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Annie: Hi friends, welcome to another episode of That Sounds Fun. I'm your host Annie F. Downs. I'm so happy to be here with you today. We are back. We are back. We are rested. We are ready to party. It is so great to have some time off to rest and to play and to see family and friends.

And y'all, guess what's also back today? We're back. And so is EnneaSummer 2024. You guys, we've got four Enneagram episodes for you this month. You're not even ready. Four, Annie, but there's nine types. I know, hang on.

The Enneagram is a personality typing system, and it is a tool that we love around here because of how it helps us to know ourselves better and love our people better. It is just a tool, one of many that can help us with personal growth, but one that we find really interesting and helpful.

We've done three other EnneaSummer series, 2019, 2020, and 2021. So we are back. We've got a playlist of all of those episodes over on Spotify. So we'll link to that in the show note if you want to go back and listen.

For EnneaSummer 2024, we are talking about the triads and relationships specifically. If you're already like, what are the triads? Don't worry. We're going to talk all about that today. We also have a free download for you that gives you a chance to process through some of the questions we're asking our experts and guests in this series. It's like we're turning the mic back on you.

So you can find that as well as a list of other Enneagram resources from our experts at anniefdowns.com/EnneaSummer. So we've linked that in the show notes as well, but that is a big place for lots of resources.

But before we dive into today's conversation, I want to tell you about one of our incredible sponsors, [AG1](#). Y'all know I love a morning routine and AG1 is part of mine. AG1 is a foundational nutritional supplement that delivers daily nutrients and gut health support. And it's backed by multiple research studies. So you can trust what you're putting in your body.

AG1 has been third-party tested for safety for years and is trusted by experts and medical professionals, giving you one less thing you have to research. They're posting results online from their studies. It was really interesting to see how many of their study participants have the same feelings of energy focus and supported digestion that I have had since using AG1.

Get this, at 90 days, 94% of people in the research study felt more calm, 97% noticed fewer cravings throughout the day and 97% felt their digestion improved. If there is one product I trust to support my whole body health, it is AG1. And that's why I've partnered with them for so long.

It is so easy to start your journey with AG1. Try AG1 and get a free one-year supply of vitamin D3 plus K2 and five free AG1 travel packs with your first purchase at drinkag1.com/soundsfun. That's drinkag1.com/soundsfun. Y'all check it out.

That link, every other link you could ever look for are in our show notes below, as well as we will send it to you on Friday in the AFD Week in Review email that also has lots of fun little surprises in there. So make sure you're signed up for that. The link is also in the show notes.

Intro:

Today on the show, we are kicking off EnneaSummer 2024 with Enneagram expert Ashton Whitmoyer-Ober. So here are the triads. You know, there are nine types to the Enneagram numbered one through nine, and then they are split into three groups, triads, with three numbers at each that kind of tell you how you respond to the world and how you feel your feelings.

We're going to deep dive in this with Ashton, but for your brain, I want to go ahead and put in front of you that these are the triads. We've got the gut triad, where you kind of feel things in your gut. That's an eight, a nine, or a one. Those are the three numbers that are in the gut triad. The heart triad is twos, threes, and fours, and the head triad is five, sixes, and sevens.

Now in the rest of the series for the next three episodes, you'll get to hear from every number in that triad of how they're experiencing particularly relational health and personal, emotional, and mental health. But one of the things we really want to think about in this series is how we're doing relationships well, and how we know ourselves really well to do relationships well.

Today, we want to start out by doing a deep dive into the Enneagram and the triads and understanding how all of this can help us relationally. Ashton was the exact right person to tackle this with. She's an author, a speaker, an Enneagram expert. She identifies most closely with the type two, and she's written multiple books, including *The Enneagram for Relationships*. So now you get it. Now you get it, right?

I got to sit down with her in person at the Hephzibah House in New York City, so we could lay the foundation for this series before we bring on our friends to talk about their numbers, their triad, and their experiences.

Again, if you want to hear more about your specific number, we have three years of EnneaSummers that you can go back and listen to your individual number. But these triad episodes and what you learn about the triads is fascinating. I think you're going to love it.

So are you ready? Let's do it, friends. Here is our very first conversation, kicking off EnneaSummer 2024 with my new friend, Ashton Whitmoyer-Ober.

[00:05:09] <music>

Annie: Ashton, welcome to That Sounds Fun.

Ashton: Thank you so much for having me.

Annie: Here we are, relaunching EnneaSummer.

Ashton: Wow.

Annie: Launching EnneaSummer 2024. I want you to know that when we... I mean, the good news is in 2024, there are a lot of Enneagram experts who've been trained and are really trustworthy, and you were the one that we wanted in this episode.

Ashton: Oh. wow.

Annie: So thank you for saying yes.

Ashton: Thank you so much for having me. As an Enneagram two, I will replay that over and over and over again. I was wanted.

Annie: Yeah, they wanted me just for me, for all that I can offer. Okay, let's get this out of the way. Cat out of the bag? No, that's not right. But let's just go ahead and say, for anyone listening who is a friend of yours or a friend of mine, and they have some issue with Enneagram, they've heard the origins can't be determined.

Ashton: Can't be determined.

Annie: The origins, in some ways, can't be determined. There are people who feel like people use Enneagram as a crutch for their behavior. Will you talk a little bit about... are you concerned about the origins of the Enneagram, is a question I'd love for you to answer.

Ashton: No.

Annie: Okay, you're not.

Ashton: No.

Annie: Okay. Why is it a tool that has helped you and your personal growth?

Ashton: The Enneagram, I understand the mystery of it because it is a very, very old system. It's between 2,000 to 4,000 years old. So because of that, we can't pinpoint the actual root of it. But the one thing that I want to make clear for people over and over again is that it's a tool, right?

Annie: It is not the gospel.

Ashton: It is not the gospel. It is not the end all be all. It is a tool that we can use to understand ourselves better, understand the way that God created us to be, understand other people and the way that God created them to be, and just form a better relationship with ourselves and other people.

All of the history aside... first of all, I'm not concerned about the history. But all of the history aside, it's a tool. That's the bottom line of it. Can people use a tool incorrectly? Yeah. Similar with many, many other things.

Annie: With a hammer.

Ashton: People can use a hammer incorrectly.

Annie: Right. And we don't technically know who made the first hammer.

Ashton: Right.

Annie: So proceed with caution with your hammers, everyone.

Ashton: Yeah. I mean, it's kind of a silly analogy, but just like people use simple tools like that as weapons, right, people can use the Enneagram as a weapon, either a weapon that harms themselves or a weapon that harms other people.

Annie: I'm with you. I have grown to be far more concerned about when people use the Enneagram to excuse their own behavior. No one does it to excuse anybody else's behavior.

Ashton: No.

Annie: They do it to excuse their own behavior.

Ashton: Oh, well, I'm an eight so...

Annie: Yeah. Yeah. So sorry. I'm always more concerned when I feel like someone's weaponizing it or treating it like a comforter. Like, sorry, this is just the bed I lay in. I am a different person because I understand my motivations as a seven that can stop me from doing what... I mean, I saw a counselor here in New York for the first time. And when I sat down with her, I was like, "I need you to know that... and here's my... I mean, I said, "Here are my strengths on StrengthsFinders. Here's my Myers-Briggs. Here's my disc. And here's my Enneagram." And I am telling you-

Ashton: Here is a picture of me.

Annie: Yes. You are going to see me try to run from pain. But I have matured in it and therefore, I don't think I'd have known... I wouldn't have had the language for that without the tool of the Enneagram. And it's been really helpful for me.

Ashton: And you were just talking about how you use it with your team. That is so important when we talk about relationships and how to understand each other and our motivations and just the way that we, you know, view things. Like we all view things differently. For relationships specifically, it can just be so, so helpful.

Annie: It's been really fun because we did a couple of years of doing EnneaSummer, and then we did Summer Lovin', and then people are like, put them together.

Ashton: Wait a second.

Annie: And we're like, "Okay. Can do."

Ashton: Ask no more.

Annie: That's right. I was like, You don't have to beg me to talk about Enneagram or dating. So here we go. Because we want our people to be... I want all my friends to be in healthier marriages because they're friends with me and healthier dating because they're friends with me and healthier friendship. That's what I hope we do for each other.

Ashton: So that's what I mean. Like, why wouldn't we want to... if it's another tool in our toolbox, like why wouldn't we want to learn that to help other people?

Annie: How does someone... if today they're listening for the first time and they're like, I see it's a number one through nine, but I don't know my number, how do I find it out?

Ashton: So most Enneagram experts will say that tests are only partially accurate. The Enneagram is about our motivations instead of our behaviors. So when we're taking tests, oftentimes we answer based off of our behaviors. So it's really hard for a test, obviously, to ask clarifying questions like, well, why do you avoid conflict? Or why do you bury your emotions? You can't answer that in tests.

As well as sometimes we answer questions in ways we want other people to perceive us. Even if we swear up and down we're not doing that. We are human.

Annie: We're human.

Ashton: So the best way is really to listen to things like this. Read books to do your own research. I mean, people love to take a test because they want a quick answer, a quick response. Go ahead, take a test, but take it with a grain of salt and really dig deeper into maybe your top three results to see what sits with you.

Annie: That's smart because I think it is good to... the tests are fun and they're helpful and here's the answer. And just take that as one piece of data to help you find which number you identify most as. Also, something we've said before that I've heard you say is, I don't say I am a seven. I am a lot of things. I'm Annie. I'm not a seven. I am Annie. I've like changing my language around that. How do you teach people? What language to use around even talking about what number they most identify with?

Ashton: I mean, I think it's a little cheesy sometimes to be like, I'm a two. But I would say I relate to the Enneagram two. You know, like I relate to having a three wing. Just kind of like that relate or resonate language can be... well, can help people... you know, there are some types that are like, well, I don't want to be labeled or I don't want to be put in a box. I think some of that "I am" language kind of heightens that for people.

Annie: Yeah, that's right. I think it heightens for all of us. It gives you that like, well, if I am a seven, then there is no room for growth.

Ashton: And this is my identity. And like, it's not.

Annie: And the rest of the world just is, I am a trampoline they have to respond to. And I don't want to be like that. I don't want to be like that. I am most often my motivations match a seven". I am most often matching a seven. But man, my

behaviors look like an eight. I have a lot of tendencies toward an eight, but in my head I go, but I'm not afraid of what people who I identify closely as eights are afraid of. I'm afraid of what sevens are afraid of.

Even that, if I just went on my behavior, I would be missing some of the health and some of the cues for me of my misbehavior because I was looking at how I live versus why I live the way I do.

Ashton: It's also important what you just said, because people probably see the eight behaviors in you, but you aren't an eight.

Annie: All the time.

Ashton: That's why we can't assume.

Annie: You don't look like this other seven I'm friends with. There are sevens in our world who are flighty and having fun all the time. And I own two companies. That is not my... I move fast. New York City is not a seven city and neither is Nashville really. It's not seven cities.

But you're right. You're exactly right. People accuse me a lot, not in an unkind way, but there's a lot of like, Are you sure you're a seven? You should see me-

Ashton: People are always like... and I do it too, right? You hear the characteristics and you're like, oh, this person must be a three or must be a four. But it's just a good reminder that what we're seeing are their behaviors versus their motivations.

A lot of people accuse me of being a three because I have my own business, I'm driven, motivated, like have a hard time slowing down. But at the end of the day, it's the motivations of the two.

Annie: Right. One of the things that I'm the worst at is watching someone's behavior who says, I'm a seven and I go, I think you're a one who wishes you were a five. I think, you know, whatever. And then I'm like, wait, you're doing the exact thing that you don't want people to do to you. That's the other thing. Talk about that, about kind of letting people identify the number that they believe they are.

Ashton: I mean, it's hard sometimes, right? Because we're like seeing these behaviors and we're like, Oh, this is obvious. Especially too like you've known about the Ennea for a long time, you've read a lot of books, you've studied it. And so you're like, Oh, I see this as a stereotypical behavior of a five or a four, whatever. But like, we're not seeing the motivation, like I said, of why they're doing that.

So maybe outwardly we're seeing that they're decisive or they're confident or they just have big picture energy, like an eight, but we're not seeing like that search for contentment of the seven's motivation.

Annie: I think you will enjoy this. One of our team members identifies most closely with a six. And there was this great meme on the internet and it said: An Enneagram six and Enneagram seven may say the same sentence, but they say it differently. And the sentence was, "What could go wrong here?" And I was like, "Yeah, what could go wrong here?" And she's like, what could go wrong here? It was sent to me. I was like, "Taylor Ann, this is so us." Because she's like, "Okay, what could go wrong here? And I'm like, what could ever go wrong here?"

Ashton: What's the worst that could happen?

Annie: Okay. So for our friends who are listening that maybe this is new to them, or this is a refresher because they haven't checked in on themselves in this way in a while, why does the Enneagram matter? How does it help you? Why does it matter to identify your... shouldn't we just fix our behaviors? Why does it matter to know our motivations?

Ashton: So we can fix our behaviors, but we're not going to ultimately fix them until we know why we're continuing to do things like that or to continuing to get stuck in patterns. Like you, I'm just going to call you out.

Annie: Yeah, come on.

Ashton: Like burying all of those emotions. So if, you know, you're only addressing the fact or seeing the fact that you're bearing the emotions, you're not getting to the why you're doing that. And then the why helps you to stop that behavior. So, you know, it can be with anything. Like if you have somebody who is actively avoiding conflict all the time, they can see that for what it is. But when you start to ask, why am I doing that, you can start to change those behaviors that you might not like about yourself.

Annie: Give us just a little description of each number, a refresher course, a brand new, just because some people are like three, four, eight, nine, one, one. I don't know.

Ashton: Yeah, I don't know what's happening.

Annie: Yeah, yeah. Which number do you like to start with?

Ashton: I will start with one. I know a lot of people do like to start with nine, but I'm a two, I try to please the ones to go in order in their mind. So I used to do nine and then... I don't know. I am who I am. So I will start with one.

So one is the reformer. So they are known for being a little bit perfectionistic. They're very concerned about right versus wrong behavior. They're honest, trustworthy, fair. Their biggest desire, so your motivations are split up into your biggest desire and your biggest fear.

So their biggest desire is to be seen as a good person, to be moral, ethical, right, to do the right thing. And then their biggest fear is being seen as a bad person or doing the wrong thing or being wrong.

Annie: Being misunderstood.

Ashton: And being misunderstood because of that. Yeah.

Annie: Wow. Ones. I love them. They're around me. They're in all sorts of places in my life, in my family, in my work life, in my friendship life. They're everywhere, which is a little complicated for a person who identifies as a seven because that's not my healthiest version of me.

Ashton: Right. Yeah. So they can be pretty critical of themselves. Like every Enneagram one that I've talked to has this inner voice similar to a tape recorder that's just... I call it a case of the shoulds. Like you should do this. You should do that. You ought to do this better or whatever.

Annie: When we've heard ones talk about the voice in their head, I'm like, I cannot imagine.

Ashton: Yeah, I know.

Annie: I cannot imagine. Okay, tell us about you in the Enneagram.

Ashton: The twos are the helper. They're obviously, as their name suggests, they're known for being helpful, giving, kind, compassionate. Their biggest desire is to be loved and wanted and appreciated and needed. And then their biggest fear is kind of like the opposite of that, being unwanted, unloved, not needed, not appreciated, all of those really heartbreaking feelings for Enneagram two.

But they do genuinely love to help other people and just show up for them in a really sincere way.

Annie: Do you feel like you get taken advantage of?

Ashton: Oh, a hundred percent. And they have a hard time saying no, because they tie their value into what they're doing for other people. So they're just going to continue to say yes, because they're going to, in their minds, continue to be valued. But again, if you can understand why you're doing that, you can change that pattern.

Annie: Man, what I, one of the things I think will happen as people listen to you, this is my experience of you online, is I just fall in love with every number when you talk. I'm just like, Oh, they are the best. Like, what a gift! We have ones that help us keep us right and tight. And what a gift that we have twos that show up. Twos in my life will show up anytime. I mean, it's just the kindest. Okay, so threes.

Ashton: Threes are the achiever. So they are the ones that are very motivated, driven. They have this strong desire to succeed. They also have a hard time saying no, because they tie their value into what they're doing or what they're achieving. So the biggest difference between threes and twos is twos want to be loved and threes want to be respected. So their biggest desire is to be respected, to be valued, to be successful and to be seen for those accomplishments.

And then their biggest fear, they fear failure the most, but then they fear being invaluable or incompetent or just not being respected for the things that they're doing.

Annie: Do you have a lot of threes in your life?

Ashton: Yes. My mom's a three. And my dad.

Annie: Your mom and your dad, both threes.

Ashton: Yes, both of them are threes. So growing up, it was a lot of like, you know, achievement-driven and just hard work and, and this drive to succeed. It was definitely an interesting dynamic. But I think part of that is I have a three wing two, so I've always been like, very driven and want to get good grades and competitive sports, all those types of things.

Annie: So let's pause here. We've done one, two and three. Pause here, because you just brought up a great question. Nature or nurture? What is your Enneagram number? Did I become a seven or was I born a seven?

Ashton: You were born a seven. So your Enneagram type, you should be able to look back on your life experiences and see your Enneagram type show up in those experiences versus those experiences determining your Enneagram type.

Annie: Okay. Okay. Good to know.

[00:20:23] <music>

Sponsor: Hey friends, just interrupting this conversation to tell you about one of our incredible partners, [Shopify](#). We were just recently dreaming up some new merch ideas for [shopanniefdowns.com](#). And the whole reason it's so easy to get merged to you is because of Shopify. Truly. Our team has loved using Shopify. But it's also super easy to use, which really matters to us too.

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Sponsor: And another incredible partner to tell you about, [Thrive Causemetics](#). Listen, you know, their Liquid Lash Extensions mascara is my favorite. If you're watching this on YouTube, you are seeing it in action. I talk about it all the time. And it's because it truly makes my lashes look longer and fuller with no smudging. And it's super easy to remove. It literally slides off every night with warm water and a washcloth. No soap required.

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But I love keeping some protein shakes on hand as well. And the O-W-Y-N brand are my current faves, the cookies and cream. I think it's like cookies are not real cream, but you'll find it. They are delicious.

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Okay, now back to our conversation with Ashton.

[00:24:25] <music>

Annie: Okay, fours. Let's keep rolling.

Ashton: All right. Fours, they are the individualist. So they're also sometimes called the romantic. They're very in tune with their feelings, other people's, and emotions. They're also artistic, creative, unique. They love to be seen as significant. So their biggest desire is to be seen as unique, to be special, to be kind of set apart, a little different, and really to be understood with their emotions as well.

Their biggest fear is that something is inherently wrong with them, that they're defective, that something is missing in them, just that something is wrong with them as a person. So you'll hear me say this again, but fours really just are searching to be enough for people. I know. Your face, I'm like, I love that.

Annie: Bless. I love. I know. What you will learn about me, Ashton, is I'm always thinking about who I dated that are those numbers. I'm always like, Yeah.

Ashton: I can see that.

Annie: I can see that's how that ended like that. In Nashville is full force. People are making things all over the place. Creative. And so, yeah, it is crazy. Okay. Fives.

Ashton: Okay. So five-

Annie: Wild group of humans.

Ashton: They are the investigator. Their biggest desire is to seek knowledge and understanding. They want to know things and then they want other people to know that they know the things. And then their biggest fear is not knowing the things or being having their personal space, resources, time invaded on.

So they are very much in their head. They're the most introverted of all Enneagram types. They spend a lot of time in their head or observing. They're very withdrawn, quiet. They just feel safer that way. It's not that they aren't experiencing emotions or anything like that. It's just they rarely leave the head.

Annie: Wow. Bless them. They got a lot going on. They also are the people I go to when I need to know something.

Ashton: Right. Great researchers.

Annie: Great. Read a lot of books.

Ashton: Super analytical.

Annie: Okay, sixes.

Ashton: The sixes are the loyalists. So like their name suggests, they are extremely loyal. They're responsible. They're prepared. They're really just great at creating solutions for problems. And that's because they anticipate the problems because their biggest fear is fear. So they're often thinking about what could go wrong or what is not right or just... they're hyper-aware of those types of things.

Then their biggest desire is safety, security, seeking guidance from other people, just making sure that everything is planned and that they're prepared.

Annie: Do people ever mix up sixes and ones?

Ashton: Yes. I was just going to say that. That's funny.

Annie: Oh, really?

Ashton: You're in my head.

Annie: Oh, brilliant.

Ashton: So sixes and ones can look similar because they both really enjoy a plan and they're both really wanting things to be right. But the difference is the motivation. So for sixes, they like a plan because it makes them feel safe and they are wanting things to go the right way because it feels safe to them. And they're avoiding the worst-case scenarios. For ones, they just feel like that's the right thing to do. They're not really thinking about safety or fear or things like that.

Annie: It's just the right way. Some of my experiences of them is they can feel the same to me as a seven. It's because they both feel like they're thinking through problems we don't have. We don't have those problems. What are we doing? And they also both save me.

Ashton: Yeah, I know.

Annie: I hear the bigger...

Ashton: I'm married to a six.

Annie: Oh, hey.

Ashton: I am not a prepared person on my own. I will just say that.

Annie: He has you ready for all the things.

Ashton: I don't know how I ever found my keys prior to this marriage or anything.

Annie: Oh, I love that.

Ashton: Literally.

Annie: That's why I cannot wait to figure out who I marry for a lot of reasons. One of them being what Enneagram number am I finally going to switch with? Okay, sevens. Talk about sevens.

Ashton: Sevens, they're the enthusiasts. So they are the most extroverted of the Enneagram types. They're fun-loving, spontaneous, a little bit impulsive at times, just energetic. You can kind of sense when you're around a seven because they carry this optimistic, almost like energy around.

Their biggest fear is being trapped in any sort of emotional pain, negativity, being trapped, held back, literally. Then their biggest desire, they do want to have fun, but they do want to seek contentment. So they're looking for things that make them feel content. That's why they're known for being a little impulsive at times because they're like, Oh, maybe this will be the thing. Maybe this will be the thing.

Annie: I believe it was Suzanne Stabile who said sevens feel like there are always holes in the bottom of the bucket. That has served me to go like, hey, Annie, the bucket is not running out. You are trying to... if it's a bag of chips or a concert or a relationship or a book, I want all. I want all. Moderation has never been easy. But the more I understand my motivation-

Ashton: I want it all and I want it now.

Annie: That's right. That's right. Oh, of course you do. You feel like, what are you actually afraid you're losing? And where do you actually feel trapped? Man, the feeling trapped part has been very important to me, especially in work relationships and in contracts and to be like, "Oh, you aren't trapped. You signed... You agreed to this. You agreed to this.

Ashton: I have more Enneagram seven friends than I think any other type. And on this side of things, that's been very important for me to recognize in my friends too. So I just want to reiterate that while this is really great for you, it's so important to understand your people.

I have one of my Enneagram 7 best friends. I know when she's feeling trapped. You start to identify those things in your people and to be able to show up for them and help them work through that feeling.

Annie: It's one of the reasons we really encourage people to listen to the whole series every summer, of EnneaSummer.

Ashton: Don't just listen to your type.

Annie: Don't just listen to your type because yes, we want you to be self-aware. High emotional intelligence and high self-awareness make you better in every relationship. And also listen to the other episodes because you're gonna learn about your spouse, learn about who you're dating, learn about your friends, your parents and go like, that is why when I say this, it always...

I mean, I just had to have a really hard conversation with the four and I researched before, what are the things not to say? Like, what are they gonna hear that I am not saying because of their... and you can't... everybody's individual, everyone's unique, but to do a minute of research is because I love them and I want... That's what you're doing is you're going, okay, I'm paying attention to when my sevens feel trapped because I love them and want to help. Okay, so eights.

Ashton: So eights, they're the challenger.

Annie: I live for eights, by the way.

Ashton: My sister's an eight. She's probably, besides my husband, my closest relationship. And really the relationship I talk about the most in the context of the Enneagram because it's the one I've seen the most change, you know, an eight and two after I talk about an eight, like they can be very, very different.

The eight is the challenger. So they are known for being decisive, direct, confident, really protective of their people. That's because their biggest desire is to protect themselves and others. And this can look like people who they would assume are vulnerable or like need to be protected.

So in my life, having my older sister also be an eight, I haven't had to fight a battle of my own since 1989, AKA when I was born. And then their biggest fear is being seen as weak, powerless, or controlled in some way. And so that's why they often carry around this strong exterior that can sometimes intimidate other people. But what people aren't seeing is that once they peel back the layers of an onion, there's actually a really tender side underneath.

Annie: That's my favorite things about them.

Ashton: I can see you being like, I'm gonna peel back every layer until I get to the middle.

Annie: And also, you know who never gets me trapped? An eight. Because they are more driven to get us to the next place. So it is always like, I'm trying to keep up. And I live for it. Male, female, anywhere, church, homework, relationships. Love them. I love all the types most of the time, but... Okay, nines.

Ashton: Nines are the peacemaker. So like their name suggests, they are trying to keep the peace. They're very approachable, welcoming, compassionate. They view all sides of a situation. Their biggest fear is conflict. So they fear conflict the most. It's not saying that other types also, you know, don't fear conflict. It's just makes up their-

Annie: For different reasons.

Ashton: Yeah, it's for different reasons. Then their biggest desire is to maintain a peaceful environment for themselves and for the people around them.

Annie: Do you find... because this whole series this year, we're gonna talk about relationships. We're gonna talk about triads, but we're gonna talk about relationships. So I'm gonna get you to define those in a second. Are there any pairings in friendship, in dating, in work that do not work?

Ashton: This is like the number one question I get. The way that the Enneagram works with relationships is... it's not about compatibility because we can't see the level of health of the individual, right? I always use myself. So I'm a two, my husband's a six. Let's say that two and six was like the best pairing in the world. But if I'm an unhealthy two, then it's no longer a great pairing, you know?

So really using the Enneagram for relationships is about knowing those pieces about each other, learning how to connect, what makes them tick, what sets them off, how do they react in communication and conflict.

Annie: That is great to hear because-

Ashton: People love for me to give specific examples and I'm like, I won't do it.

Annie: Every year they ask us to do a show for every couple and I'm like, that's like 81 episodes.

Ashton: I've done posts about it before and it was so time-consuming.

Annie: It's so time-consuming. So they can go back and look at your posts.

Ashton: Yeah.

Annie: Okay, so Ashton, I mean, one of the reasons that you are the right person is because you have a book, *Enneagram for Relationships*. So they can look at your posts, they can get your book. You also have *Enneagram Made Simple*, which is a gift. And so everybody would love for it to be simple. So those are available for people

to go like, "But I'm a three and I've got to know if this eight and I are gonna work, but I'm a two and my boss is a nine and this isn't working or whatever." There's resources. There's your books. There's Suzanne's book. I mean, there's a lot that people can get.

Ashton: Yeah, there's so many. Even when I first started talking about the Enneagram or researching it back in 2018, 2019, like there really weren't a lot of modern-day books or perspectives on the Enneagram. And now we have so much information about it at our fingertips. Really take advantage of that. But like we said, with podcasts, don't just read your chapter. You have to read the book in its entirety.

Annie: Yeah, that's right. It is actually one of the reasons that we didn't do shows about Enneagram for a couple of years is when we started doing the shows, there weren't a lot of podcasts about it. There were a couple, but now there are Enneagram seven podcasts. I mean, you can find what you want. So it also kind of released us to like do what we're doing this year and get really specific.

So we're gonna talk about healthy relationships, but that is whether you're in dating, whether you're married, whether it's with your friends, your coworkers, your boss, but we want to split it into triads. Because I have found it is really important to pay attention to whether people are listening mainly to their gut, their mind, or their heart. Can you kind of explain triads and which numbers fall in which?

Ashton: So the triads are an incredible resource. I really think you guys are all going to love it. Really the point of the triads is it splits the Enneagram into three different sections and each triad contains three types and they all have shared characteristics.

The gut triad contains types eight, nine, and one. So what that means is they receive information through their gut and then they instinctively respond. So eights and ones are definitely more decisive when it comes to their instinct, whereas nines kind of trust their instinct to not respond.

Annie: Wow. But they know-

Ashton: But they know.

Annie: But they know in their body.

Ashton: Yes.

Annie: Like an eight, nine, anybody who's in a gut triad, they're going to feel something before they think something?

Ashton: When we talk about the heart triad, people get confused between what's a gut feeling and what's a feeling feeling. And it's more of a body response is the best way to describe it versus like an emotional response.

Annie: So would it be compared to... yesterday I was in a different part of town and I realized... I felt in my body, this isn't very safe. Does an eight, nine, one, does a gut triad live with that code going on in their bodies all the time about different things? Not just safety.

Ashton: Yeah.

Annie: All of us can feel things in our bodies-

Ashton: It's just which one do you lead with?

Annie: Eight, nine, and one feel it all the time. As in like, this is going to be a great environment. This is not going to be a great environment.

Ashton: Yeah.

Annie: Okay. So they are always paying attention.

Ashton: To how their body reacts.

Annie: How their body is reacting.

Ashton: Yeah.

Annie: Okay, tell us about the heart.

Ashton: So the heart, they are two, three, and four. So there are feelers. So they receive information through their heart and then they feel about things. The quickest way to describe this is like when making a decision, are you making a decision based on how you feel about it or what your emotions are telling you about it? Or are you thinking it through before you make that decision, which we'll talk about in a minute?

Annie: So our heart people, one of the things that can get sideways, particularly in the faith space is when people say, you can't trust your feelings. You can't trust your heart. You got to trust the Holy Spirit in you. But three out of nine of us are made to respond first with what we feel. So how do we know we can trust? If I'm a two, three, or four, how do I know when to trust what I'm feeling?

Ashton: And it's challenging, right? Because sometimes we shouldn't trust what we're feeling, you know?

Annie: Just like I shouldn't always trust what I'm thinking.

Ashton: Yeah, right. So it's really just about discernment, first of all. Second of all, it's learning what feelings you should trust and what feelings you shouldn't. If I was feeling like, well, I'm just going to quit my job and quit doing this because I'm having a bad day—I'm not doing this, by the way—

Annie: Please don't.

Ashton: ...and then I just like go and do it, you know, versus let me not respond in a rash sort of way. And that's really for all of us.

Annie: Yeah, it might be true for all of us. I'm like, "I felt this in my body. I felt this in my heart. I felt this in my mind. Now I need to ask why?" Like, we kind of don't-

Ashton: It's really about identifying those things. Are we feeling things in our body? Are we processing things? Or like, we'll talk about overthinking so much in our head.

Annie: Okay, so let's talk about the head triad. That's me.

Ashton: So the head triad. They're going to process and receive information through their head and then think, think think, or overthink before making a decision. Sevens are the ones that can be a little bit impulsive, like we talked about before, but then they think or overthink about it after the fact.

Annie: Yeah, the ready, aim, fire thing. Where I'm like fire, ready, aim. Do it backwards often.

Ashton: I love that.

Annie: So five sixes and sevens in our heads... It's really interesting to me though, Ashton, because of the numbers that I relate to the least, it feels like five and six, I'm not like five and sixes. And yet we all operate in the same triad. So our first instinct from an experience is what we think about it.

Ashton: Yeah. But each triad will have one that doesn't relate as much. So like I talked about the nine. The three, they'll often say like, "I don't operate through my feelings because like I'm too busy to actually sit and think through my feelings." It's kind of a theory, right, with the Enneagram? And something that can be like really, really helpful, I specifically talk about it a lot with relationships, workplaces, things like

that. Because oftentimes we're in situations that we're going to respond or wait for a response in some way.

Annie: My COO, Ashley identifies as a two. She works so hard to speak everybody else's languages. I think that's a gift of a two is they do work really hard to see everybody. And she feels everything in a room. I mean, when we're in a room of a hundred people, she feels everything. When we're in a room of four people, she feels everything.

But one of the things she's really done for me relationally is she does not ask me what I feel about anything. She asked me, what do you think? And it has helped me so much because I don't feel anything. I don't feel anything. I'm just doing my life. I don't ever have feelings. I do. But you know what I mean?

I mean, a seven is very slow to feel anything. But I can tell you exactly what I think. I know what I think about everything all the time. And so even things like that, when we're studying triads of going like, if I'm talking to a nine saying like, what's your body telling you about this? Like, what's your gut instinct around this thing? And they will have an answer. But if I say, what do you think about this? Give me two days. Right?

Ashton: Yeah.

[00:42:02] <music>

Sponsor: Hey friends, just interrupting this conversation one more time to tell you about one of our incredible partners, [ZocDoc](#). Let's be real. We all have those moments when you just want to indulge a little, whether it's a nice massage or a little treat on the way home or splurging on that extra legroom seat because well, why not?

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Sponsor: And I have another incredible partner to tell you about, [KiwiCo](#). Y'all, there is still time to get in on KiwiCo's Summer Adventure Series. And I'm telling you, you don't want to miss this one.

At this point in the summer, you and your mini BFFs may be completely over every game you've played, every toy in the house. And whether your kids have started telling you how bored they are or not, KiwiCo is coming to the rescue.

The Summer Adventure Series includes six crates. They are shipped right to you. And you can either receive all your Summer Adventure crates at once or weekly for six weeks. Plus it comes with everything you need.

There really is something for kids of all ages. There are different options based on age and different themes to choose from for each age group. My nephew Sammy is four, freshly four. Happy birthday, Sammy. So I looked through the three different themes for his age and I got to choose from the great outdoors, the natural world, and the science explorer. Y'all, they are so cute.

Whether you've got preschoolers or preteens, KiwiCo has got something for everyone. And these hands-on science and art projects are both fun and educational. Each kit comes with enriching content and activities to make the learning experience even more fun.

KiwiCo encourages kids to get outside, explore, and stay off their screens. They get to make things like a dinosaur costume that they can dress up in while they learn about dinosaurs. I mean, can you believe that? That is adorable. That is the best. It just keeps kids busy and learning.

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Sponsor: Okay, friends, let's talk about hair care. And you already know what I'm gonna say, and that is because I love it. Y'all, it's [Prose](#). Have you tried it? I never knew how much I'd love custom hair care until I tried it. And now I can't go back. I've noticed so many benefits, healthier, shinier hair being some of them.

In fact, honestly, I forgot to pack my Prose for New York and I had a friend ship me my Prose from my house in Nashville because that is how much I think it matters to me and my hair.

With Prose, it is all about personalization. You do their in-depth consultation. We love a quiz. And they come up with your made-to-order products. There are millions of possible formulas, but only one that is uniquely yours or mine. Take my custom shampoo and conditioner, for example, that are literally in a box on their way to me from Nashville. They were formulated to make my hair shiny and hydrated and they deliver.

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And now back to finish up our conversation with Ashton.

[00:46:17] <music>

Annie: So when you are thinking about these three triads, why does it matter? If we want to be healthy in a relationship, do we need to know our partner, our coworker, our friends' Enneagram number? Do we need to know their triad? Why are triads advantageous in this?

Ashton: Another thing that's really important with the triads is each of them have a shared emotion. And I think that that can be really helpful when learning about each other as well. So for example, like eights, nines, and ones, their shared emotion is anger. So eights, anger is just like a natural emotional expression. They don't really think much about it. It's like happiness, sadness, anger.

Annie: And it's done.

Ashton: Yeah, it's done.

Annie: They're mad, they're over it.

Ashton: For nines, they'll say like, Oh, I'm not angry, and they'll bury, bury, bury, and then it'll come out as being passive-aggressive.

Annie: Stubborn as it gets along. So are my nines. Yeah.

Ashton: And then ones, they'll say, "I'm not angry. I'm frustrated, or I'm annoyed, or it's that criticism.

Annie: [Jai? 00:47:19] are you a one?

Man: I relate a lot to one. I'm probably more on the nines side.

Annie: Yeah. But I mean, the guffaw from the engineer. I was like, okay.

Ashton: He's like, Oh, I'm into this.

Man: I've said that so much, especially growing up.

Ashton: Oh, like, I'm not mad, I'm frustrated?

Man: Yeah. I'm annoyed. Yeah, yeah.

Annie: But they're actually angry.

Ashton: They're actually angry. To the rest of us, then we're like, "Oh, they're mad."

Annie: Okay. So for everybody to remember, that's gut. We'll have graphics to share with this too. So eight, nine, one, that is the gut triad. They are gonna feel it in their bodies, and their emotion that they go to first is anger. It's just gonna look different in each of the types.

Ashton: Yeah.

Annie: Oh, fascinating. Okay, what about-

Ashton: For the heart, the two, three, four, their shared emotion is shame.

Annie: Oh yeah, I do that. It's your heart.

Ashton: I know. It's terrible.

Annie: It's terrible. It's like the worst.

Ashton: So two is their shame is around like, am I doing enough for other people? Or like, are people happy enough? Are they pleased enough? You know, things like that. For three is it's, am I achieving enough? And then for four is, I mentioned this earlier, it's just, am I enough? Like who I am.

Annie: Shame just-

Ashton: It's terrible.

Annie: Yeah, it's terrible. And it's in your heart.

Ashton: I know.

Annie: It's so bad. Oh, that makes me sad. Okay. But that's really interesting because when we talk about anger for the gut triad, I don't feel like that's a negative emotion. But shame always feels negative to me. Is it not always negative?

Ashton: I think that it can be... I would say it's negative. I was trying to put a positive spin on it.

Annie: No, you don't have to. I don't want you to.

Ashton: But I would also say that some people look at anger as a negative emotion.

Annie: Totally.

Ashton: So, it just probably depends on... I would be willing to bet that because you have an eight wing, you have like-

Annie: You're like, anger's not bad anyway.

Ashton: You can relate to that a little bit more versus I, when I look at people being angry, I'm like, Ugh. I have a negative association with that.

Annie: Interesting. My sister had a baby the summer of '22 who passed away after two months.

Ashton: Oh, I do remember seeing that, yeah.

Annie: And ever since then, my access to anger has been much increased. It's like, for some reason, that tragedy unlocked anger for me as an emotion I never had before. So, I probably do feel more into anger than I've ever been because I've only felt it for two years. Yeah, it's a new emotion that before, much like Jai was saying, before, anger didn't really... I would have been frustrated. And now I can say, "Hey, I'm super mad."

Okay, so that is the heart triad, shame. That is so important because when we love a two, three, or a four-

Ashton: Right, we need to remember that.

Annie: An undertone is shame. An undertone of eight, nines, ones might be anger. It's gonna be anger in some form.

Ashton: So for like, one, so I always talk about it in the context of like, if you need to give feedback, right? So like, eights, nines, and ones could be like, angry either at themselves or just in the world if they receive any sort of negative feedback. Twos, threes, and fours, they're going to look at it as like an attack on their character and who they are if they receive negative feedback.

Sixes... or sorry, the head triad, five, six, and seven, their shared emotion is fear. So they would look at that as like, something's wrong, I'm fearful about this.

Annie: Talk about that. Talk about the fear. How does that play out in a five, and a six, and a seven?

Ashton: So for fives, they fear their space being invaded on, just having stripped of their resources. For sixes, remember, it's that main connection to fear. Then for sevens, it is—you should probably know this—the fear of negativity.

Annie: Oh yeah, oh yeah, girl.

Ashton: Or any sort of emotional discomfort, I'll say.

Annie: That's exactly right. That's totally right. And because we are thinkers, my guess for fives and sixes, what it is for me, as the one I identify most with as a seven, is when I am... I will think three hours from now of how to make sure I'm not cold tonight because I do not want to be cold. I'm afraid of being uncomfortable. But that is a fear of being uncomfortable. I will survive without a hat. My life is not on the line. But you're right, that fear is what I go to, so I think my way through it versus feeling my way through it.

Ashton: I want to say too, it's different from anxiety, right?

Annie: Oh, talk about that.

Ashton: Because a lot of people... I mean, obviously, with sixes, we have that stereotype about anxiety. And it can be true, right? A lot of sixes will say, oh, I feel anxious, so that's why I over-prepare. But we aren't diagnosing anybody with anxiety. It's not, if you are diagnosed with generalized anxiety disorder, you are in the five, six, seven. That's not the case.

So it's a different level of preparedness or fear of discomfort. And it's not like I'm anxious to be uncomfortable. It's just like, I don't want to be, you know?

Annie: I don't want to be. That's it. That's exactly right. That is so helpful. When the triads are put together like that, it also kind of helps you feel like, Oh, I understand this family of people. I understand that all these five, sixes, and sevens in my life, these things I've recognized about them being similar is actually true. And these two, threes, and fours. Because a lot of times you would never think twos and threes are similar, and then you go, No, I bet-

Ashton: I think they're super similar, but I think a lot of people don't think that they are.

Annie: And so they're, not only are they next to each other, which matters, and people wing both ways, but also they're in the same triad, and they have the same underlying shame. It just plays out so differently. Twos will tell... In my experience. You can tell me I'm wrong. In my experience, twos don't tend to be as hiding of their mistakes as threes can be. Everyone hides their shames for some portion of their life. But everything plays out different because their shame is telling them different things. So in relationship, are there any triads that don't work well together?

Ashton: Not necessarily. I mean, it's going to be interesting, right? So like I said, for my husband and me, I'm in that shame, that heart triad, and so I'm way more in tune with my feelings and my emotions than he is. And he is way more in tune with fear than I am, and I have anxiety, but I have anxiety about different things, right? I'm not, like I mentioned before, constantly preparing for things, whereas he's always prepared for things because of that "what if".

Annie: So an overview of the series, the EnneaSummer series we're doing this year, is we're going to do an episode on the heart triad and have a two, three, and four sitting there. We're going to do episode on the mind, the thinking triad, and have a seven, eight, nine sitting there and an expert in each of them. And then the gut triad have an eight, nine, one each sitting there and an expert. The expert is also in that triad. So they're talking to us from, not only do I know all of these, I live here.

But we're really going to focus on relationships. If you were our Glinda the good witch at the start of our journey up the yellow brick road, if you are the summer camp counselor that sends us out, what would you have us be thinking about when it comes to relationships in the triads? What would you have us be like, pay attention to this, ask questions here? What would you have us think about?

Ashton: So I always say like, have an open mind. If you're listening to this and you still haven't solidified your type, another great way to do that is with the triads. Because

if you're feeling like, oh, I could be a nine or I could be a two, like think about shame versus anger and how that shows up in your life. So that's one thing I would do.

The other thing that I really, really don't want you to do is to sit here and think your relationships are bad for you based on these types. And maybe they are. If you're in an unhealthy relationship, by all means, please seek assistance and get out of that relationship. But I don't want you to automatically assume, oh, like this is a bad pair.

Because like I mentioned before, really just take this time to not just understand more about yourself, but how, you know, whether it's a romantic relationship or a friendship or a parent-child relationship, how you can better understand each other knowing the type, the triad that you're in and those emotions and how they mesh together versus what keeps them separate.

Annie: Is there anything else about the triads...? Because I'm thinking like, a one and a two are sitting right next to each other, but they're so different. Seven and eight are sitting right next to each other, they're very different. They both live in me.

I almost feel like I'm like one of those Travis and Jason Kelce's mom but with a Jersey. I feel that's how strong I relate to eights. So for people who are on the edges of a triad, is there any advice for them of doing relationship well with someone who is in that triad or someone who is on the opposite side of the wheel?

Ashton: Well, I think that you can always understand people of the types that are next to you a little bit. Not that you can really fully understand. But it gives you a level of understanding. For example, if you meet an eight, you're like, oh, like I know those behaviors. I'm comfortable recognizing those behaviors. Whereas a one is on the other side, right? And so that might be a different feeling.

It's similar with triads. As a two being right next to the gut triad... I don't have any one in me though. My wing is not even close to being a one. But I can see that criticism piece sometimes and I can see why that would be dominant in them. So really just like a level of understanding.

Annie: That's one of my favorite things about the Enneagram is we could have gone a hundred directions this year because there are so many ways to keep digging into what you can learn.

Ashton: There's so much to learn about it.

Annie: Yeah, it's amazing. But we were like, triads felt like such an important one because we see it playing out at work amongst our team members. The triad, the shame, the anger, the fear, the "I feel this, I think this, I sense this" plays out all the time with us. And it's really helped us language-wise even with each other to go, well, what are you feeling in your gut? What's our next best decision?

Ashton: I love that you guys are saying things like, well, what do you think? Because if somebody were to say, what do I think? I'd be like, "I don't know. What do I think?" But if somebody were to say, "How do you feel about that? I'd be like, let me dump my entire life story on you. I'll tell you how I feel."

Annie: It's a practice for me too because what I want in a staff meeting if 10 people wanna go, Okay, tell me what you guys think. And often people will say, "I need a little more time," and I'm like-

Ashton: What?

Annie: "For what? We are talking about it right now. Say a name." But if I say to them, what do you guys feel about this? So like, well, I feel kind of worried and I feel... and they automatically have answers. And I'm like, Oh man, if we just use the right language and relationship, we advance in communication so quickly, I think. Okay, what do we-

Ashton: And that's why it can be so important is like knowing the way that I communicate is going to be different than the way that you do and vice versa.

Annie: Totally. What did we not say about triads that you want to make sure people know before we go into this month?

Ashton: I mean, the other piece of it is that we all have a shared vision, so to speak. So eights, nines, and ones, they want justice. Twos, threes, and fours, they want to create significance or like meaning from experiences. Five, six, and seven, they want security. So, you know-

Annie: I was gonna say freedom, but I think that's very-

Ashton: Well, freedom makes you feel secure, right?

Annie: Yeah, that's right.

Ashton: So-

Annie: You're like, Annie, you're just always-

Ashton: I'll always explain it away.

Annie: Okay, so this is great. We'll make the graphics that show all of this. But eight, nine, and one, gut is their triad. That's where they feel things first. I'm just doing a quiz on myself. You tell me if I'm right. They feel things first in their gut, their emotion that they can get to quickly is anger, and they are hoping for justice. All three of them are hoping for justice. It's going to play out differently for each of them. All three of those things.

But twos, threes, and fours, they feel things in their heart. Shame, they get too quickly. And they are looking for... oh, say it again.

Ashton: Significance.

Annie: Significance. Man, they are looking, because fours want to be significant, because they're the only one like them. Threes want to be significant in what they do, and twos want to be significant to everybody.

Ashton: Yeah.

Annie: Wow.

Ashton: I know. It makes so much sense, right?

Annie: It makes so much sense. And then five, six, and sevens, that is thinkers, our brain triad. We are feeling we can go to as fear pretty quickly. We can find ourselves afraid. And we are always looking for security. One of our expert friends gives everybody a question and mine is who's going to take care of me. And I sobbed the first time I read it because I just want security. I just want someone to just carry me like a tiny little baby wrapped in a blanket everywhere.

Ashton: That makes so much sense.

Annie: That makes so much sense that is all so helpful. Is there any protection we need to do around not weaponizing triads?

Ashton: Well, I think, you know, it's kind of with everything. Don't you know assume that people are going to be stuck in fear all the time because they're in five, six, seven, or you know don't weaponize that shame piece can be really tender for twos, threes, and fours. And, you know, anger like, oh, you're just an 8 because you're angry all the time. Examples like that can be really harmful. And that's just with the

Enneagram as a whole is like we don't want to use it as a weapon or an excuse or things like that.

Annie: A thing I remember... I'm sorry, I can't remember who told me this, but they said being a two is like going to the hardware store and you look at all the blues. There's going to be a navy and a baby blue, and they look very different, but they are both blue. So we also allow people within their triad and within their number to be a variety of shades of their number. And that's why there are so many sevens who don't look like me at all.

Lauren Daigle and I could not look more different in how our lives look. Look at what she wears on stage versus what I wear on stage. Could not be more different. But she's navy and I'm baby blue. Like we're both blues. We're just two totally different blues.

Ashton: A lot of people can get caught up with that too because they're like looking at somebody and they're like, I'm nothing like that person. But I always say that too about think about how many different shades.

Annie: Yes, it is so helpful. Friend, thank you for doing this.

Ashton: Thanks for having me.

Annie: I can't wait for people to dig into your resources, get the book. That is going to be so helpful, as if to have *Enneagram for Relationships* alongside this month, where they can just keep flipping through. It is going to be really, really helpful. So thank you. Will you tell us again your Instagram handle so everybody can just go follow you and have you as our constant resource? I'm sorry to tell you.

Ashton: So you can find me @EnneagramAshton on Instagram. You can go to my website at enneagramashton.com. I would love to connect with you.

Annie: That's very kind of you. Do you really mean that?

Ashton: Yes, I do.

Annie: Because we have some Enneagram-loving people.

Ashton: I know. I am always, always loving to connect with people. I read all my DMs.

Annie: Hey, that's very kind of you. Very kind of you.

Ashton: It's a little crazy, too, but it's fine.

Annie: Very two of you.

Ashton: I know, it's very two.

Annie: Very sweet. I meant to ask you this at the beginning. I just totally forgot. So because the show is called That Sounds Fun, finish with this, what sounds fun to you?

Ashton: Literally... well, this, which is cheesy, but what sounds fun to me, I'm a hardcore Taylor Swift fan.

Annie: 1989 stuff, right?

Ashton: Yeah. I'm a big Swifty, so what sounds fun to me is the fact that the Eras movie comes out on Disney Plus this week.

Annie: I just saw that! And it says Taylor's edition.

Ashton: Yeah, I know.

Annie: So are there things added?

Ashton: I think there's a sneaky piece.

Annie: Of course. I love her. I saw the Air Store once. And I have questions about some parts, and I fell in love with other parts. I think her ability to captivate an audience is something all of us could learn.

Ashton: It's like kind of—it's just so interesting—like the mind of it.

Annie: What do you think that we should do that? What do you think?

Ashton: People ask me all the time. I would say either a three-wing four or a four-wing three, but I'm leaning more towards a three or a four-wing.

Annie: The poetry.

Ashton: The poetry, but then the business side of things, you know? So somewhere in that area.

Annie: Hey, Swifty, did you see the Air Store?

Ashton: Yes.

Annie: What city?

Ashton: Here, actually.

Annie: Oh, you came to the New York one.

Ashton: Yeah.

Annie: Out at the Jets stadium? What stadium?

Ashton: Yeah.

Annie: Okay. Very fun.

Ashton: Yeah, it was a wild time. It was a lot of people.

Annie: That is a lot of females. Yeah, that's exactly right. Ashton, thanks for doing this. Thanks for helping us kick off EnneaSummer 2024.

Ashton: I'm excited. Thanks for having me.

[01:04:33] <music>

Outro: Oh, you guys, isn't she so smart? Oh, I loved meeting her. I loved learning from her. And now I feel like we have got a really great base to go into this particular EnneaSummer where we are focusing on triads.

Head over to AnnieFDowns.com/EnneaSummer to check out more resources and information on how to find Ashton. You can follow her @EnneaGraham Ashton on social media. Tell her thanks so much for being on the show with us.

Remember, we've got a free download for you, totally free, that goes alongside this series. It is also over at anniefdowns.com/enneasummer. I think you'll find it really helpful. So go grab that as we get processing all this together.

If you like this episode and you haven't listened to our previous EnneaSummer series before, we are dropping the link to those playlists in the show notes. So definitely go back and give those a listen. Those are also linked on anniefdowns.com/enneasummer. See, we got it all there for you. We got a hub. We got an EnneaSummer hub for you.

If you have any questions from this episode, you can drop them in the Q&A box on your Spotify app, if you're a Spotify listener like me or send them to us on Instagram @thatsoundsfunpodcast, we'll try to answer them there.

If you need anything else from me, you know I'm embarrassingly easy to find. Annie F. Downs on Instagram, Twitter, Facebook. Anywhere you may need me, that is how you can find me.

I think that's it for me today, friends. Go out or stay home and do something that sounds fun to you and I will do the same. Today what sounds fun to me is getting to eat lunch with all my co-workers. We're back and better than ever. I cannot wait to hear how their summer Sabbath was.

Y'all have a great week. We'll see you back here on Thursday as we dive into our first triad. We are talking about the gut triad with an Enneagram 8 and Enneagram Nine, and our Enneagram One expert. Remember, in each triad, we have one of the guests is an absolute expert. So our Enneagram one is Dayo Ajanaku. Cannot wait for y'all to meet all these friends in the gut triad. We'll see y'all on Thursday.