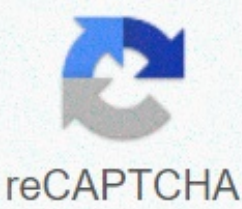




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Eneagrama pdf borja vilaseca

yourself can be learned without outside help, there are some psychological tools that help facilitate, deepen and accelerate this process of self-discovery. The eneagram is one of them. It's like a map of our emotional territory that we can use as a guide and reference to know our limitations and potentials. Developed by Oscar Ichazo and Claudio Naranjo, Eneagram is such a useful and practical tool that it is used by psychologists, psychiatrists and trainers to give a more objective and decisive approach to their therapy. It is also used by more and more companies to develop the arbitrariness and emotional intelligence of the people who work for them. It is even used by many writers to create deeper and more reliable characters. The word Eneagram means nine lines in Greek. Mainly because he describes, broadly speaking, nine personality types, each of which has its own mental model. And it would become like a lens from which we subjectively filter objective reality. This psychological skeleton also determines what drives us to be who we are and to do what we do; what are the features of our main character, including our flaws and qualities; What we want and what we fear; and even what an emotional gem we stumble upon again and again throughout our lives. NEW ENEATYPES I wound and dagger. (Charles Baudelaire) In order to arouse the interest and curiosity of readers, below we describe with a brief smear of the nine eneatis described in Eneagram, with a particular emphasis on the emotional wound on which we built our personality: Eneatype 1: the one that wants to be perfect. His injury is that he feels imperfect. To compensate for this feeling of insufficiency, unconsciously creates the ideal of how it should be. In the process, he becomes very self-critical and critical of himself. And since he never achieves the desired perfection, he tends to be angry and frustrated with ease. Among other flaws, he is often convinced that the way he sees things is the only true one. Because of his arrogance and toughness, he believes that he is always right, and tries to impose his point of view on those who think or act differently. His training is to transform anger into calmness, accepting himself for who he is. 2: The one who needs love. His downside is that he doesn't like himself. He thinks loving himself is a selfish thing to do. And the most important thing is to be a good person, always to prioritize the needs of others. He thinks that the more he helps people, the more they will love him. And the more they love him, the happier he will be. But in the process he forgets himself and his needs, becomes dependent and unable to be alone. Because of his pride, he believes he knows better than others what they need, and often gives advice and then throws in his face what he has done for people. His training is to transform his pride into humility, first engaging in his own emotional needs. Enetype 3: the one that needs to be evaluated. His wound is that he doesn't value himself. He believes that if he does not stand out or succeed in some area, no one will take that into account. And that his value as a person depends on his professional triumphs and social status. He seeks to be obsessed with image, success and recognition. So much hiding behind a mask ends up forgetting who he really is. And in the process he becomes very smug, ambitious and competitive, acting like a chameleon to impress his interlocutors. His training is to transform his vanity into authenticity, valued for what he is, not what he does, has or achieves. Enetype 4: someone who needs attention. His injury is that he doesn't see himself. He needs the others to find out. And to compensate for his inferiority complex, he makes him become a unique, special and different person. Compared to people, he often believes that he lacks something to be happy, immersed in envy, sadness and melancholy. His self-centeredness makes him talk too much about the emotions and feelings that live within him. However, he often feels misunderstood and suffers from frequent emotional ups and downs. His training is to learn to take care of others more than himself. Enetype 5: someone who is afraid to express feelings. His greatest fear is incapable of being emotionally sensitive to others. Everything to do with feelings, as well as physical contact, makes you uncomfortable and overwhelmed. It is usually distant, cold, restrained and a little hermit. And he seeks to lock up his solitude, gloating in his rational, theoretical and intellectual world. Accumulate information and knowledge without even feeling ready for action. He is afraid to face reality, especially when emotional obligations arise with other people. Your training is to connect more with your heart, to find a balance between what you think and how you feel. Enetype 6: the one who is afraid to make decisions. His wound in that he doesn't trust himself. He is often overwhelmed by fear and anxiety about the potential potential Future. He lives in a constant state of alert, so as not to catch him by surprise. Feeling so insecure inside, he tends to worry obsessively about making decisions that guarantee him safety and confidence that everything will be fine. And to quell their doubts, he often asks other people what to do with their lives. His training is to transform his cowardice into courage, cultivating self-confidence to take on the consequences of his own decisions. Enetype 7: one who is afraid to suffer. Their problem is that he cannot cope with the emptiness and pain that inhabit the depths of his being. He strives to develop a funny, cheerful and positive personality, using a sense of humor as a protective mechanism. He is usually hyperactive and hedonistic, obsessed with finding pleasure in the short term as an antidote to bury his chronic boredom and dissatisfaction. He lives in the future, very distracted and hardly present and concentrates. His training is to cultivate the silence and art of doing nothing, connecting with the happiness and well-being that are within him, rather than getting lost in the maze of evasion. Enetype 8: someone who wants to control the situation. His biggest fear is that others will hurt him. He usually defends himself behind the shell and lives in defense, reacting aggressively when he feels threatened. He seeks to intimidate with his eyes and strong personality. He likes to be responsible for situations so as not to obey the will of others. He can't stand anyone telling him what to do, and injustice gets him out of the box. Feeling that he has to protect his vulnerability, he considers the best defense a good attack. His training is to let go of control and accept his vulnerability, realizing that no one can cause him emotional pain without his consent. Enetype 9: someone who wants to avoid conflict. His injury is that he can not cope with the anger of others. It is usually underestimated, often goes unnoticed and avoids taking sides so as not to disturb anyone. It is difficult for him to say no to others, fearing that someone will get angry. Don't say anything uncomfortable, listen more than you say. He felt that his opinion was irrelevant and generally consistent with general thinking. He easily retires and usually procrastinates, leaving everything at the last moment. You can lie for hours on the couch, gloating in their apathy, sloping and passivity. His training is to transform his laziness into proactivity, asserting itself and bringing value to the world. If you want to take the next step and get to know yourself better through Eneagram, sign up for an online Eneagram course or any of the face-to-face courses in Barcelona, Madrid, Medellin or Valencia. Published by Borja Vilasek in El Pais Semanal last Sunday, Sunday, 2014. Gender Self-Help (3)TypeManual (3)Novel (3)Delivery CostThanties (20)PaymentIn-Interest (1)New Condition (23)Used (2)Federal Location of the Capital (11)Bs.As. G.B.A. North (8)Bs.As. G.B.A. West (3)Bs.As. G.B.A. South (2)Buenos Aires Interior (1)PriceUp to \$3,000 (7) \$3,000 to \$4,500 (8)More than \$4,500 (10)Publishing detailsBest sellers (20) Other people were looking for Children's Books Children's AccountsStiphen KingThe smart investorUp up to 6 interest-free installmentsFing shipping is subject to weight, price and distance shipping. Up to 6 interest-free fees Up to 6 interest-free fees Up to 6 interest-free shipping fees depends on the weight, price and distance of shipment. Shipping.

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