Nurse (any)
- Nursing home worker
- Nutritionist/Dietitian
- Occupational therapist (OTR)
- Optometrist/optician
- Pediatrician
- Personal fitness trainer
- Physical therapist (PT)
- Physical therapy assistant (PTA)
- Physician assistant (PA)
- Primary care physician

- Recreational assistant
- Recreational therapist
- Registered nurse (RN)
- Registered physical therapist (RPT)
- Registered respiratory therapist (RRT)
- Speech language pathologist (SLP)
- Speech language pathology assistant (SLPA)
- Veterinarian
- Yoga instructor (especially with the **Bodily-Kinesthetic intelligence**)

Many Twos (especially Twos with a Three Wing and Social Twos) have the gift of gab and love interacting with people. Jobs in marketing, advertising, sales and service can be a natural fit (especially for **Extraverted, **Enterprising** Twos).**

- Account executive
- Advertising executive
- Consultative manager
- Consultative salesperson
- Corporate communications director
- Customer service representative
- Diversity manager
- Employment interviewer
- Human resources manager
- Industrial psychologist
- Marketer of ideas/services
- Organizational development consultant
- Public relations promoter
- Real estate agent
- Salesperson
- Training and development specialist
- Travel agent

Many Twos are spiritual and/or religious owing to their innate sensitivity and intuition (and because many of them have **Blue as their core aura color).**

- Clergyman and woman
- Director of religious education
- Missionary
- Nun/Monk (especially self-preservation Twos with a strong One-wing)
- Pastor
- Preacher/minister
- Priest
- Religious leader
- Volunteer

Some extraverted Twos who have a strong Three wing like to be in the public eye.

- Actor/Actress
- Comedian/Comedienne
- Dancer
- Entertainer
- Motivational speaker
- Musician
- Politician
- Seminar leader
- Singer
- Workshop presenter

Many Twos are drawn to careers dealing with home, family and young kids or seniors.

- Child care provider
- Foster parent
- Home health aide
- Home health social worker
- Homemaker
- House cleaner
- Nursing home worker

Many Twos are advocates for the underprivileged and often volunteer for causes they believe in.

- Activist
- Advocate (especially consumer service advocate)
- Campaigner
- Crusader
- Political supporter

Many Twos are imaginative, creative, romantic and/or artistic so are often drawn to careers involving art, fashion, design or that make the world a more beautiful, peaceful, loving place.

- Artist
- Arts and crafts maker
- Decorator
- Designer/decorator

- Esthetician
- Filmmaker
- Florist
- Hair stylist
- Interior designer
- Jeweler
- Musician/singer (especially with the [Musical-Rhythmic intelligence](#))
- Painter
- Photographer
- Poet
- Sculptor
- Wedding planner/coordinator
- Writer (especially about fantasy, romance, inspiration, etc.)

Twos are often drawn to the hospitality industry because they love to nurture and pamper others physically and/or emotionally (especially through food).

- Hotel manager
- Restaurant manager
- Bed and breakfast owner
- Event or party planner
- Cook/chef/baker
- Caterer
- Waiter/waitress
- Restaurant host/hostess

Some Twos are metaphysically minded owing to their innate sensitivity and intuition.

- Astrologer
- Aura Color reader
- Tarot card reader
- Clairvoyant/Medium/Psychic

Twos pride themselves on being helpful, cooperative and considerate. If they are also organized and efficient with time they make excellent clerical help, as long as they get to work with people!

- Receptionist
- Secretary

If you are a Two with a One wing also look at the careers that appeal to Enneagram type ONES.

If you are a Two with a Three wing also look at the careers that appeal to Enneagram type THREES.

If you are a Two with a strong Eight arrow also look at the careers that appeal to Enneagram type EIGHTS.

If you are a Two with a strong Four arrow also look at the careers that appeal to Enneagram type FOURS.

Of course there are many more occupations that Twos are attracted to but this is a sampling based on my experience. For much more information on careers please go to my [Vocational Guidance](#) section.

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Relationship Compatibility for Twos with Other Types

To learn more about Type Two's relationship compatibility with other types, click below on the Enneagram type of the other person in the relationship. This will open in a new window.

Type 2 in relationship with Type:

[1](#) [2](#) [3](#) [4](#) [5](#) [6](#) [7](#) [8](#) [9](#)

Things Twos Can Do to Help Themselves Grow

1. Notice how easily your attention goes out to sensing needs of special others and your associated feelings of pride and self-importance in being able to meet those needs. Unfortunately, pride prevents you from admitting to yourself that you have real needs too.
2. Notice how much you crave love, approval, appreciation and attention when you give. Practice being a "disinterested altruist" and give for the pure joy of giving.
3. Realize that denying your own needs to provide for others and altering your personality to get someone to like you are self-defeating behaviors. Being loved does not depend on changing yourself for others or denying your own needs.
4. Practice spending time alone, developing independent activities and bringing your attention back in to yourself. Notice the anxiety it causes and the desire to focus out again.
5. Tell people what you need, and learn to enjoy receiving without feeling the need to give back.
6. Use anger and rising distress as signals that you are not meeting your own needs.
7. Constantly ask yourself, "what do I really want, what really is important to me (recognizing this may produce anxiety)."
8. Notice your own achievements and innate self-worth.
9. Practice setting limits and boundaries by saying no to requests from others, when appropriate.
10. Notice when your helpfulness may seem intrusive or controlling to others.

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Type Two's Wing Descriptions

An explanation of the Wings can be found [here](#), which opens in a new window.

Are you more like a Two with a One wing or a Two with a Three wing? Read below to find out.

Type Two with a One Wing (2w1)

Positive:

- Warm, Principled, Moral
- Selfless Service, Caretaking
- Empathetic, strong desire to alleviate human suffering
- Quiet, Serious, Purposeful
- Healthy self-questioning
- Teaching, Healing, Ministry

Negative:

- Martyr, Critical, Introverted
- Guilt-ridden, Self-Righteous

Type Two with a One Wing: Twos with a One wing (2w1s) tend to take on more of the attributes of Ones than of Threes (the other wing), although both wings (1 and 3) can influence their personality. 2w1s tend to be more idealistic and have a stronger sense of mission to relieve human suffering through practical service than 2w3s. They are willing to do the thankless jobs that most people shun and are less prideful than 2w3s. They are also more serious, objective and emotionally contained than 2w3s but still warm and empathetic. They have strong consciences, high standards for themselves and act from their firm principles. They are more quiet and discreet as well as more respectful of other people's boundaries than 2w3s. They are often content to work more in the background but still want to be seen as helpful to others. Some common roles for this subtype are: caretakers, teachers (especially special education), healers, social workers (and other public service jobs) and ministers. Many 2w1s are very spiritual and/or religious and are willing to question their underlying motives (like healthy Fours – their Heart Point). They feel responsible for other people's welfare and as such can be found doing charity work for the homeless or other downtrodden and disenfranchised groups.

Negatively, 2w1s can feel emotionally conflicted inside. On the one hand, they want to be significant and important in other people's lives but, on the other hand, they can feel selfish for having these desires. Thus, they can be self-critical when their "selfish" needs arise. This can sometimes lead to melancholy. When they are less healthy, they can be extremely self-critical, judgmental of others, pessimistic and moralistic. They may repress their personal desires and just focus on serving others as a way to avoid the guilt of having selfish, inner needs. At their worst, 2w1s can dominate and control others in the name of "helping," neglect their health completely, and play the role of martyr.

You may find that you can relate to the description of Type Two with a Three wing also (see below). However, there is a fundamental energetic difference between these two descriptions. See if you can discern which description sounds *more* like you, however slight that difference might be.

Type Two with a Three Wing (2w3)

Positive:

- Ambitious, Outgoing, Sociable
- Self-Assured, Engaging
- Seek love through intimacy and personal connection
- Charming, Lots of Personality
- Openly emotional, Gregarious
- Lively, Adaptable, Talkative

Negative:

- Competitive, Vain, Deceptive
- Manipulative, Seductive

Type Two with a Three Wing: Twos with a Three wing (2w3s) tend to take on more of the attributes of Threes than of Ones (the other wing), although both wings (3 and 1) can influence their personality. 2w3s tend to be more sociable, gregarious and outgoing than 2w1s. They are interested in making others feel good and in establishing warm, personal connections but they are also quite ambitious and competitive. They are energetic, purposeful and optimistic. They are task-focused and able to get things done and make things happen like Threes. 2w3s are generally group-oriented and like to serve on projects with other people. Because 2w3s are usually good communicators, they are able to get people on board with any ideas they have. They are friendly, charming, adaptable and good-natured. They enjoy doing nice things for and with friends. Many 2w3s love to entertain, throw parties, invite guests over for dinner, etc. 2w3s can be flirtatious, seductive and have a strong drive for intimacy. They can also be quite romantic, sentimental and relationship-oriented.

Negatively, 2w3s can be overly competitive and controlling. They can also be more prideful of their good works, liking the attention. They can focus too strongly on relationships (especially sexual Twos) and be talkative, gossipy, excessively friendly or overly sentimental. They can also be more narcissistic and concerned about their appearance than 2w1s. When their love needs aren't being met they can become emotionally hysterical, histrionic, deceptive and manipulative. They aren't as likely as 2w1s to direct their attention inwards and question themselves or their motives. At their worst, 2w3s can be exploitive, self-centered, self-important, coercive and high-handed.

You may find that you can relate to the description of Type Two with a One wing also (see above). However, there is a fundamental energetic difference between these two descriptions. See if you can discern which description sounds *more* like you, however slight that difference might be.

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Type Two's Subtype Descriptions

An explanation of the subtypes can be found [here](#), which opens in a new window.

Which subtype are you?

Type #2 Self-Preservation Subtype

Can resemble 8s at times when angry

Can resemble 4s at times when feeling entitled to special treatment

Positive/Enhancing:

- Caretaking kind of 2
- Like time alone. Can be balanced with regard to own needs vs. others' needs
- Like to help others with their material and physical needs
- Often love to cook for others
- Loving, attentive to others, generous
- Affectionate, nurturing
- Acts of service is one of their "love languages"

Negative/Depleting:

- Child-like fear of not being able to make it on their own
- Can't ask for what they need
- Feel a sense of entitlement to get their essential needs met too
- Can expect preferential treatment for love and attention given to others
- Expect others to know what they need
- Repress and stuff their feelings
- Act childish and egocentric when scared
- Can overspend
- Possibly abuse food (as compensation for feeling unloved)
- Possible eating disorders
- Hypochondria possible

(For even more insight, learn which "wing" you favor: your [1 wing](#) or [3 wing](#)).

Type #2 Sexual Subtype

Can resemble 8s at times with their intensity and passion

Can resemble 4s at times with their yearning and longing for love

Positive/Enhancing:

- Go after what they want
- Intuitively know the needs and interests of others
- Know how to get close to and intimate with people

Negative/Depleting:

- Do whatever it takes to "win over" people, especially a romantic interest (won't take no for an answer)
- Turn on the charm and seductively focus on pleasing and lavishing attention on significant others

- Alter and adapt themselves to meet others' needs but then fear rejection if they express their own needs
- Fear being rejected for who they really are
- Hide their neediness behind giving
- Seductive and alluring; crave yet fear intimacy
- May aggressively pursue and overcome all obstacles/objections when they really like and want someone
- Have hidden expectations of love being returned
- Pain arises when their partner doesn't take an interest in them or their repressed, unmet needs/desires
- Can be possessive and demanding, intrusive and hovering
- At worst, can be obsessed with someone; stalking; fatal attractions

(For even more insight, learn which "wing" you favor: your [1 wing](#) or [3 wing](#)).

Type #2 Social Subtype

Can resemble 3s at times if they are 2s with a 3 wing

Positive/Enhancing:

- A master networker and organizer who can bring people together that need each other's help
- Give their time, energy and even money to improve conditions for people and/or the world
- They always have other people's welfare in mind as well as their own
- They can be aware of group expectations but have enough self-esteem to do what's best for them
- Excellent at connecting people together for their mutual benefit
- Great at organizing meetings, facilitating projects
- Extremely social, friendly and outgoing
- Ambitious
- Charming, upbeat, entertaining; a gracious host and hostess

Negative/Depleting:

- Seek attention and even prestige by being popular or seen with the "in crowd"
- Like to be seen with successful people to enhance their own social value
- Attracted to those on their way up or socially influential
- Pride in ability to socially connect people and help others
- Can get scattered, over-extended and over-committed
- Want to be liked and approved of by everyone
- Fear being left out or forgotten
- Public image is all important
- Flattering, ingratiating, seductive

(For even more insight, learn which "wing" you favor: your [1 wing](#) or [3 wing](#)).

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Heart and Defensive Points/Arrows for Type Two

An explanation of the Heart and Defensive Points can be found [here](#), which opens in a new window.

Type Two with a Healthy Connection to Type Four: When Twos integrate the positive aspects of type Four they realize just how much they've denied their own needs and deceived themselves about their "purely altruistic" motives. They see that much of their giving was to get love, approval, appreciation and admiration. They stop trying to change themselves in to someone others will love and instead become more authentic and honest with themselves and others. They are able to say no when they really don't have the time or energy to do something for someone else. They find other sources of self-worth besides helping people all the time. They accept all of their feelings, even the darker, more negative ones such as melancholy, anger, resentment, hostility and loneliness with compassion. They don't reject any part of themselves. They develop their inner life and enjoy time alone to meditate, contemplate and/or express their creativity, perhaps through some form of art or writing custom made cards to people. As Twos become more loving towards and intimate with themselves they are able to create intimacy and express love more easily and genuinely with others.

Type Two with a Healthy Connection to Type Eight: When Twos integrate the positive aspects of type Eight they become more self-confident, able to set good boundaries, and assert their own needs. Despite appearances to the contrary, Twos can be incredibly tough and assertive underneath their veil of sweetness. With the connection to Eight, they become less concerned about other people's opinions of them and are more open, honest and straightforward with others, sometimes even quite direct in their communication style. They can gravitate toward leadership positions because they are now more powerful, decisive and strong in themselves.

Sometimes the move to Eight occurs when Twos end up in adverse conditions where they need to be strong and fend for themselves. If this is the case, the move to Eight will allow them to tap into their own powerful instinctual energy and take care of themselves by fighting back.

Type Two with an Unhealthy Connection to Type Four: When Twos deteriorate to the negative aspects of type Four they can become self-pitying and lament because nobody *really* loves them. They become more self-absorbed, fantasizing obsessively about being in love and depressed about ever being able to truly find it. Or, if they have a partner, they can become disenchanted, disillusioned and disappointed in him or her. They may fear abandonment or have romantic obsessions about being with a more exciting and attractive person. They constantly compare themselves with others and can feel envious of others who have loving relationships.

Type Two with an Unhealthy Connection to Type Eight: When Twos deteriorate to the negative aspects of type Eight it is usually because they are confronted with the fact that their self-sacrifices and efforts to get closer to people aren't working and are actually driving people away. At this point their anxiety and stress can start to exceed their coping strategies. They become more self-deceptive and manipulative and aggressively try to hold onto others at any cost, all the while justifying themselves and their actions as "loving." They become more demanding of attention and confront people directly about being unappreciative and ungrateful for all they do for them. They can become surprisingly angry, argumentative, blaming and accusatory, claiming that they have been taken advantage of or wronged in some way and deserve better. This way of being can come as quite a shock to those accused of wrong-doing because the Two has always been so kind, sweet and loving. Twos can become self-important and are unwilling to have their "saintliness" go unnoticed or unrecognized. If Twos continue to feel unloved and unappreciated they will up the ante and become more openly domineering and controlling, taking charge of everyone and everything. In a scary way, Twos can repress any evidence of their hostility towards others and continue to see themselves as a caring, loving person. If the Two is single they could become romantically obsessed with someone and stalk him or her. If the Two is partnered, they could act out their rage and feelings of betrayal by threatening their partner to be more loving, considerate and responsive to their needs. At worst, the Two could become vengeful and commit an act of violent retribution.... and feel completely justified in doing it!

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