



# Enneagram Subtypes and Instinctual Drives: Understanding the Relationship

**Saturday, March 20, 2021  
9:30 am - 3:00 pm AZ/MST**

**Online via Zoom | \$125**

AEA Membership Discounts / Young Adult Rate Apply

**Do you ever feel that no matter how hard you try you can't quite feel safe and secure, or experience deep intimacy and connection or feel that you truly belong in this world?**

In this workshop you will learn that all mammals have 3 instinctual energies that drive them to seek survival, intimacy in one-to-one bonding, and social belonging. In humans these are expressed through our Enneagram Type via what are known as Subtype behaviors which affect our relationship to oneself, to another individual and to social groups. We all have all 3 instinctual drives but, typically, during the socialization process one of these three drives becomes most important to the individual, resulting in a preference behaviorally for one of the 3 Subtypes: Self-preservation, Sexual (One-to-One) or Social.

Through exercises, dialogue and practices, you will learn how your strategy for getting instinctual needs met influences your behavior and this will:

- Give you access to a deep Knowing that you are safe and secure, loved and affirmed, powerful in a grounded way
- Lead you to deeper Authenticity; knowing you don't have to strategize to get what you think is missing
- Increase your capacity for remaining Present to yourself, your life and others

**MORE INFORMATION / REGISTRATION**



**Rev. Andrea Andress** is a retired deacon of the United Methodist Church at Paradise Valley United Methodist Church and is a Spiritual Director certified by the Shalem Institute. A certified Enneagram teacher and member of the Enneagram Association in the Narrative Tradition (EANT), Andrea is a Founding Member of the Arizona Enneagram Association.

[arizonaenneagram.org](http://arizonaenneagram.org)