

Enneagram Type Chart

Enneagram Type	Centre	Gift & Emotionally Healthy Qualities	Wants	Coping strategy	Stress	Working with Average Emotional Health levels
			Basic Fear		Security	
8	Body	<u>Strength of will</u> -Courageous -Decisive -Truthful -Independent -Trustworthy -Encouraging	Autonomy	They notice issues of power & control, they become strong & forceful. They impose personal will and deny personal vulnerability	5	Stand up for yourself...and me. Be confident, strong and direct. Don't gossip about me or betray my trust. Be vulnerable and share your feelings. See and acknowledge my tender, vulnerable side. Give me space to be alone. Acknowledge the contributions I make, but don't flatter me. I often speak in an assertive way, don't assume it's a personal attack. When I yell, curse and stomp around, try to remember this is the way I've learnt to defend myself.
			Of being harmed or controlled by others		2	
9	Body	<u>Peace & Harmony</u> -Inclusive -Calm -Accepting -Harmonious -Patient -Balanced	Autonomy	They forget the self and are pulled away from personal priorities and seek belonging	6	If you want me to do something, how you ask me is important. I especially don't like pressure or expectations. I like to listen and be of service, but don't take advantage of this. Listen until I finish speaking, even though I meander a bit. Give me time to finish things and make decisions. It's ok to nudge me gently. Ask me questions to help me get clear. I like a good discussion but not a confrontation. Let me know what you like what I've done or said. Laugh with me and share in my enjoyment of life.
			Of seperation		3	
1	Body	<u>Idealism</u> -Objective -Diplomatic -Idealistic -Loyal -Aligned -Ethical	Autonomy	Noticing & correcting errors. Comparing self to others and being responsible & right	4	Take your share of the responsibility so that I don't end up with all the work. Acknowledge my achievements. I am hard on myself. Reassure me I am fine the way I am. Tell me you value my advice. Be fair & considerate, as I am. Apologise if you have been unthoughtful. It will help me to forgive. Gently encourage me to lighten up and to laugh at myself when I get uptight, but hear my worries first.
			Of being bad, defective		7	

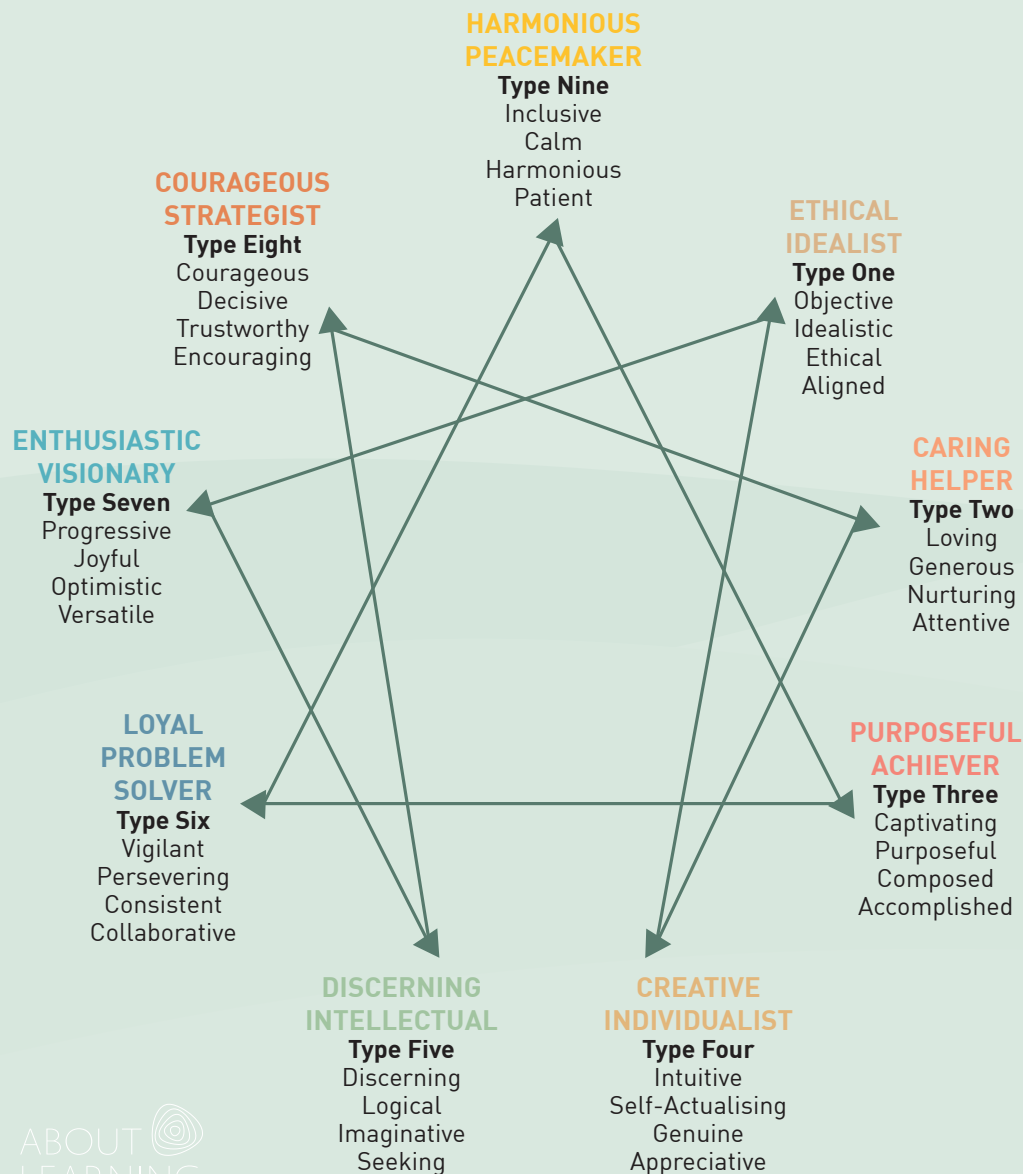
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2	Heart	<u>Helping & Caring</u> -Loving -Generous -Spontaneous -Nurturing -Attentive -Mindful	Attention Validation	Focus on other's needs & getting their own needs met through being needed & giving to others.	8	Tell me that you appreciate me. Be specific. Share fun times with me. Take an interest in my problems, though I will probably focus on yours. Let me know that I am important and special to you. Be gentle when you criticise me.
			Of being unloved & unwanted		4	
3	Heart	<u>Accomplishment</u> -Captivating -Present -Purposeful -Composed -Accomplished -Adaptable	Attention Validation	Accomplish tasks & goals. Create a good image & work hard for success. There is no time for feelings & relationships.	9	Leave me alone when I am doing my work. Give me honest (but not unduly critical or judgemental) feedback. Help me keep my environment harmonious and peaceful. Don't burden me with negative emotions. Tell me you like being around me. Tell me when you're proud of me or my accomplishments.
			Of being worthless		6	
4	Heart	<u>Uniqueness</u> -Intuitive -Spirited -Compassionate -Self-Actualising -Genuine -Appreciative	Attention Validation	Longing for what is missing & perceived important. Searching for ideal love & circumstance.	2	Give me plenty of compliments. They mean a lot to me. Be a supportive partner or friend. Help me to learn to love & value myself. Respect me for my special gift of intuition and vision. Though I don't always want to be cheered up when I'm feeling melancholy, I sometimes like to have someone lighten me up a bit. Don't tell me I am too sensitive or overreacting.
			Of having no identity		1	

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5	Head	<u>Intellect</u> -Discerning -Reasonable -Logical -Imaginative -Seeking -Brilliant	Security	They collect & analyse information to build their knowledge & competence. They protect self from intrusion & demands by cutting off feelings.	7	Speak in a straightforward and brief manner. I need time alone to process my feelings & thoughts. Remember if I seem aloof, distant or arrogant, it may be that I am feeling uncomfortable. Make me feel welcome, but not too intensely, or I may doubt your sincerity. If I become irritated when I have to repeat things, it may be because it was an effort to get my thoughts out in the first place. Help me avoid my pet peeves: big parties, other's loud music, overdone emotions and intrusions on my privacy.
			Of being helpless & incapable		8	
6	Head	<u>Loyalty & Problem-Solving</u> -Vigilant -Persevering -Consistent -Discrete -Collaborative -Intentional	Security	The world's a dangerous place and will vigilantly notice potential hazards & prepare for the worst possible outcomes	3	Be direct and clear. Listen to me carefully. Don't judge me for my anxiety. Work things through with me. Reassure me everything is OK between us. Laugh and make jokes with me. Gently nudge me towards new experiences. Try not to overreact to my overreacting.
			Of having no support		9	
7	Head	<u>Joy & Enthusiasm</u> -Progressive -Compelling -Joyful -Expansive -Optimistic -Versatile	Security	Noticing options & opportunities & planning for pleasurable possibilities. Engaging in pleasurable activities.	1	Give me companionship, affection and freedom. Engage me in stimulating conversation and laughter. Appreciate my grand visions and listen to my stories. Don't try to change my style. Accept me the way I am. Be responsible for yourself. I dislike clingy or needy people. Don't tell me what to do.
			Of being deprived & trapped in emotional pain		5	

History and Theory of the Enneagram



The word enneagram comes from the Greek words ennea (“nine”) and gram (“something written or drawn”) and refers to the nine points on the Enneagram symbol.

More than a personality typology, the Enneagram is actually a profound map that illuminates the nine different architectures of the human personality.

It is also one of the most powerful and practical systems available for increasing emotional intelligence, with insights that can be used for personal and professional development.

Finding Your Enneagram Type

To find your Enneagram style from among the nine Enneagram styles requires self-reflection about your patterns of thinking, feeling, and behaving.

In addition to the Enneagram styles there are four additional styles for each Enneagram style and subtypes that can add characteristics to your personality:

- Enneagram style wings
- Arrow lines
- Enneagram subtypes – three variations of each style

The nine different Enneagram styles, identified as numbers One through Nine, reflect distinct habits of thinking, feeling, and behaving, with each style connected to a unique path of development.

Each of us has only one primary place, or number, on the Enneagram; while our Enneagram style remains the same throughout our lifetime, the characteristics of our type may either soften or become more pronounced as we grow and develop.

Should you want more insight and information about yourself and the Enneagram system, contact About Learning at info@aboutlearning.com.au

This material has been sourced from the following authors and their websites:

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