



'The Helper'

Warm, generous and people pleasing

- Type TWO · HEART Centre -

The Enneagram describes 9 ways of seeing the world.

If you have spent your life giving to others and wondering why you feel so empty, this one is yours. You are motivated through your heart. Your love, your warmth and your deep need to be needed by others live here.

Why this name?

The Two is named The Helper because their entire world revolves around giving to others. Their love, their time, their attention, all of it flows outward with extraordinary generosity. But this giving comes at a cost. A Two will give and give until there is nothing left, and still find it almost impossible to ask for anything in return. Their journey is accepting that they are worthy of the same love they so freely give to everyone else, and that starts with understanding the motivation that propels them forward and the fear that is quietly shaping their every move.

What gets you out of bed

To be loved, needed and appreciated by the people in their life

What keeps you up at night

Being unloved or unwanted by others

These three levels describe the range of how a Type Two can show up; from your most expansive self to your most contracted.



When you are in flow · Levels 1–3

You love freely and without agenda. You give not because you need to be needed but because your heart is genuinely full and you cannot help but share it. And for the first time you receive love with the same openness you offer it, without guilt, without deflecting, without immediately giving something back.



When life gets hard · Levels 4–6

You give to get, even if you would never say it out loud. You say yes when every part of you wants to say no. You flatter, you accommodate, you make yourself indispensable; underneath it all a quiet resentment builds toward the people who keep taking without noticing how much it costs you.



When you are running on empty · Levels 7–9

You have completely lost yourself in other people's needs. You believe at your core that you are only worthy of love when someone needs you and that belief has become a prison. The giving is no longer a choice. It is the only way you know how to survive.

Discover how to begin living in flow →

Type TWO

‘The Helper’

This is what becomes possible when you release and surrender

Many people will see themselves here.
But there is a difference between someone who was taught to put others first and a true Type 2.
A true Type 2 does not just help, they cannot stop, even when it is destroying them.

Type Two - Your true gift to the world

A Two has an extraordinary ability to sense what people need before they can even name it themselves. Not to be needed. Not to earn love. But because their heart is so genuinely attuned to the people around them that making someone feel truly cared for is as natural as breathing. When a Two walks into a room, the loneliest person in it feels found. That is not a small thing. That is one of the rarest and most needed gifts in the world.

This is what release and surrendering looks like for a Type 2.
Not giving less. Not caring less. The moment you realise that your worth was never something you had to earn through giving. When you finally stop pouring from an empty cup you will discover that receiving was never weakness. It was the missing half of love.



With Yourself

You finally turn the love inward. You discover that receiving is not weakness and that your own needs are not a burden. You give yourself the same quality of attention you have spent your whole life giving to everyone else and discover that you were worth it all along.

The work: sitting with your own needs long enough to actually name them out loud.



With People You Love

You stop giving in order to secure love and start giving because your heart is simply full. You love freely, without strings and without expectation. And the people closest to you feel the difference immediately.

The work: loving someone today without needing anything back.



With The World

You walk into a room and the loneliest person in it feels found. You build communities where nobody feels unseen and you do it without losing a single piece of yourself in the process.

The work: giving from fullness rather than from fear of being unloved.

Begin Here: Observe

You give generously and the people around you feel it.
Observe this: when you help someone, check in honestly. Are you giving because it fills you up or because you are afraid of what happens if you stop?

The Enneagram is a lifelong practice. If your curiosity has been sparked and you are ready to explore further, I would love to continue this conversation with you.

Ines Curin

ENNEAGRAM & INTEGRATIVE COACH



inescurin.com