

am I a two?

2's Core Motivation – I am striving to:

- Feel connected, loved and needed

I focus my attention on:

- People and my relationships
- Meeting the needs of others, helping others
- Being generous, kind and thoughtful

I avoid:

- Disappointing or upsetting people

Typical characteristics and strengths:

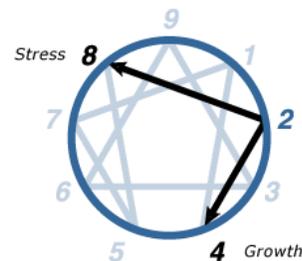
- Loving, nurturing, caring
- Helpful, generous
- Empathetic, sensitive
- Supportive, understanding
- Insightful
- Considerate, kind, friendly
- Rapport builders
- Positive, optimistic
- Joyful
- Value relationships and human connections

Typical challenges or blindspots:

- Overly helpful, doting, giving
- Easily overextended by doing for others
- Have trouble saying no
- Suppress or unaware of own needs
- Flattering, disingenuous, people-pleasing
- Indirect, misleading, deceitful
- Manipulative, give-to-get behavior
- Make myself indispensable (make others dependent on me)
- Different selves to different people
- Proudful

Typical patterns and behaviors:

- I enjoy connecting with people. Relationships are of the utmost importance. I focus a lot of time and attention on people, my connections and my relationships.
- I am often the life of the party. I plan events and celebrations. I love entertaining, feeding and nurturing others. I endeavor to make sure others are happy and thriving.
- I have good instincts. I often am aware of how others are feeling and know what they need before they do.
- Sometimes I overdo my caretaking and exhaust myself. Because I prioritize others, I tend to neglect myself.
- I can become overly involved and intrude in other people's lives.
- I get angry and resentful when I feel underappreciated, under-valued or taken for granted.
- I get sad and depressed when those closest to me are unkind, cold or insensitive.



Considering your **wings** and **arrows** may help clarify nuances of your type.

- 2's Wings: 1 and 3. Most of us "lean" more toward one of our two wings, sharing some behaviors with that type.
- Growth Arrow: 4 – 2's "move" toward 4 adopting 4ish behaviors and patterns for growth and development.
- Stress Arrow: 8 – where 2's may go when they are experiencing acute stress or difficulty. Here we see the 2 demonstrate "low-side" or unhealthy type 8 behaviors.