

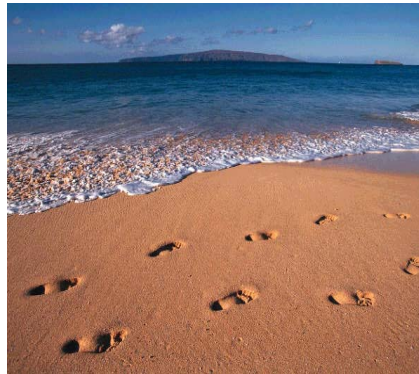
Stillwaters Coaching

“He leads me beside still waters”

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I love a slow walk along the beach when the water is still! The inspiration for *Stillwaters* came during a contemplative stroll on Hood Canal. The rhythmic lapping of the water on the shore brought peace to my soul as I sought the Lord's direction and restoration at a time when I was uncertain. I imagined Jesus walking along with me, and was aware of how much I needed His patient listening and His loving wisdom. I experienced what the Psalmist stated, “He leads me beside still waters; He restores my soul.” (Psalm 23). As I finished my walk, I felt refreshed! I was also inspired to begin sharing with others the wisdom and experiences that have helped me in my journey of faith over the past thirty years.



I hope you enjoy this first newsletter of *Stillwaters Coaching!*

My desire is that you will continue to press forward in life, and that you grow more and more into the freedom that Christ has for you! Perhaps this newsletter will assist your journey!

And *Stillwaters Coaching* was born!

We are in “Default Mode”

The dilemma of Romans 7 is all too familiar to us. We do what we don't want to do, and we don't do what we want! Our behavior often baffles us and we feel stuck in patterns which we can't seem to change. The apostle Paul states that our only hope is in Christ alone! But, how do we walk in the newness of life that He has bought for us?

Romans 6 speaks of the 'old

self that we are to reckon as dead in order to be alive in Christ. *Just who is this old self anyway?*

I think it is very much tied into our developed Enneagram style. It is our 'default mode' - our automatic response to life in order to get the love, acceptance, and security we want and need. It is the way we operate as our own god. As we become more

familiar with the traps of our Enneagram strategy, then we are better able to put off the old self in order to put on the new self which is found in Jesus Christ.

To the right is a list of the main characteristic of the old self for each Enneagram style as well as a corresponding quality of the new self embodied by Christ. Think of taking off some old dirty clothes and putting on His

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Special points of interest:

- *Stillwaters is born!*
- *Put off the Old; put on the New!*
- *Relationships! What others are learning at the “Understand and Be Understood” workshops.*
- *Find out about hosting an Enneagram workshop!*

Old Self/New Self

	Put Off	Put On
1	Anger	Patience
2	Pride	Humility
3	Deceit	Truthfulness
4	Envy	Contentment
5	Greed	Generosity
6	Fear	Courage
7	Gluttony	Sober Joy
8	Lust	Compassion
9	Laziness	Right Action

Relationships!

The greatest joys of our lives are found in relationships!

God made us that way....with a longing to be connected to Himself and to others.

And, the greatest challenges of our lives are also found in relationships!

In my "Understand and Be Understood" workshops for couples, it is fun to watch the 'lights go on' as couples begin to discover that they just see things differently and that their personal filters create barriers in their ability to accept themselves and accept one another. Below are some samples of what each style learns about themselves, as well as hints for how to live with a particular 'number.'

ONES find out that their own inner critic spills over to their spouse, and that not everyone has an automatic eye to notice what needs to be improved. A person married to a ONE learns to appreciate and embrace their high ideals as a gift to them because it helps them become a better person.

TWOS realize that they can overdo being a helper and rescuing others, setting them up to feel hurt when they are not needed or appreciated. The spouse of a TWO should encourage them to express their needs and accept help, as well as stop relying on them so much.

THREES find out that they base their value on their accomplishments and performance, often putting their tasks ahead of their relationships. A spouse of a THREE can help them by planning times away and encouraging them to set limits on their work without being offended that they place a high priority on getting things done.

FOURS come to see that they long for deep emotional connections that others may not be capable of sharing, leading to moodiness and a longing for more. A person married to a FOUR learns to accept their range and depth of feelings, and to assure them that they have all they need in the present.

FIVES can easily hide behind their quest for knowledge and objectivity, keeping them at an emotional distance from others. A FIVE spouse learns to appreciate their wisdom, as well as to respect their need for privacy and personal time alone which helps them engage more when they are ready.

SIXES realize that they live in a world of fear and doubt so they notice what may go wrong and live to avoid danger and insecurity, sometimes putting a damper on experiences. A spouse can help a SIX by focusing on the best thing that can happen, rather than the worst-case scenario.

SEVENS find out that they avoid the painful things in life by creating new adventures, keeping their options open, and making light of difficulties in relationships. Being married to a SEVEN means appreciating the fun and spontaneity they bring as well as providing an attentive ear when they express negative emotions.

EIGHTS bring intensity to a relationship and they welcome confrontation without realizing that others do not necessarily enjoy conflict. An EIGHT spouse needs to be honest and direct, letting them know if they wound you and not always assuming everything is a personal attack.

NINES come to see that the back-side of their easy-going nature is that they lose themselves in relationships in order to keep everything calm and harmonious, leading to an underlying resentment that they don't matter. A person married to a NINE can assist them in gaining focus and defining what it is they really feel and want.

Find out about hosting a

"Understand and Be Understood" Workshop at your home or church!

This five-hour workshop is designed for couples wishing to gain a deeper understanding and connection with each other. I cover the basics of the Enneagram and the nine personality types, plus offer concrete ways of relating with each particular style. Past participants say the insights into their differing styles helped them to understand their recurring conflicts and misunderstandings, and to accept and appreciate each other in new ways. It has been exciting!

Contact me for more details!