

[00:00:00.710] - Lisa Qualls

Welcome to the Adoption Connection podcast, where we offer resources to equip you and stories to inspire you on your adoption journey. I'm Lisa Qualls.

[00:00:10.420] - Melissa Corkum

And this is Melissa Corkum. Don't worry, we get it, and we're here for you.

[00:00:17.450] - Lisa Qualls

Hi, friends. Welcome to Episode 142 of the Adoption Connection Podcast. We're currently in the midst of a short series during the month of August focusing on back-to-school. We want to help you be as prepared as you can be as we move into, hopefully, what will be a normal, whatever normal means, school year for all of us. Every episode this month has been focused on helping you move toward that school year. So if you've missed any of the episodes in August, please go back and listen to them. And I think you're going to find great information as we all prepared to go back to school.

[00:00:53.860] - Melissa Corkum

So this week we are using the Enneagram, which is our favorite tool for understanding ourselves and the people we love. It gives us insight for how we can become the best version of ourselves and better parents. So as we start this school year, we want to encourage you with these reflections. Now, if you have no idea what we're talking about, you're like, "Ennea-what?" We want to encourage you to join us in the village where we have regular conversations about the Enneagram and adoption, so we would love to tell you more. You can find out more at [theadoptionconnection.com/village](http://theadoptionconnection.com/village).

[00:01:30.380] - Lisa Qualls

So as way of encouragement, we want to give specific permissions and help for each of the nine Enneagram types. So we're going to do them by number, in order. For all of you out there who identify as ones, we want to give you permission to choose one thing that you do not need to improve. We know you are great improvers, and we're telling you you don't have to improve everything. So choose one thing that you're not going to improve. We're grateful for your keen eye for systems and organizations, so feel free to come into our Facebook group, which you can find at [theadoptionconnection.com/facebook](http://theadoptionconnection.com/facebook), we want you to feel free to come into the group and share liberally all the organizational tips you have and the systems you've created for your families that might help all of us as we move into the school year.

[00:02:24.700] - Melissa Corkum

Now for you type twos, we want to give you permission to pause before raising your hand to volunteer for anything this school year. We know it comes naturally to you, but you do not need to volunteer for everything. We are grateful that you usually do know exactly what we need before we need it. That's especially a great gift to teachers, but we also want you to know that we love you, even when you're taking a break from helping.

[00:02:55.800] - Lisa Qualls

All right, for all of you type threes, which I identify as a three, so this is personal to me. We want to give you permission as the school year begins to take time and space before jumping into the next project or adding more to your to do list. I know we threes, we love to be efficient, and we love to be productive, but it's okay to take a breath. We are grateful that we can count on you threes to do the things that you say that you're going to do and that you get it done.

[00:03:31.260] - Melissa Corkum

Yeah, absolutely. If for whatever reason, you don't know what your type is and you're thinking, what are they even talking about? Just listen and if there's something in here that resonates with you, then just take that to heart. You don't have to know exactly what your type is, but if there's a permission in here or you need to be seen for something, just soak it all in. So type fours, we want to give you permission to share your feelings about the school year and whatever big feelings this transition is bringing. We know that your feelings can be a lot, but it's important to have somebody safe that you can let in to that inner world. And we hope you have a safe friend to do that with. Again, you're also welcome to share and process out loud in our Facebook group. We are so grateful for your

imagination and the beauty and creativity that you bring to your life, our lives, to your child's classroom, your home, school room, your own house, and all the places that you've inserted just the beautiful way that you see the world.

[00:04:38.320] - Lisa Qualls

And for you type fives, we want to give you permission to prioritize breaks for yourself and set healthy boundaries. We recognize that you have a limited amount of energy and you need to use it in a way that helps you get everything done before you run out and you're done for the day, especially if your kids are going to school and they're going to be coming home. You need to reserve some of your energy for when they get home at the end of the day. So we understand that, we want you to take breaks for yourself, we want you to have boundaries, and we want you to know that we're grateful that you are the people we can come to when we need some research done and we need answers. Because not only do you know a whole lot, you know how to find out what you don't know and we appreciate that.

[00:05:28.650] - Melissa Corkum

Type sixes, we want to give you permission to end something that's no longer serving you or your family. That could be a group you're part of, it could be something you signed up for. We recognize that that doesn't come naturally or might not even occur to type sixes who tend to be really, really loyal. And we are grateful, type sixes, that you can see what might be needed ahead of time, and you are most often prepared for almost everything.

[00:06:01.820] - Lisa Qualls

Alright, type sevens, we want to give you permission to recognize and take time to process the full range of emotions, not just the positive ones. It's okay to recognize when things are not so awesome. It's all right. And we're really grateful that you encourage us to have fun and experienced joy even when life is busy and hard. As we were preparing this, I was telling Melissa that my daughter, whose a seven, was in town and she planned a day outing for us to go hiking and swimming in a waterfall. Now I will tell you, I would not have planned that. And I also actually did it and went swimming in a waterfall. So we sevens, we appreciate you.

[00:06:46.320] - Melissa Corkum

And you loved it, did you love it?

[00:06:48.720] - Lisa Qualls

I did, yeah, I did.

[00:06:50.850] - Melissa Corkum

Good. Alright, type eights, we want to give you permission to slow down. We know that you think that you have limitless energy, but for those of you who have hit that crazy wall that sometimes eights hit, you know that you have to learn to accept that your energy is not actually limitless. And so it is really important, eights, for you to pace yourself and slow down, even though it feels like you could go on forever. Give yourself permission to take care of your body and your soul, too. And eights, we are grateful for the way that you tirelessly stand up for justice.

[00:07:28.650] - Lisa Qualls

And finally, our type nines, we want to give you permission to have an opinion and actually share it. We know that you value peace very, very highly. You are often comfortable with just going along going with the flow. But you know, it really is okay for you to have an opinion and tell the people around you what that is, even if it's as small as where you're going to go for dinner to celebrate the first day of school or you have some decision about a child's classes or something. It's okay, we want you to have those opinions and share them. And one of the things that's so special about you nines is we're really grateful for the way you have this unique ability to see all perspectives in a situation. And that is a gift that you bring to all of us.

[00:08:18.620] - Melissa Corkum

Absolutely. Again, we recognize that the Enneagram is incredibly complex and the way that we

represented each number here is for certain, not complete. So we would love to hear from you what resonated, what you would add, from your perspective as your number. And we would invite you to do that in our Facebook community again, that, you can get there by going to [theadoptionconnection.com/facebook](https://theadoptionconnection.com/facebook). If you'd like really simple links to the village or to our Facebook community, you can find those at the show notes for this episode along with a transcript, and you can find that at [theadoptionconnection.com/142](https://theadoptionconnection.com/142). Before you go, we'd love to connect with you on social media. You can find us on Instagram as [@theadoptionconnection](https://www.instagram.com/theadoptionconnection). Or, better yet, join our free Facebook community at [theadoptionconnection.com/facebook](https://theadoptionconnection.com/facebook).

[00:09:21.890] - Lisa Qualls

Thanks so much for listening, we love having you. And remember, you're a good parent, doing good work.

[00:09:29.740] - Melissa Corkum

The music for the podcast is called New Day and was created by Lee Rosevere.