

NAME

Authentic Life Podcast

DATE

December 1, 2020

DURATION

12m 24s

2 SPEAKERS

Ellie Proctor

Emma Kerr

START OF TRANSCRIPT**[00:00:07] Ellie Proctor**

Hi, friends, my name is Ellie Proctor, and I would like to welcome you to the Authentic Life podcast where I talk about authentic topics with authentic people. In this episode, I will be interviewing Emma Kerr. Emma Kerr is a junior at Furman University, majoring in communications, and she's also an Enneagram enthusiast. She has read numerous books on the Enneagram and spent ample time looking at her life through the lens of her Enneagram number. Today, we will get to hear directly from Emma about her life through the lens of her number and how it has helped her live a more authentic life. Without further ado, please enjoy my conversation with Emma Kerr.

[00:00:47] Ellie Proctor

Emma, can you tell me what Enneagram number that you are?

[00:00:51] Emma Kerr

I am a type two, which is the helper.

[00:00:55] Ellie Proctor

Amazing, I have lot of friends who are twos, I love it. My mom is a two, actually. And how did you figure out what Enneagram number that you are, like, what was your kind of, was it easy or difficult or--tell us about that.

[00:01:08] Emma Kerr

So basically, I started going to this Christian camp when I was a kid and I eventually became a counselor and they showed me the Enneagram test and they had me take it as just part of our, getting to know you, counselor training situation. And so I took the test and I was a ninety one percent type two and my wing is a type one, which is the perfectionist, so I'm a two wing one. And I didn't really understand what it was before, but once I started reading about my type, it became very apparent that everything that I read was very accurate about my life and how I led my life and how I reacted to certain things and certain people, certain situations. And I actually cried reading the description about a type two because it was literally like reading previous scenarios in my life.

[00:02:09] Ellie Proctor

That's amazing. Just, like, out of curiosity, how old were you at that Christian summer camp when you figured it out?

[00:02:15] Emma Kerr

I first learned about the Enneagram when I was 17.

[00:02:19] Ellie Proctor

Okay, because I know some people say that you can't know it at some point until you're old enough. I don't know how well that backs up, but.

[00:02:29] Emma Kerr

Yeah, I, I learned about it when I was 17, but I didn't actually understand and read about it until I was 18 years old. So it took me a whole year to figure out that I should probably pay attention to it. So yeah.

[00:02:44] Ellie Proctor

So you are a two wing one and I'd love to know like what are some of your favorite and least favorite things about being a two wing one or even like some of the things that come really easily to you and some things that are challenges.

[00:02:59] Emma Kerr

Right. So type 2s are labeled the helper. So there's that tendency to constantly be at everyone's beck and call, helping all of your friends and your family and anyone around you and just being there for people. That's my favorite thing about being a type two, is just having this, like, passion for always being there for somebody, wanting to help people and knowing how to help people. Type twos have this notion that they know everything, so they think they can help everybody. In some cases they actually do. And I feel as if I can at most times. But also, the least favorite part about that is the fact that no one really knows everything, and so you try to help people, but really it all comes back to putting all your energy into other people, except yourself. So that's the hardest part about being a two, is that you forget to take care of yourself because you're taking care of so many other people. It's really cool because you know that, like, twos are so nurturing and caring. But if you, if you are two and you sit and think about it, have you ever even taken the time for yourself or thought to yourself or helped yourself in any way? You really think that, no, you don't, because you're not you're helping everyone else and then you lose track of yourself. So that's, that's the hardest part about being a two. But the best part is helping people because it is rewarding.

[00:04:33] Ellie Proctor

Yeah, for sure. And what do you think are some moments that remind you that, like, oh, I need to take care of myself because obviously twos are so focused on other people, but you say, like you do recognize that it's important to take care of yourself. So, like, how do you, as a two, do that well? Like what would you say to other twos who struggle with that?

[00:04:53] Emma Kerr

Yeah, and that skill actually takes two's a long time to accomplish, but it took me a long time as well. It was at that camp that I was talking about earlier that I realized I needed to just sit down and just listen to myself for a little bit, because there were times where we were given free time to go sit and just think and just be away from campers and activities for a little bit. So when I did that, I didn't really know what to do, but I was sitting on this dock on the lake at the camp and I was just sitting there and I just told myself to stop thinking for a minute. And I was just looking at the water and I was like, you know, I don't actually think about what I want or what I need. And so I gave myself that time every day at camp to think about myself. And it really made me realize that, man, I haven't given myself that time all of my life. So it took me a long time to realize that you do have to give yourself that time. But once you do that, you figure out your own particular ways to do that throughout your days. Now, as a college student, you don't really have time to think about anything but work. But when you are thinking like when I'm thinking, usually it's work and then who am I going to hang out with? Who am I going to have lunch with? What I do is give myself time, I literally have to make myself sit down and I have to just stare at something and I think about what do I need today? I usually execute it pretty well, but it does take a long time for you to realize what you need to do for yourself.

[00:06:33] Ellie Proctor

Mm hmm. Yeah, and I think that's especially hard too as, even just for Furman students. I feel like Furman's campus, it's like constantly like how can I have a lunch date every single day? Or like, how do I fill up every single moment of my day? That's really, it's a big deal on Furman's campus. And it's interesting, too, to hear you talk, because I can recognize the wing one. But how did you feel like you determined that you were a wing one instead of a wing three, like obviously you have some tendencies towards both, but you're a stronger wing one. How did you see that?

[00:07:13]

That's a very good question, because I actually question my wing very often, but wing one is perfectionist and then wing three is a performer. So I am a musician. So I have my performer tendencies and I know that part of me is always going to try to prove myself, which is what type 3s do. And they they want their ego to be out there. They want to have a good rep. And that that is a part of me because it's, it's close to the two. But for type one, I know I'm a type one because I'm very type A and I have to have things a particular way. And so it mostly comes into play when I am helping people and they either don't take my advice or simply just don't ask for my help. And then I consider that like an attack on my perfection side because I'm like, I have to help you because I know I need to. So, it's that but also tediousness and tidying up. And I always have to have my living room clean for my guests because I want everything to be nice for when I have people come over or I have to have things particularly nice for me, which is how I've developed that time for myself was making sure everything's set for me like in my house or in my books or in my workday. But, yeah, that's how I've kind of determined that I'm more of a wing one because I have to have everything a certain way. And that's, that also goes with interaction. Like if I if I expect somebody to respond a certain way and they don't, I get triggered. So but the type three, I definitely have some tendencies, but is not as strong as type one or the wing.

[00:09:02]

Yeah I, I relate to the type one part a lot because fours in growth go towards a one. So I see it in myself all the time, even to the point where if I'm in a good pattern of growth, even my space will be more clean. It's just so interesting. In another kind of I guess, ending question I'd want to ask, would, how has knowing that your to how is it helped you grow in live a more authentic life?

[00:09:32]

That's a very good question. So being a type two allows you to see the good in people, but it also allows you to see their struggles. So I've been able to help so many people and friends in my life and literally just by listening. And that's what type two has given me. It's given me the time to listen and hear different sides, which has given me the opportunity to know a little more than what I thought I did when I first discovered I was a type two. Because you can learn from different situations that people are in and how they react or interact with each other. And it just shows you how you should react with other people, because you know what is, I don't want to necessarily say morally correct, but just polite and responsible and caring, because type two is all about nurturing and just looking out for everybody in your life and knowing that is in me has given me the opportunity to just listen and hear them out and provide advice or help or just love because people need love. And it doesn't really go around that much often but, or that often. But when it does, it's really nice. And it's also given me benefits to myself because it makes me feel good and, knowing that I can be a listener for somebody, even if it's just like something like they, they wanted mashed potatoes instead of mac and cheese for dinner. That's fine by me, because then maybe I can help them get whatever they wanted, but. Yeah, that's basically how I've. Become a better person knowing my type.

[00:11:26]

Wonderful. Emma, thank you so much for being a guest on my podcast today.

[00:11:31] Emma Kerr

Thank you, Ellie, for having me. It's so fun talking about the Enneagram.

[00:11:37] Ellie Proctor

And friends, I would also like to thank you so much for listening to me and my guest Emma Kerr today. I hope that by listening to her Enneagram story you've been encouraged to live a more authentic life. If you're looking for me on social media, you can find me on Instagram, Twitter and Spotify all under the username elliemproctor. And if you want to hear Emma's conversation with me about the Enneagram, check out her podcast called Breaking Down Enneagram Types, featuring myself. Once again, thanks for listening to the Authentic Life podcast.

END OF TRANSCRIPT



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