

2

The Helper

"It's my pleasure to give; now what do you need?"

Basic Proposition

True Nature: Twos are drawn to having a deep connection to others. They experience this loving connection without needing to create it; it is just there.

Great Loss: At an early age, Twos felt separated from real love.

Core Belief: As a result, Twos came to believe they were inherently unlovable. They felt they had to earn the right to be loved by taking care of others first.

Personality

Twos put a lot of energy into trying to make love happen. Two are often gracious, loving, nurturing, charming and romantic. Twos are often blind to their own needs and even take pride in not needing anything from anyone. They like to be indispensable.

Where the Two's energy/attention goes (fixation):

- The emotional and physical needs of others
- Valuing feelings
- Appreciation for all the giving

Healthy Traits of the Two (Gifts):

- Empathy
- An innate sense of what others need
- Genuine warmth and openness that makes others feel cared for
- Ability to give with no expectation of return
- Very accepting of self and others; has learned imperfection does not diminish goodness

Average Traits of the Two:

- Love becomes an action, not a true connection
- Being a people-pleaser

- Giving help that was not needed or wanted
- Trouble recognizing own needs, even more trouble asking for help meeting them

Unhealthy (Red Flags):

- Feeling resentful when their needs are not met or they are not appreciated
- Being a rescuer; drawing in needy people
- Martyrdom
- Pride in not having needs
- Using manipulation to get needs met

Stress and Coping

What Causes the Two stress:

- Feeling obligated to caring for too many people
- Not being appreciated enough
- Having others reject help
- Becoming overwhelmed by others' emotional energy

Coping Methods:

- Sacrificing their own needs in order to make others feel cared for
- Flattery to win others' love
- Putting energy into others' lives

Practices for Transformation for Twos

- Ask before giving; make sure the help is wanted.
- Build an awareness of your own needs.
- Practice receiving. See if you can receive as much as you give.
- Each day, make an effort to ask yourself what you want and need from yourself and others
Notice any resistance to this.
- Questions for daily reflection: When was I proud of being indispensable or not having needs today? How did that make me feel? When did I allow myself to receive today? Was that hard or easy? Was I able to give and receive in equal parts?
- Develop a mindfulness practice to build awareness of your mind, body and heart as they are in the moment.