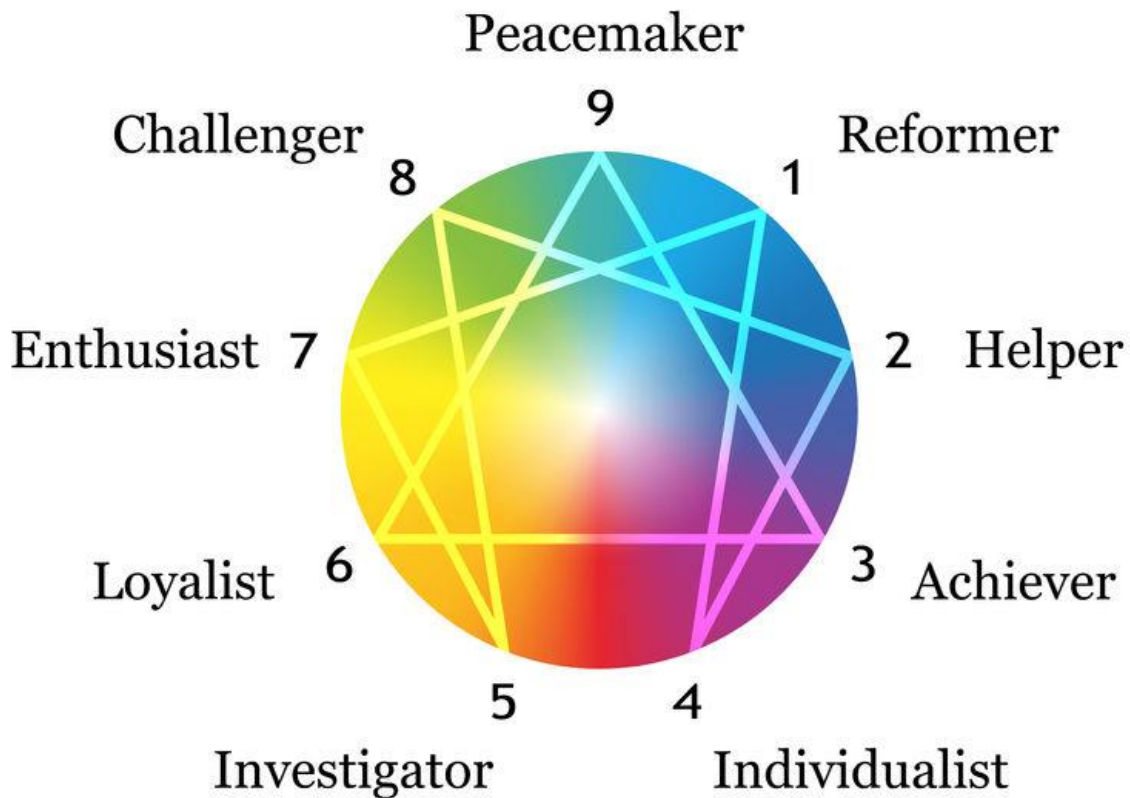

Introduction to the 9 Enneagram Types

Revised 9/10/2021



 **Hilliard**
United Methodist Church
God Loves You  No Matter What
5445 Scioto Darby Road / 3691 Main Street
Hilliard, Ohio 43026 • www.hilliardumc.org
614.876.2403

INTRODUCTION TO THE ENNEAGRAM (“ANY-a-gram”)

The Enneagram shows us **9 ways of seeing the world** and an underlying **motivation** that powerfully influences how each type thinks, feels, and behaves. People behaving similarly may not be the same type, because it’s all about the **motivations** that drive us.

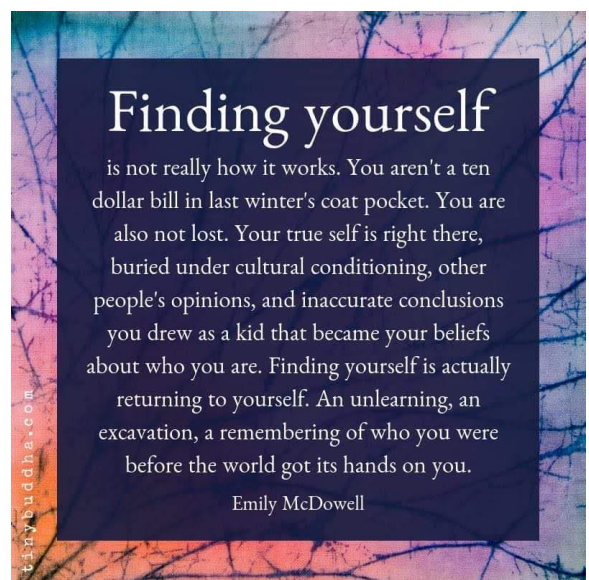
Our Enneagram personality type begins to show itself in childhood as part of normal human development. We unconsciously use certain strategies to get along in the world and get our needs for autonomy, affection, and security met. **Over time, overused personality traits become liabilities, though, and we lose sight of who we really are.**

Our Enneagram type represents our ego personality. It’s our mask — our cover story, our false self — and it develops to hide our true self, to protect us from harm, and to help us get along in the world. It’s something we can hide behind so we don’t get hurt; most of us are afraid that we’ll be rejected at some level if we show our true selves, that we won’t be seen as worthy of love and belonging.



The Enneagram is a tool for exploring the lens of the false self / ego personality through which we see the world — how it’s shaped us, and how it might be distorting our vision. What unconscious patterns of thinking, feeling, and doing might be interfering with our growth in wholeness? How might our past be interfering with our present? What hidden wounds and misguided beliefs that we picked up as kids or young adults may still be unconsciously governing our lives?

Working with the Enneagram is about courageously exploring our inner world and motivations — WHY we do, think, and feel what we do — and whether that’s really who we are.



The Enneagram is **complex**.

There's variety within each number / core type:

- **3 instinctual variants** (aka subtypes) for each type.
- **9 levels of health / awareness** for each.

We also relate specifically to four other numbers on the circle:

- **Connecting Lines:** We instinctively take on the traits of two other numbers in certain situations (as shown by the connecting lines on the diagram).
- **Wings:** Our type is influenced by the numbers on either side of us.

No number is better or worse than another. All have their own strengths & weaknesses. None is gender-based. We can usually see ourselves in all 9 types, and we have all 9 types within us, but **one type is primary**. Type doesn't change over your lifetime; we don't start as one number and then "grow up" to the next higher number.

MOTIVATIONS: The KEY to Enneagram Typing

If You Had to Pick Just One
determining your enneagram type by core motivations

- 1) Being good/right
- 2) Being loved/wanted
- 3) Being valuable/admired
- 4) Being authentic/unique
- 5) Being competent/capable
- 6) Being secure/safe
- 7) Being satisfied/content
- 8) Being independent/autonomous
- 9) Being at peace/harmonious

@enneagramexplained

↑ For 5, add knowledgeable.
For 7, add free.
For 8, add strong.

What motivates you?

Which motivation is at the root of a lot of your behavior?

The Enneagram is about motivations, not behavior, so think about the motivation underneath your behavior.

Which is the Most Terrifying to You
determining your enneagram type by core fears

- 1) Being bad/wrong
- 2) Being unloved/unwanted
- 3) Being worthless/a failure
- 4) Being without significance/no identity
- 5) Being incompetent/incapable
- 6) Being without support or guidance
- 7) Being deprived/trapped/limited
- 8) Being harmed/controlled
- 9) Being fragmented/at loss with others

@enneagramexplained

CENTERS OF INTELLIGENCE

Sources: Adapted from Enneagram Institute, <https://www.enneagraminstitute.com/how-the-enneagram-system-works>, 9/24/19; and Suzanne Stabile, *The Enneagram Journey* curriculum, “Wings, Stress, & Security” video.

The Enneagram is an arrangement of nine personality types in *three Centers*. Each Center consists of three personality types that have in common the strengths and weaknesses of that Center. We all have and use all three, but one is dominant. Balance among all three is the goal.

- **Body or Instinctive Center:** Types 8/9/1
- **Heart or Feeling Center:** Types 2/3/4
- **Head or Thinking Center:** Types 5/6/7

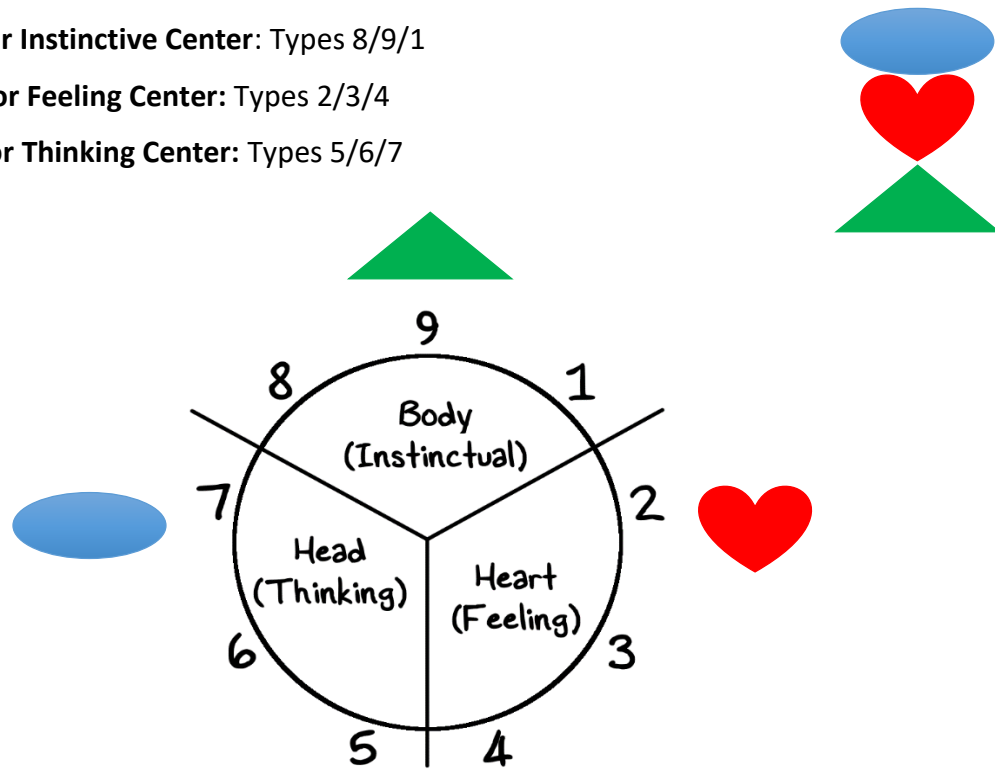


Image Source: Story Sketch

For example, personality type Four has unique strengths and weaknesses involving its feelings, which is why it is in the Feeling Center. Likewise, the Eight’s strengths and weaknesses involve its relationship to its instinctual drives, which is why it is in the Instinctive Center, and so forth for all nine personality types.

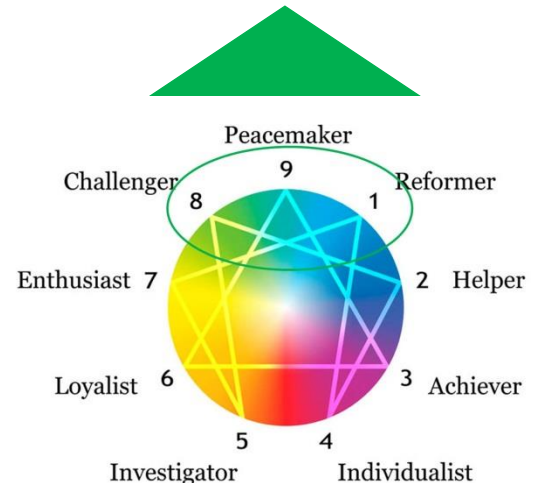
Our dominant Center of Intelligence is...

- How we most easily know things...
- How we get information about and process the world and our experiences — through our body/instincts, our head/thoughts, or our heart/feelings.
- The place from which we make most of our decisions...

BODY / GUT / BELLY / INSTINCTIVE TYPES

Concerned with the intelligence of the BODY / somatic awareness:

- know first through gut instincts, physical sensations, movement, action or inaction, need to DO...
- controlling one's environment... seek AUTONOMY. "No." Don't mess with me...
- concerned with relating with their own instinctual energy (vitality & life force)...
- Body center out of balance = tension, resistance, ANGER
- Body center in balance = GROUNDED PRESENCE



TYPE 8: THE CHALLENGER

The Powerful, Dominating Type: Self-Confident, Decisive, Willful, and Confrontational (The Enneagram Institute¹)

Want truth, justice, and situations to be under control, becoming bold and bigger than life, and perceiving things in black and white terms with little gray in between; hiding their vulnerability by taking big, immediate action. (Ginger Lapid-Bogda²)

Commanding, intense, and confrontational, they are **motivated by a need to be strong and avoid feeling weak or vulnerable.** (Ian Cron/Suzanne Stabile³)

TYPE 9: THE PEACEMAKER

The Easygoing, Self-Effacing Type: Receptive, Reassuring, Agreeable, and Complacent¹

Want peace, harmony, and mutual positive regard; avoid conflict, and don't really access or express their own points of view; embrace multiple perspectives; prefer a relaxed demeanor or "going along to get along" rather than to potentially create tension between themselves and others.²

Pleasant, laid-back, and accommodating, they are **motivated by a need to keep the peace, merge with others, and avoid conflict.**³

TYPE 1: THE REFORMER

The Rational, Idealistic Type: Principled, Purposeful, Self-Controlled, and Perfectionistic¹

Want a more perfect world and work relentlessly to improve themselves, others, and everything around them; are highly self-controlled and structured; strive for 100% excellence; believe that there is almost always a right way to do everything.²

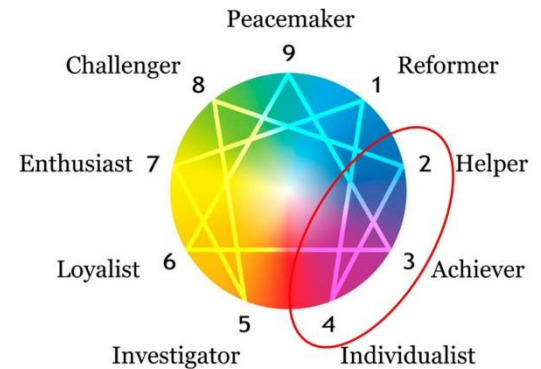
Perfectionist. Ethical, dedicated, and reliable, they are **motivated by a desire to live the right way, improve the world, and avoid fault and blame.**³

HEART / FEELING TYPES



Concerned with the intelligence of the HEART:

- relationship oriented; know first through mood, tone, & feelings; authenticity, emotions...
- seek ATTENTION and AFFIRMATION...
- concerned with finding a sense of value & identity; self-image; see me, & see me how I want to be seen...
- Heart center out of balance = reactivity, false identity, SHAME, sadness
- Heart center in balance = OPEN-HEARTED, RADICAL ACCEPTANCE



TYPE 2: THE HELPER

The Caring, Interpersonal Type: Demonstrative, Generous, People-Pleasing, and Possessive.¹

Want to be liked by those who are in need, by important people, and by those who are important to them; attempt to feel worthy and valued by offering gifts, attention, resources and advice to others; lose connection with what they themselves truly want and deeply need.²

Warm, caring, and giving, they are **motivated by a need to be loved and needed, and to avoid acknowledging their own needs.**³

TYPE 3: THE ACHIEVER

The Success-Oriented, Pragmatic Type: Adaptive, Excelling, Driven, and Image-Conscious.¹

Want respect from others for being successful and worthy of admiration through focusing intensely on specific goals and plans, all with a self-assured and confident demeanor and image; become out of touch with their truest self and innermost heart's desire.²

Performer. Success-oriented, image-conscious, and wired for productivity, they are **motivated by a need to be (or appear to be) successful and to avoid failure.**³

TYPE 4: THE INDIVIDUALIST

The Sensitive, Withdrawn Type: Expressive, Dramatic, Self-Absorbed, and Temperamental¹

Want a deep, unbreakable and authentic relationship with themselves and others; pursue meaning, symbolism, and aesthetics as a way to understand and express the perplexing puzzle of human suffering; try to understand why they feel so different from everyone else.²

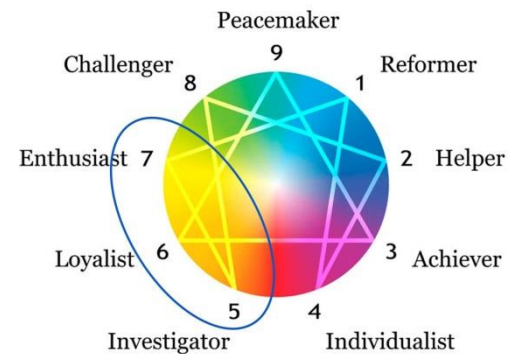
Romantic. Creative, sensitive, and moody, they are **motivated by a need to be understood, experience their oversized feelings, and avoid being ordinary.**³

HEAD / THINKING TYPES



Concerned with the intelligence of the MIND:

- rely on mental faculties; know first through logic, reasoning, mental processing, analysis, planning...
- collect, sort, & store info...
- concerned with finding a sense of inner guidance & support... seek SECURITY, who/what can I trust?...
- Head center out of balance = mental chatter, strategies, ANXIETY, FEAR (worry, fear, angst)
- Head center in balance = QUIET KNOWING



TYPE 5: THE INVESTIGATOR

The Intense, Cerebral Type: Perceptive, Innovative, Secretive, and Isolated¹

Want to absorb knowledge in the areas they perceive as important and intriguing, becoming highly cerebral, emotionally detached, and self-contained; extraordinarily private as a way to guard against intrusion and the experience of feeling energetically depleted.²

Analytical, detached, and private, they are **motivated by a need to gain knowledge, conserve energy, and avoid relying on others.**³

TYPE 6: THE LOYALIST

The Committed, Security-Oriented Type: Engaging, Responsible, Anxious, and Suspicious¹

Want to enable the best to manifest and the worst from occurring, with an elaborate scanning antenna that generates a variety of anticipatory scenarios in order to be prepared should something go wrong; may shrink from fear, go directly into fearful situations to prove their bravery, or both.²

Committed, practical, and witty, they are worst-case scenario thinkers who are **motivated by fear and the need for security.**³

TYPE 7: THE ENTHUSIAST

The Busy, Fun-Loving Type: Spontaneous, Versatile, Distractible, and Scattered¹

Want to experience everything possible that is new, stimulating, exciting, and pleasurable, while rebelling against limits or restraints; have minds that move instantaneously from one thought to another, hearts that avoid sorrow, and bodies that are constantly in motion.²

Fun, spontaneous, and adventurous, they are **motivated by a need to be happy, to plan stimulating experiences, and to avoid pain.**³

Sources: 1) The Enneagram Institute, www.enneagraminstitute.com/type-descriptions, accessed July 25, 2018. 2) Ginger Lapid-Bogda, PhD, *The Art of Typing: Powerful Tools for Enneagram Typing* (Santa Monica, CA: The Enneagram in Business Press, 2018). 3) Ian Morgan Cron and Suzanne Stabile, *The Road Back to You: An Enneagram Journey to Self-Discovery* (Downers Grove, IL: IVP Books/InterVarsity Press, 2016).



THE PASSIONS / EMOTIONAL HABITS

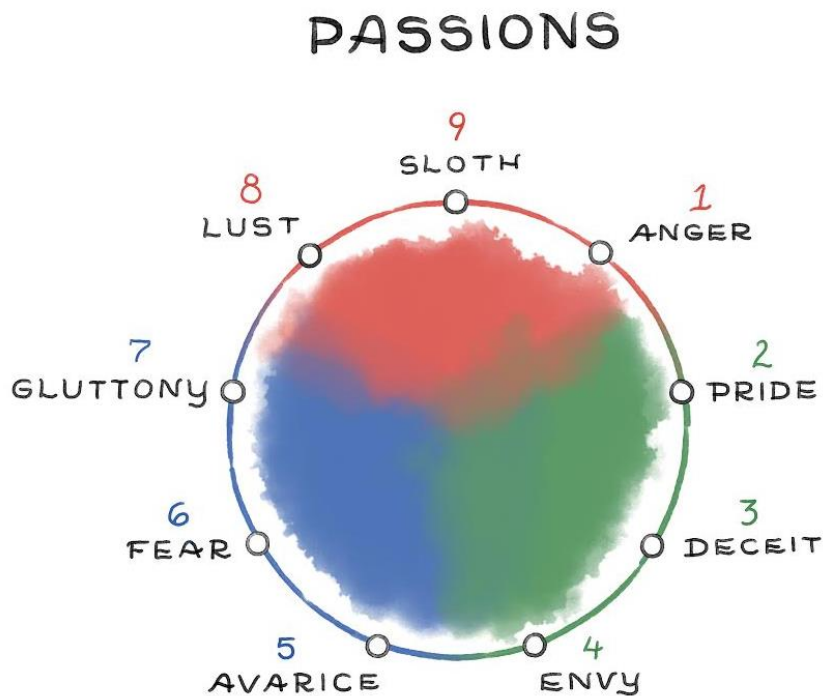
The **Passions** of the Enneagram are the **“emotional habits — unique to each number — that drive behavior....** Each person’s Passion (sometimes called its *sin* or *vice*) is like **an addictive, involuntary repeated behavior.”** It’s the emotion that keeps tripping us up and throwing us off center, **the feeling we tend to struggle with the most** (though we’re often unaware of it).

In the Enneagram world, **Passions aren’t generally a positive thing.** (See important definitions on the next page.)

Which of these emotions resonates most with you?

Which would you say you’ve had the most issues with over your lifetime?

Can you see the Passion for your number in yourself? If you can’t see the Passion in yourself, that’s not your number.



TYPE	PASSION Source: Ginger Lapid-Bogda, <i>The Art of Typing</i> , p139.
1	ANGER, specifically RESENTMENT Chronic anger and frustration with how things are (including themselves). Can appear as exasperation, indignation, and irritation.
2	PRIDE Inflated or deflated self-esteem based on doing for other people and the subsequent positive or negative reactions of others. Can appear as denial, presumption, and self-abnegation.
3	DECEIT / VANITY Feeling you must do everything possible to appear confident and successful, hiding parts of yourself that do not conform to this image. Can appear as hiding or escaping, subtlety, or pretense.
4	ENVY (chronic disappointment) Consciously or unconsciously comparing yourself to others with resultant feelings of deficiency, superiority, or both. Can appear as yearning, feelings of abandonment, and wishing.
5	GREED / AVARICE (emotional stinginess) An intense desire to guard everything related to oneself, combined with automatic detachment from feelings. Can appear as acquisition, sequestering, and hoarding resources. Not taking but holding.
6	FEAR / ANGST Feelings of anxiety, deep concern, and panic that the worst will occur, that others cannot be trusted, and that you and they are not capable of meeting the challenges that present themselves. Can appear as suspicion, fretting, questioning, concern for others, and doubting/self-doubting.
7	GLUTTONY (dissatisfaction) The insatiable, unrelenting thirst for new stimulation of all kinds — food, people, experiences, ideas, excitement — as a way to avoid painful experiences and emotions. Can appear as voracity, insatiability, and preoccupation.
8	LUST (intensity, forcefulness) Intensity in a variety of forms (not necessarily sexual) as a way to avoid and deny feelings of vulnerability and weakness. Can appear as desire, excess, and impulsiveness.
9	SLOTH / INERTIA (self-forgetting) A lethargy in paying attention to one’s own feelings, thoughts, and needs, thus disabling desired action. Can appear as fatigue, mental or emotional weariness, and numbness.

YOU ARE THE BLUEPRINT OF THE DIVINE

2 Corinthians 3:18 (Mirror Bible version)

“The days of window-shopping are over! In him every face is unveiled. In gazing with wonder at **the blueprint of God displayed in human form, we suddenly realize that we are looking into a mirror, where every feature of his image articulated in Christ is reflected within us!** The Spirit of the Lord engineers this radical transformation; we are led from an inferior mind-set to the revealed endorsement of our authentic identity.”

New Revised Standard Version (*you might be more familiar with this language*)

¹⁸ And **all of us**, with unveiled faces, seeing the glory of the Lord as though reflected in a mirror, **are being transformed into the same image from one degree of glory to another**; for this comes from the Lord, the Spirit.

BEST WAYS TO DETERMINE YOUR TYPE

1. Practice non-judgmental self-observation, with kindness toward yourself. Learn how to observe yourself as if you were outside yourself.
2. Think about what you were like in your late teens and 20s. This tends to be when personality is the most obvious.
3. Focus primarily on two pieces of information: a) the **WHY** (motivation) behind your behaviors, thoughts, and feelings, and b) the emotional energy driving a lot of your behavior (the Passion).
4. Read on the Enneagram Institute website: <https://www.enneagraminstitute.com/how-the-enneagram-system-works>.
5. Start with an introductory book like Ian Morgan Cron and Suzanne Stabile. *The Road Back to You: An Enneagram Journey of Self-Discovery*. Downers Grove, IL: IVP Press, 2016.
6. Tests aren't usually very accurate, though you might try the Essential Enneagram Test. (We can email you a PDF.)

This is the function of the 'objective observer'. I can perceive something, but I can also detach myself from it. In this way, responsibility and freedom work constructively together.

- Richard Rohr -
@enneagramexplained

9 Tips for Enneagram Typing

Source: @enneagrammers on Instagram

1. PATIENCE: Be patient with yourself. Forcing yourself into a “type” doesn’t work. This takes time.
2. READ: Pick up the time-tested Enneagram books. Consider which description hurts the most or feels the most unfair.
3. ASK: Ask those who know you well AND will steward such an important conversation with love and grace.
4. LISTEN: Listen to all of the Enneagram songs from Sleeping at Last. Pay attention to the song that makes you cry. If they all make you cry, pay attention to the one that makes you UGLY CRY.
5. LISTEN AGAIN: Listen to all of the Enneagram podcasts from Sleeping at Last (great explanations of each type by Chris Heuertz).
6. LISTEN AGAIN AGAIN: Sit at the feet of a trusted Enneagram teacher in a live workshop.
7. FOCUS: Focus your attention on the small and big motivations that drive your behavior. They’ll provide clarity.
8. REFLECT: Find pockets of time in your day to reflect on what’s happening in your mind, your heart, your heart, your body. What patterns emerge?
9. RELAX: Some take years to discover their dominant type. If you think everyone around you has EVERYTHING figured out... you’re wrong. They don’t. We’re all fumbling forward.

WHY LEARN YOUR ENNEAGRAM TYPE? Why does it matter?

“The purpose of the Enneagram is to show us how we can release the paralyzing arthritic grip we’ve kept on old, self-defeating ways of living so we can open ourselves to experiencing more interior freedom and become our best selves.” (Karen DeYoung)

“You are already here: your Essence already exists entirely and perfectly.... We do not need to learn something new or anything to be our True Nature. Spiritual progress involves seeing what is right under our noses – really, what is right under the layers of our personality. Spiritual work is therefore a matter of subtraction, of letting go, rather than of adding anything to what is already present.” (Russ Hudson & Don Riso)

Remember...
by enneagram type



- 1 - we don't need you to be perfect
- 2 - we don't need you to be selfless
- 3 - we don't need you to succeed
- 4 - we don't need you to find what's missing
- 5 - we don't need you to know everything
- 6 - we don't need you to be prepared
- 7 - we don't need you to be upbeat
- 8 - we don't need you to be strong
- 9 - we don't need you to be agreeable

... we love you as you truly are

@enneagramexplained

What I see stopping people's development over and over again is the belief that they already have it. It is no small feat for us to live any kind of realizations or understandings we've had. It's no small thing to have any kind of real freedom from our reactions and our patterned imprinted things.

~Russ Hudson

THE EGO  **THE SOUL** 

False self **ME** True self **WE**

Which will you cultivate in yourself?

VS

- Separateness
- Judgement
- Ignorance
- Hostility
- Resentment
- Pride
- Complain
- Jealousy
- Fear/Anger
- Power
- Materialism
- Perceived knowledge
- War
- Indifference
- Past/future oriented
- Self importance
- Egoism
- Self-denial
- Putting on the "mask"
- Constant busyness
- Internal chatter
- Seeking

- Oneness
- Compassion
- Enlightenment
- Friendliness
- Forgiveness
- Humble
- Gratitude
- Non-possessive
- Happiness
- Equality
- Spiritualism
- Wisdom
- Peace
- Empathy
- Now orientation
- Importance of others
- Altruism
- Self-acceptance
- Being Authentic
- Stillness
- Quiet/meditative
- Knowing

CHRISWMETZ.COM

JUST FOR FUN

At Amusement Parks

by enneagram type

- 1 - THE ONE WITH THE MAP.
- 2 - THE ONE WITH THE SNACKS.
- 3 - THE ONE WITH THE FAST PASS.
- 4 - THE ONE WITH THE CHILDHOOD MEMORIES.
- 5 - THE ONE WHO KNOWS WHICH RIDES ARE THE BEST AND WHEN THE LINES ARE SHORT.
- 6 - THE ONE WITH THE SUNSCREEN.
- 7 - THE ONE WHO RIDES THE SAME ROLLERCOASTER 10X IN A ROW.
- 8 - THE ONE WHO DOES EVERYTHING IN ONE DAY.
- 9 - THE ONLY ONE NOT STRESSED OUT.



@enneagramandcoffee

The one...

FOR EACH ENNEAGRAM TYPE

- 1: THE ONE WHO IS THE BEST NOTE TAKER.
- 2: THE ONE WHO HELPS YOU THROUGH A HARD SITUATION.
- 3: THE ONE WHO STAYS LATE AT WORK.
- 4: THE ONE WHO TOOK CREATIVE WRITING AS AN ELECTIVE.
- 5: THE ONE WHO IS A WALKING SEARCH ENGINE.
- 6: THE ONE WHO IS ALWAYS PREPARED FOR THE UNEXPECTED.
- 7: THE ONE WHO IS ALWAYS DOWN TO HANG OUT.
- 8: THE ONE WHO IS YOUR VOICE WHEN YOU DONT HAVE ONE.
- 9: THE ONE WHO WILL HELP YOU SEE ALL SIDES OF A SITUATION

@enneagramasfiten