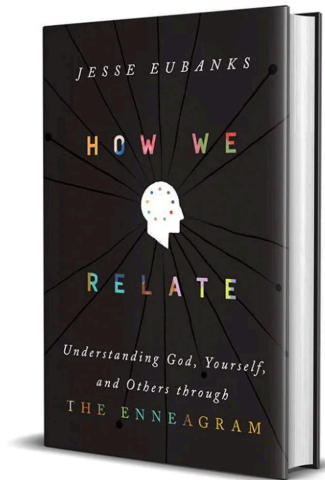


- AN ACTIVITY GUIDE TO HELP YOU -

BUILD BETTER RELATIONSHIPS



HOW WE RELATE

“An ideal primer for Christians curious about the enneagram.” - Publisher’s Weekly

How can you help your students grow in self-awareness and relational competency?

Jesse Eubanks’ book *How We Relate: Understanding God, Yourself and Others Through the Enneagram* provides readers with more self-awareness, relational tools and fresh insights into the beauty of the gospel.

This guide is designed to give you ideas and structure to help your students build better relationships with God, others and themselves.

GROUP ACTIVITIES

- **Take the WEPPS Test:** Have students take the Wagner Enneagram of Personality Profile System assessment. Tests do not provide hard evidence (due to the bias and blindspots of the test taker) but they can help students know where to focus their curiosity about their personality.
- **Host a Workshop:** Partner with the leadership of your institution to make an enneagram workshop available for a larger portion of students or faculty. You can hire Jesse Eubanks to come in person to your school for an all-day workshop event. [Learn more about workshops.](#)
- **Enneagram Panel Discussions:** Divide the class into groups based on their Enneagram types (or by Triads). Each group can prepare a panel discussion where they share their experiences, strengths, and challenges related to their specific type. This activity can foster empathy and understanding among different types.
- **Role-Playing Scenarios:** Create scenarios that involve interpersonal conflicts or challenges. Assign students different Enneagram types to role-play within these

scenarios. This can help students understand how different types might react in various situations.

- **Personal Reflection Essays:** Assign students to write a personal reflection essay on their Enneagram type, discussing how it impacts their relationships and personal growth. This can help students internalize the content and apply it to their own lives.
- **Group Debates:** Organize debates on various topics related to the Enneagram, such as its validity as a personality tool, its spiritual implications, or its impact on relationships. This can stimulate critical thinking and deepen understanding of the material.
- **Debate the Origins of the Enneagram:** The origins of the enneagram are a hotly contested and controversial topic. Either have students [listen to this podcast episode](#) outlining the variety of views about the origins or have students do their own research. Then, have students either write a report or assign students to debate the topic.
- **Book Discussions:** Divide the book into sections and assign each section to a small group for discussion. Each group can present their insights and takeaways to the class, fostering a deeper understanding of the book's content.
- **Enneagram Interviews:** Pair students up and have them interview each other based on their Enneagram types. This can help students understand how different types perceive the world and interact with others.
- **Young Type/Old Type Interviews:** Instead of pairing students with someone else in class with a different enneagram type, have students seek out someone in midlife or older who is the same enneagram type. Have them structure their interview and report around someone older giving them advice about their personality and relational style.
- **Guest Speakers:** Invite individuals who are knowledgeable about the Enneagram to speak to the class. This can provide additional perspectives and deepen students' understanding of the material.

GROUP DISCUSSION GUIDE FOR HOW WE RELATE

Introduction: How We Relate Is How We Relate

1. How do you define your relational style, and how does it impact your relationships with others and with God?
2. Share a moment when you felt the need to build better relationships. What prompted this realization, and what steps have you taken since?
3. Discuss the statement "How we relate is how we relate." and the idea that we have one universal relational style that we apply to God, other people and ourselves. How does this concept resonate with your personal experiences in relationships?
4. How do you see the connection between loving God and loving others in your daily life? What challenges and opportunities does this connection present?
5. Explore the idea that understanding our style of relating is critical. How can self-awareness in this area lead to growth and transformation in relationships?

Chapter 1: Created for Community

1. Discuss the statement "The soul expresses itself as personality. Personality expresses itself in relationships." What do you think of this concept?
2. Share personal experiences or observations of how community has impacted your spiritual growth and well-being. What makes community essential for thriving?
3. Explore the concept of being created in the image of God. How does this understanding shape your view of relationships and community?
4. How do you see the church as a body of Christ, with each member playing a vital role? Discuss the importance of interdependence within your community of relationships.
5. Reflect on the idea that the purpose of life is relationships. How does this perspective align with or challenge your current beliefs and values?

Chapter 2: The Enneagram

1. Discuss your initial impressions of the Enneagram as a tool for understanding personality. How does it differ from other personality systems you may have encountered?
2. Explore the idea that the Enneagram helps us see both our truthfulness and falsehood. How can this insight lead to personal growth and deeper relationships?
3. Share personal experiences or thoughts on how understanding different personality types can increase empathy and reduce misunderstandings in relationships.
4. How does the Enneagram's focus on emotions, thoughts, and actions resonate with your understanding of human behavior? Discuss the complexity of mapping these traits.
5. Reflect on the statement "Enneagram + Life Story = Clarity." How do you see the integration of personality understanding and life story leading to self-clarity?

Chapter 3: Type Eight: The Protector

1. Discuss the characteristics and traits of Type Eight, known as "The Protector." How do these traits manifest in relationships, both positively and negatively?
2. Explore the concept of survival and conflict in the life of an Eight. How does this theme shape their approach to trust, vulnerability, and protection?
3. Consider the vice and virtue of the Eight (boundlessness and innocence). In what way does the vice work as a counterfeit solution to the Eight's needs? In what way does the virtue help them walk with Jesus better?
4. Reflect on the statement "Your protection comes from God, not your power." How does this spiritual perspective resonate with or challenge the Eight's natural inclinations?
5. What do the healthy characteristics of the Eight help us learn about God?
6. How does your boundlessness manifest in your interactions with others and how can you practice innocence (or mercy) in those situations?

Chapter 4: Type Nine: The Peacemaker

1. Discuss the characteristics of Type Nine, known as "The Peacemaker." How do these traits manifest in relationships, and what are the positive and negative aspects?
2. Explore the concept of peace and harmony in the life of a Nine. How does this desire for peace shape their approach to conflict, decision-making, and self-expression?
3. Share thoughts or experiences related to the balance of peace and exertion in a Nine. How does this duality contribute to their ability to impact others' lives?
4. Reflect on the statement "Blessed are the peacemakers, for they will be called children of God." How does this spiritual perspective resonate with or challenge the Nine's natural inclinations?
5. What do the healthy characteristics of the Nine help us learn about God?
6. Can you identify moments when you fall into sloth, and how can you replace it with right action?

Chapter 5: Type One: The Reformer

1. Discuss the characteristics of Type One, known as "The Reformer." How do these traits of being ethical, hardworking, and devoted to practical action manifest in relationships?
2. Explore the concept of perfection and integrity in the life of a One. How does this desire for righteousness shape their approach to ethics, justice, and self-improvement?
3. Share thoughts or experiences related to the balance of being highly ethical and the struggle with resentment in a One. How does this duality contribute to their desire to improve the world?

4. Reflect on the statement "Be whole as God is whole. That is integrity, and Jesus affirms it." How does this spiritual perspective resonate with or challenge the One's natural inclinations?
5. What do the healthy characteristics of the One help us learn about God?
6. How does resentment show up in your life and how can you cultivate patience instead?

Chapter 6: Type Two: The Helper

1. Discuss the characteristics of Type Two, known as "The Helper." How do these traits of being generous, supportive, and compassionate manifest in relationships?
2. Explore the concept of pride in the life of a Two, where selflessness justifies their pride. How does this unique form of pride shape their approach to helping others?
3. Share thoughts or experiences related to the balance of being sacrificial and the struggle with burying their own needs in a Two. How does this duality contribute to their identity as indispensable?
4. Reflect on the statement "Helping others is supposed to be a byproduct of love, not a method to earn it." How does this perspective resonate with or challenge the Two's natural inclinations?
5. What do the healthy characteristics of the Two help us learn about God?
6. How does pride influence your actions and how can you practice humility in your relationships?

Chapter 7: Type Three: The Achiever

1. Discuss the characteristics of Type Three, known as "The Achiever." How do these traits of being resourceful, efficient, goal-oriented, and driven manifest in relationships?
2. Explore the concept of success and adaptability in the life of a Three. How does this desire to achieve shape their approach to leadership, communication, and self-image?
3. Share thoughts or experiences related to the balance of being effective and the struggle with superficiality in a Three. How does this duality contribute to their identity as inspiring leaders?
4. Reflect on the statement "Many Threes are so goal-oriented they often achieve big goals early in life... and often find those goals weren't quite as satisfying as they anticipated." How does this perspective resonate with or challenge the Three's natural inclinations?
5. What do the healthy characteristics of the Three help us learn about God?
6. How does deceit manifest in your life and how can you replace it with truthfulness?

Chapter 8: Type Four: The Originalist

1. Discuss the characteristics of Type Four, known as "The Originalist." How do these traits of being creative, expressive, and emotionally intuitive manifest in relationships?

2. Explore the concept of authenticity and uniqueness in the life of a Four. How does this desire to be unique shape their approach to self-expression, creativity, and relationships?
3. Share thoughts or experiences related to the balance of being deeply emotional and the struggle with feeling misunderstood in a Four. How does this duality contribute to their identity as originalists?
4. Consider the Four's fear of being without identity or personal significance. How might this fear manifest in their behavior or relationships, and what strategies can be used to address it?
5. What do the healthy characteristics of the Four help us learn about God?
6. How does envy affect your perception of yourself and others, and how can you cultivate equanimity?

Chapter 9: Type Five: The Investigator

1. Discuss the characteristics of Type Five, known as "The Investigator." How do these traits of being a thinker, wise, objective, scholarly, and perceptive manifest in relationships?
2. Explore the concept of knowledge and curiosity in the life of a Five. How does this desire to understand shape their approach to learning, communication, and relationships?
3. Share thoughts or experiences related to the balance of being intellectually stimulating and the struggle with feeling overwhelmed in a Five. How does this duality contribute to their identity as investigators?
4. Consider the unhealthy behaviors of a Five, such as being detached, reclusive, and relationally absent. How can understanding these tendencies help the Five move toward growth and transformation?
5. What do the healthy characteristics of the Five help us learn about God?
6. How does greed influence your relationships and how can you practice generosity?

Chapter 10: Type Six: The Loyalist

1. Discuss the characteristics of Type Six, known as "The Loyalist." How do these traits of being prepared, committed, and alert manifest in relationships?
2. Explore the concept of security and trust in the life of a Six. How does this desire for security shape their approach to planning, decision-making, and relationships?
3. Reflect on the statement "The Six is invited to move from the fear of 'what if?' to the courage of 'even if.'" How does this perspective resonate with or challenge the Six's natural inclinations?
4. Consider the unhealthy behaviors of a Six, such as being anxious, skeptical, and cautious. How can understanding these tendencies help them to move toward growth and transformation?
5. What do the healthy characteristics of the Six help us learn about God?
6. How does fear impact your decision-making and how can you cultivate courage in the face of fear?

Chapter 11: Type Seven: The Enthusiast

1. Discuss the characteristics of Type Seven, known as "The Enthusiast." How do these traits of being enthusiastic, lively, and engaging manifest in relationships?
2. Explore the concept of joy and adventure in the life of a Seven. How does this desire for fun shape their approach to planning, decision-making, and relationships?
3. Reflect on the statement "Every day is a 'Take Your Inner Child to Work' day with a Seven." How does this perspective resonate with or challenge the Seven's natural inclinations?
4. Consider the unhealthy behaviors of a Seven, such as being scattered, unreliable, and escapist. How can understanding these tendencies lead the Seven toward growth and transformation?
5. What do the healthy characteristics of the Seven help us learn about God?
6. How does gluttony show up in your pursuit of pleasure and how can you practice sobriety to find true joy?

Conclusion: A New Way to Relate

1. Discuss the overall message of the book and how it has impacted your understanding of relationships. How has your perspective on relating to others changed?
2. Reflect on the statement "God's great desire is for you to love and be loved in relationships." How does this resonate with your personal experiences and beliefs?
3. Share how the understanding of different Enneagram types has influenced your approach to relationships. How can you apply these insights in your daily interactions?
4. Consider the role of self-awareness and personal growth in building meaningful relationships. How has the book helped you in this aspect?

ABOUT RELATEBETTER



RelateBetter's mission is to provide high-quality resources to help people experience healthier and more meaningful relationships with God, others and themselves. RelateBetter's vision is to bring relational health to households, workplaces and churches. Learn more at www.relatebetter.com.

RelateBetter is a new company launched by Love Thy Neighborhood in March 2023. Since 2014, Love Thy Neighborhood has been leading urban missions programs for young adults and providing podcasts and workshops on a variety of topics - including content on relational health.