

## **Catch-22 Mapping – The Emotional Trap of Each Enneagram Type**

### **Type 1**

**LONGING:** To be good and worthy of love

**STRATEGY:** Strives for perfection and correctness

**CATCH-22:** Perfection creates rigidity, making intimacy feel conditional.

### **Type 2**

**LONGING:** To be loved for who they are

**STRATEGY:** Gives and helps to feel needed and loved

**CATCH-22:** Disowning their own needs makes them invisible to themselves and others.

### **Type 3**

**LONGING:** To be seen and valued for their true self

**STRATEGY:** Performs and succeeds to earn admiration

**CATCH-22:** Success distances them from authenticity, leaving them unseen.

### **Type 4**

**LONGING:** To feel deeply seen and emotionally connected

**STRATEGY:** Amplifies emotional depth and uniqueness

**CATCH-22:** Intensity and withdrawal create the very distance they fear.

### **Type 5**

**LONGING:** To feel understood and safe in connection

**STRATEGY:** Withdraws and withholds to protect energy and autonomy

**CATCH-22:** Distance prevents the understanding and intimacy they desire.

### **Type 6**

**LONGING:** To feel safe and supported

**STRATEGY:** Doubts and questions to prepare and protect

**CATCH-22:** Vigilance breeds mistrust, making safety elusive.

### **Type 7**

**LONGING:** To feel joyfully alive and fulfilled

**STRATEGY:** Avoids pain and plans for pleasure

**CATCH-22:** Fleeing discomfort fractures the presence needed for real joy.

### Type 8

**LONGING:** To trust and be emotionally safe

**STRATEGY:** Controls and dominates to avoid betrayal

**CATCH-22:** Strength becomes armor that blocks tenderness and trust.

### Type 9

**LONGING:** To belong without conflict

**STRATEGY:** Merges with others and avoids tension

**CATCH-22:** Self-erasure prevents the true inclusion they seek.