

# EXPLORATORY QUESTIONS and TIPS FOR INDIVIDUAL AND BOOKCLUB STUDY

for

*Underneath Your Personality (UYP):*

*Discovering Greater Well-Being Through Deep Living with the Enneagram*

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## **❖ Introduction**

How do you relate to the metaphor of wearing glasses that are smudged?

Do you ever sense having a certain level of internal discomfort, but find a way to ignore it?

The author introduces a perspective on well-being. What part of that description resonates with you?

The Enneagram is introduced as a core foundation of Deep Living. What interests you about learning more about yourself?

After reading the Introduction, how were you impacted? What were you most curious about?

## **❖ Chapter One: Identifying the Disconnect**

Did any of the statements at the beginning of the chapter familiar to you?

“Your roommate for every single moment on the planet is...YOU.” What did that bring up for you?

What are 2 or 3 roadblocks to self-discovery you recognize?

Are you aware of the internal voice called the Inner Critic that may whisper or yell in your brain? How does that voice affect your choices?

## **❖ Chapter Two: Pursuing Connection**

In what ways are you already curious, self-accepting and nonjudgemental toward yourself? Under what circumstances are these qualities most likely to be present for you?

Did this approach to understanding personality surprise you in any way?

What if you are not your personality? What would that mean for you?

What questions come up for you around the ‘ego code?’ What are you curious about?

**TIP: Each Enneagram personality type has its own specific core beliefs that shape how the individual thinks and responds to his/her/their life experiences. Might this help explain some of the challenges you have had in relationships?**

Studying the Triangle of Identity visual invites us to begin looking for patterns in our own life. For example:

What are you aware of frequently pursuing in your life?

What experience are you aware of wanting to avoid?

What behaviors or strategies are you aware of using to cope when feeling under stress?

What internal ‘sense of self’ do you hold without thinking about it?

### **❖Chapter Three: Leveraging the Enneagram**

**TIP: Here’s a big paradox: even though we are far more than our personality type, it’s important to first identify what type or types feel most familiar to you. This can take time, so one way of approaching this exploration is to be curious, open-minded, willing to be surprised, and kind to yourself.**

As you look at the ‘pie’ diagram of the central “focus’ of the nine personality types, does the focus of any of these feel like, ‘of course—doesn’t everyone use this focus their attention in this area?’

**TIP: As you review each Enneagram type, one-at-a time, it can help to start with the “Triangle of Identity” visual, and then review the common experiences of that type. Use the 4 questions following each description to explore this type.**

In the presentation of the three Social Style Groups, did any of the three descriptions seem to fit your experience particularly well?

With this additional information on the three personality types associated with each cluster, did you learn anything more about yourself?

Did these descriptions seem to match what you see in friends, colleagues, family members or others? (Note of caution: we cannot accurately ‘type’ others and it can be off-putting for others to hear. Rather than telling anyone else what you think their type is, if they are interested, you can point them to their own exploration with this book.)

## **❖Chapter Four: Integrating the Power of Presence**

The perspective on presence shared here is likely quite different than what you have thought, heard or read.

What intrigues you about starting to develop a relationship to these centers?

Is there anything about this that feels uncomfortable to you?

What supports you in being kinder to yourself? Accepting yourself, your human nature, including your perfect imperfections that we all have?

The section on “Releasing Patterns” points to the crux of self-awareness. How do we learn to become aware of our patterns without letting them define us?

What does this section mean to you?

The section on ‘Relaxing Into Yourself’ urges us to step back to gain a new perspective and begin to let go of the ways in which we push ourselves, try to fix ourselves. What if there is nothing about you that needs to be fixed?

This section also points to discerning between personality (or ego-based) patterns and making new choices when we are more aware and becoming more present

Consider the chart that gives a brief glimpse into faulty beliefs and deeper truths for people who resonate with each type. Do any of the deeper truths feel impossible for you, or bring up a fairly strong emotional experience?

**TIP: The deeper truths associated with each dominant type are sometimes very hard to recognize or even allow ourselves to hope is possible. The truth associated with your dominant type is often the most difficult to accept. This experience can also be a cue to discovering where you land on the Enneagram map.**

NOTE: At this point, gaining insight on a few characteristics of the type or types that feel most familiar to you is a valuable step in becoming more aware of how your own thoughts, behaviors, attitudes, and emotional experiences are more a reflection of a particular personality type (shared by about 1/9 of the population), than an expression of who you really are. *When we are accepting a deeper truth about our nature, then our responses are likely not under the influence of our personality, but of a deeper dimension of ourselves.*

This opens up a big question, then. Who Are You Really?

## **❖Chapter Five: Taking the Next Steps**

### **Begin Building Your Capacity for Presence**

What does it mean to build our capacities?

What is one thing you trust about yourself right in this moment?

How do you express your curiosity?

What is one thing that is true for you right now?

What is one way that you are already courageous?

What is important to you about each of these qualities?

❖ Which of these practices feels most important to you to practice right now?

What would support you in choosing to commit to this practice?

Are you willing to share your commitment in the group?

What is your inner experience when you decide to commit?

How did you respond to the example in **Deep Living in Action**?

#### **MORE NEXT STEPS:**

-Are you interested in further exploring these themes? You will be warmly welcomed in the Deep Living Lab. Explore its offerings here: [www.deeplivinglab.org](http://www.deeplivinglab.org)

-Want to listen to the narrated book and the follow-up interview with Roxanne? The **UYP AUDIOBOOK** is now available!

-*Deep Living with the Enneagram: Recovering Your True Nature*, the multi-award winner and #1 International Amazon best-seller by Roxanne is available in print, e-book, and audiobook.

-*The Guidebook to Deep Living* by Moira McCaskill with Laurie Scott Cummins serves to further personalize your experience with Deep Living.

-Interested in reading a memoir that reflects the application of Deep Living in life? See *Fish Dreams: A Mother's Journey From Curing Her Son's Autism to Loving Him As He Is* by Irma Velasquez

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