



THE ENNEAGRAM

As a typology, the Enneagram defines nine personality types represented by the points of the geometric figure, which indicates connections between the types. There are three groupings of types designated both by their experience of living in the world and their basic motivation.

Eights, Nines, and Ones experience living in the world with their gut or instinct and are motivated by anger.
Twos, Threes, and Fours experience living in the world with their heart or emotions and are motivated by shame.
Fives, Sixes, and Sevens experience living in the world with their head or thoughts and are motivated by fear.

*** I harmonize and mediate to motivate**

Strengths: Easygoing, self-effacing, receptive, reassuring, agreeable, accepting, trusting, supportive, connector, accommodating

Needs: Autonomy and Confidence

*** I want to be perfect so I can enjoy the world**

Strengths: Rational, idealistic, principled, purposeful, self-controlled, perfectionistic, ethical, advocate, improver, organized, realistic, noble

Needs: Embracing the world and Forgiveness

*** I lead so I can discover how to be loved**

Strengths: Powerful, self-confident, decisive, willful, strong, protective, resourceful, direct, truthful, justice-oriented, determined, tenacious

Needs: Permission to explore inner tenderness

Challenger
Leader

Perfectionist
Reformer

Mediator
Peacemaker

*** I am enthusiastic to see how it all works**
Enthusiast
Adventurer

Strengths: Spontaneous, versatile, optimistic, playful, high-spirited, entertaining, fun, adventurous

Needs: Taking them seriously and Encouragement

Questioner
Loyalist

Strengths: Faithful, dependable, loyal, trustworthy, consistent, contingency planner, committed, security oriented, responsible, hard-working, reliable

Needs: Noticing their voice and Encouragement

*** I give of myself to create wholeness and love**

Strengths: Insightful, steady, thoughtful, systematic, detached, independent, focused, attentive, evaluative, innovative, curious, inventive, visionary

Needs: Creative/thoughtful love and Caring

*** I learn so I can lead**

Observer
Investigator

Romantic
Individualist
Strengths: Self-aware, sensitive, emotionally attuned, creative, inspiring, expressive, artistic, romantic, compassionate, sympathetic

Needs: Genuine acceptance/validation and Patience

*** I see the unique to appreciate perfection.**

*** I help to be my most true self**
Giver
Helper

Strengths: Empathetic, sincere, generous, self-sacrificing, sentimental, nurturing, supportive, other-focused, helpful, inviting

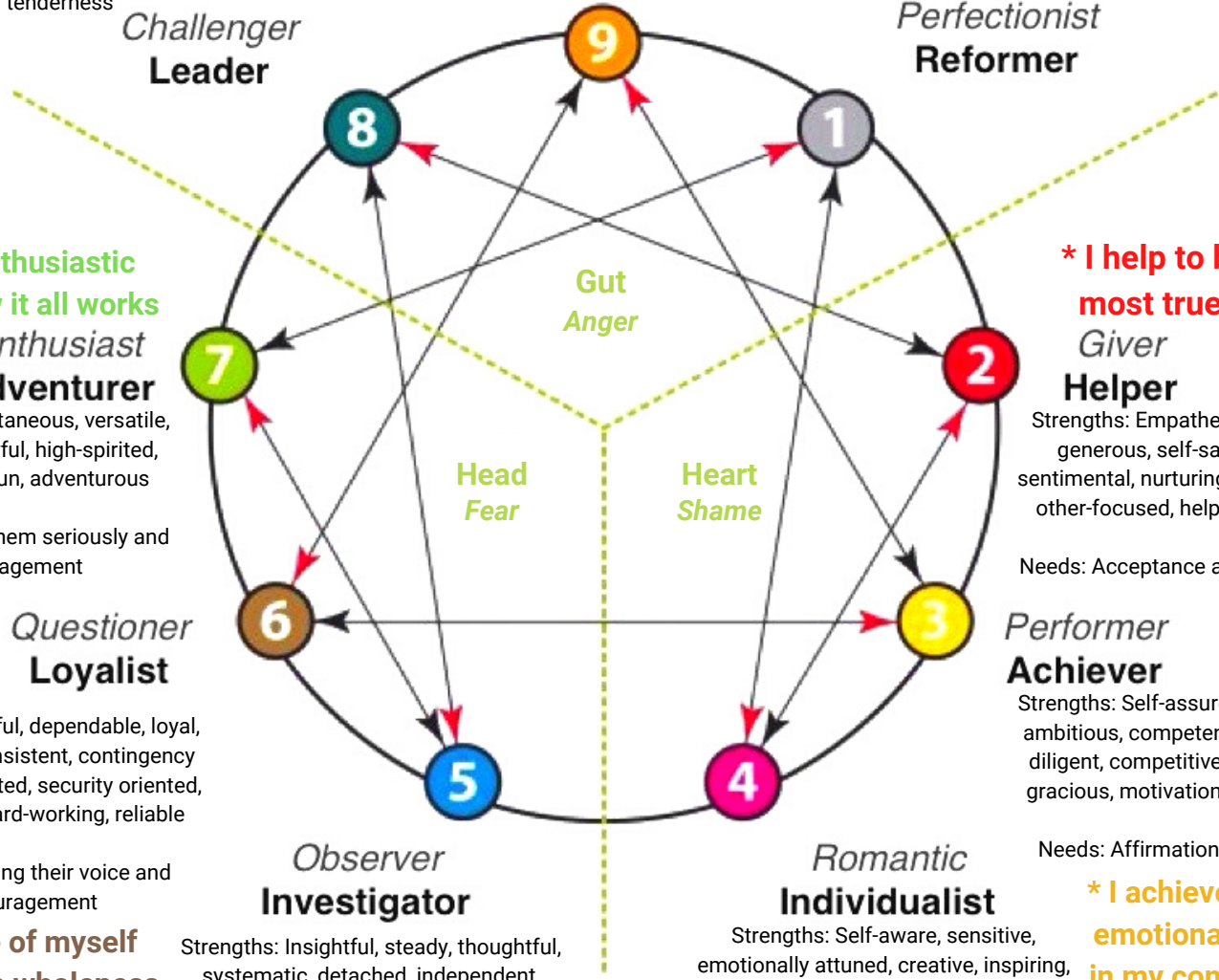
Needs: Acceptance and Attention

Performer
Achiever

Strengths: Self-assured, charming, ambitious, competent, energetic, diligent, competitive, committed, gracious, motivational, well-liked

Needs: Affirmation and Pause

*** I achieve to find emotional peace in my community**



To gauge your comfort with yourself and self-health, determine how much you identify with the statement written for your type (represented by a *); the more you resonate with it, the more comfort/health you embody.