

Proposed Enneagram Course Outline

From *The Road Back to You Study Guide* by Ian Morgan Cron and Suzanne Stabile

Note: Cron is an Episcopal priest and therapist. Stabile is called The Godmother of the Enneagram.

The study guide is a companion to *The Road Back to You*. Both books are required. (\$18 on Amazon)

Weekly Goals:

Week One: Do You Know Your Number?

- Narrow down your type, if possible
- Know the three triads
- Become familiar with SNAP (Stop, Notice, Ask, Pivot)

To read from *The Road Back to You*: Chapters 1 and 2.

Week Two: The Gut Triad (8, 9, and 1)

- Understand Type 8 (The Challenger)
- Understand Type 9 (The Peacemaker)
- Understand Type 1 (The Perfectionist)

To read from *The Road Back to You*: chapters 3, 4, and 5.

Week Three: The Heart Triad (2, 3, and 4)

- Understand Type 2 (The Helper)
- Understand Type 3 (The Performer)
- Understand Type 4 (The Romantic)

To read from *The Road Back to You*: chapters, 6, 7, and 8.

Week Four: The Head Triad (5, 6, and 7)

- Understand Type 5 (The Investigator)
- Understand Type 6 (The Loyalist)
- Understand Type 7 (The Enthusiast)

To read from *The Road Back to You*: chapters 9, 10, and 11.

Week Five: Working with your Type

- Explore your wings—the numbers on either side of yours
- Review the affirmations for each type
- Discuss your experiences in learning about the Enneagram

To read from *The Road Back to You*: chapter 12 and the wings material that relates to your number.