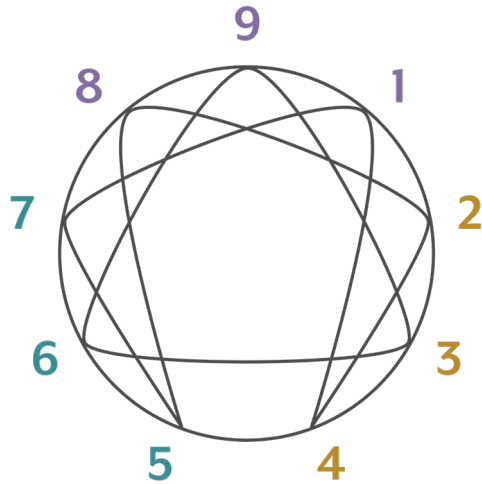


A GUIDE TO

THE ENNEAGRAM & THE NINE TYPES



INTRODUCTION

WHAT IS THE ENNEAGRAM?

The Enneagram is a dynamic system that describes nine personality types, each with distinct habits of feeling, thinking, and acting that arise from a deeper motivation. From the Greek words *ennea* (nine) and *grammos* (a written figure), the Enneagram symbol shows nine distinct strategies for relating to the self, others, and the world.

Determining our personality type through the Enneagram does not put us in a box, but instead helps us see the particular way we experience the world. By describing the automatic patterns of the nine types as both helpful strategies as well as inherent limitations, the Enneagram invites us to greater choice and freedom by expanding our perspective and learning to meet ourselves and others with compassion and curiosity.

WHY THE ENNEAGRAM?

As a tool for transformation, the Enneagram provides a map to promote greater psychological, spiritual, and somatic well-being by cultivating self-awareness and a deeper understanding of others.

Becoming aware of the motivations of the nine Enneagram types helps us make more intentional choices, lead more fulfilling lives, enjoy healthier relationships, and connect to our deeper self and to that which is greater.



THE NARRATIVE
ENNEAGRAM
SINCE 1988

*Transforming lives and creating a
more compassionate world*

THREE CENTERS OF INTELLIGENCE

The Enneagram describes three primary ways of knowing called the centers of intelligence: head (intellect and reason), heart (emotions and feelings), and body (sensations and instincts).

While we have access to all three ways of knowing, our personality type relies more heavily on one of the centers. Understanding our primary center of intelligence helps us identify our core needs, emotions, and gifts so that we can move beyond the automatic patterns of our type.

This guide introduces each type by its color-coded center, starting with those in the body center.

THE BODY CENTER

Body types are seeking agency, empowerment, respect, belonging, and autonomy. They focus attention on being in control of themselves and their environment, and their core emotions are anger and resentment. They offer gifts of groundedness, stability, and the wisdom of gut instinct.

8: The Protector • 9: The Mediator • 1: The Improver

THE HEART CENTER

Heart types are seeking connection, bonding, approval, love, appreciation, and recognition. They focus attention on how others respond to them, and their core emotions are sadness and separation distress. They offer gifts of empathy, compassion, and emotional attunement.

2: The Giver • 3: The Performer • 4: The Individualist

THE HEAD CENTER

Head types are seeking certainty, security, and preparedness. They focus attention on ideas, information, and figuring things out, and their core emotions are fear and anxiety. They offer gifts of understanding, thoughtfulness, and imagination.

5: The Observer • 6: The Questioner • 7: The Enthusiast

TYPE 8: THE PROTECTOR

Eights see the world as an unjust place in which the powerful take advantage of others, which must be resisted. Therefore, they believe that they can assure protection and gain respect by becoming strong and powerful, by asserting their own personal truth, and by hiding vulnerability.

- **Strengths:** Strong, powerful, determined, persistent, protective of others, committed to justice and fairness, truthful, straightforward, high energy to get things done
- **Challenges:** Controlling, intimidating, excessive, demanding, impatient, dominating, impulsive, intense
- **Motivation:** To feel in control; to protect self, others, and one's environment; to make an impact
- **Mental Habit:** Attention goes to power, control, and fairness
- **Emotional Habit:** Anger and cynicism
- **Open-Hearted Quality:** Innocence - the ability to meet life with openness and a willingness to allow oneself to be affected by others and the world around them
- **Growth:** To harness energy in productive ways, integrating self-assertion with vulnerability and tenderness
- **Support:** Be direct, clear, and honest with Eights

TYPE 9: THE MEDIATOR

Nines see the world as a place that makes them unimportant and requires them to blend in. Therefore, they believe that, as a substitute for their inherent sense of worth, they can gain belonging, comfort, and harmony by attending to the needs and agendas of others and ignoring their own priorities and opinions.

- **Strengths:** Caring, attentive to others, supportive, adaptive, easy-going, inclusive, accepting, non-judgmental, steady, calm, receptive
- **Challenges:** Conflict-avoidant, resistant, self-forgetting, stubborn, indecisive
- **Motivation:** To experience a sense of worth and belonging by creating peace and harmony
- **Mental Habit:** Attention goes to harmony and comfort
- **Emotional Habit:** Stubbornness, resistance, passive-aggression
- **Open-Hearted Quality:** Clarity - awakening to one's true wants, feelings, and priorities and moving forward to act on those desires without becoming diverted by inessentials

- **Growth:** To wake up to their priorities in the present moment, integrating harmony with conflict
- **Support:** Provide the Nine with a supportive environment for determining priorities, taking action, and experiencing anger

TYPE 1: THE IMPROVER

Ones see the world as a place where people are expected to be good in order to be accepted, and any "bad" impulses are judged negatively. Therefore, they get a sense of belonging and self-worth by being good, responsible, conscientious, and by doing things the right way, meeting high internal standards, and following the rules.

- **Strengths:** Honest, fair, equitable, responsible, committed, dedicated, concern for improvement, commitment to make things better, maintains high standards, self-reliant, holds integrity
- **Challenges:** Critical, inflexible, opinionated, resentful, self-judging, judgmental
- **Motivation:** To be good and worthy by being right; to reform and improve
- **Mental Habit:** Attention goes to right and wrong, correcting error
- **Emotional Habit:** Resentment, frustration, anger
- **Open-Hearted Quality:** Serenity - the capacity to be with things as they are. Allowing all thoughts, feelings, and body impulses into awareness without deflecting the unacceptable ones
- **Growth:** To change what can be changed, to accept what cannot be changed, and to develop the wisdom to know the difference
- **Support:** Encourage Ones to experience more pleasure, accept errors and differences, and detach their self-esteem from internal standards

HEART TYPES

2, 3, 4

TYPE 2: THE GIVER

Twos see the world as a place that requires people to give in order to get and offers love only to those who give to others. Therefore, they believe that they can gain love and approval and fulfill their personal needs by giving to important others.

- **Strengths:** Giving, generous, helpful, supportive, sensitive to others' feelings, thoughtful, appreciative, exuberant and willing
- **Challenges:** Intrusive, difficulty holding boundaries, unable to say no, indirect regarding needs, over-accommodating

- **Motivation:** To get love, connection, and approval by meeting the needs of others
- **Mental Habit:** Attention goes to other people's needs and feelings
- **Emotional Habit:** Separation distress at not being valued in relationship
- **Open-Hearted Quality:** Humility - The recognition of one's own needs, the willingness to ask for help, and the capacity to receive from others without reciprocating
- **Growth:** To develop the humility that comes from allowing yourself to be loved without being needed and to have needs of your own
- **Support:** Help Twos own their true separate self and lean away from meeting the needs of important others as a way to be taken care of and loved

TYPE 3: THE PERFORMER

Threes see the world as a place that values and rewards people only for what they do and how well they do it, not for who they are. Therefore, they focus on tasks, goals, and maintaining a good image in order to be successful and gain recognition in the eyes of important others.

- **Strengths:** Enthusiastic, encouraging, action-oriented, get things done, efficient, hard-working, competent, adaptable
- **Challenges:** Impatient, inattentive to feelings, competitive, rushed, self-promoting, driven, over-extended
- **Motivation:** To gain recognition through performance, looking good, and being successful
- **Mental Habit:** Attention goes to tasks and goals in order to be recognized as successful
- **Emotional Habit:** Distress at not being recognized for one's image
- **Open-Hearted Quality:** Authenticity - The capacity to courageously tell the truth about oneself regardless of the consequences; dropping the curated image and allow themselves to be seen fully
- **Growth:** To reclaim the truth that love comes to you because of who you are, not because of what you do
- **Support:** Encourage the Three to take time to pay attention to feelings and really hear you

TYPE 4: THE INDIVIDUALIST

Fours see the world as a place that brings disconnection and abandonment, which results in a feeling that something important is missing. Therefore, they believe

that they can reclaim the lost connection by being unique or special, and by pursuing an idealized experience that will make them feel complete and fulfilled.

- **Strengths:** Sensitive, attuned to feelings, empathetic (especially with suffering), creative, idealistic, appreciative of the unique and singular, passionate
- **Challenges:** Moody, self-conscious, dramatic, unsatisfied, self-absorbed
- **Motivation:** To feel deep and meaningful connections, to regain a sense of wholeness
- **Mental Habit:** Attention goes to what's missing, the longed for ideal
- **Emotional Habit:** Distress at feeling deficient
- **Open-Hearted Quality:** Gratitude - the ability to experience each moment with appreciation, whether it brings sorrow, joy, or ordinary life; allowing attention to rest on what is available and feeling a sense of satisfaction and gratefulness
- **Growth:** To reclaim wholeness in the present moment by appreciating what is here and now, feeling the experience in your body rather than over-indulging in the story of what's happening
- **Support:** Encourage Fours to not be overrun by feelings and to appreciate what is positive in the present moment

HEAD TYPES

5, 6, 7

TYPE 5: THE OBSERVER

Fives see the world as a place that demands too much from people and/or gives them too little, which can leave them depleted. Therefore, they believe that they can gain protection from intrusion and insufficient resources and assure life through privacy, self-sufficiency, limiting desires, and acquiring knowledge.

- **Strengths:** Thoughtful, knowledgeable, calm in a crisis, dispassionate, respectful, holding confidences, honoring boundaries, appreciative of simplicity, dependable, self-sufficient
- **Challenges:** Withholding, detached, non-sharing, remote, reluctance to share feelings, overly-private
- **Motivation:** To seek knowledge and gain understanding; to guard energy and resources
- **Mental Habit:** Attention goes to potential intrusion, gathering knowledge
- **Emotional Habit:** Fear of intrusion or depletion,

withholding

- **Open-Hearted Quality:** Generosity - Allowing all experience to flow through the body and consciousness which helps one recognize one's connection to abundance, which leads to generous sharing of oneself
- **Growth:** To reconnect to the vitality of your life force and your heartfelt feelings, realizing that ample energy and resources are available
- **Support:** Encourage the Five to welcome their feelings in the here and now, and to release control of time and energy

TYPE 6: THE QUESTIONER

Sixes see the world as a place that is unpredictable, hazardous, and untrustworthy. Therefore, they try to create security and certainty by being prepared, as a substitute for basic trust and to avoid feeling fear.

- **Strengths:** Thoughtful, warm, loyal, devoted to others, responsible, dutiful, calm in a crisis, good at troubleshooting and problem-solving, witty
- **Challenges:** Doubtful, skeptical, uncertain, worrying, vigilant, overly-cautious, unceasing questioning
- **Motivation:** To gain security and certainty by anticipating possible problems
- **Mental Habit:** Attention goes to what can go wrong, being prepared
- **Emotional Habit:** Fear with worry, or fear with aggression
- **Open-Hearted Quality:** Courage - the ability to meet fear with acceptance and compassion, and then move forward into necessary action; where aggression requires you to deny your fear, courage invites you into a compassionate honesty that is connected to the sturdiness of trust in oneself
- **Growth:** To reclaim trust in yourself, others and the world, and live more comfortably with uncertainty
- **Support:** Do not deny the fear or potential difficulties, and at the right time, encourage Sixes to notice positives, develop trust, appreciate their own strengths, and take positive action

TYPE 7: THE ENTHUSIAST

Sevens see the world as a place that limits people, frustrates them, and causes them pain that can be avoided. Therefore, they protect themselves from limitations and pain by engaging in many pleasurable activities and by imagining many fascinating future possibilities.

- **Strengths:** Optimistic, positive thinking, playful, energetic, enjoyable, inventive, imaginative, energetic, open to possibilities, creative
- **Challenges:** Pain-avoidant, self-serving, scattered attention, difficulty following through with commitments, authority-rejecting
- **Motivation:** To experience positive possibilities and keep options open to escape limitation
- **Mental Habit:** Attention goes to multiple options, planning pleasurable possibilities
- **Emotional Habit:** Fear of limitation or missing out, craving more
- **Open-Hearted Quality:** Steadiness - the ability to bring focused attention to the present moment, and to have the courage to be with whatever arises without having to introduce diversions, imagine possibilities, or make exciting secondary plans
- **Growth:** To meet and experience the fullness of life, the pleasures and the pains, in the present moment
- **Support:** Provide a supportive framework for the Seven to move into painful situations and stay with uninteresting commitments

THE NARRATIVE ENNEAGRAM

The Narrative Enneagram is an educational 501(c)3 nonprofit and membership organization. As the first ever IEA Accredited School with Distinction, we are dedicated to transforming lives and creating a more compassionate world through our innovative curriculum based on the work of Helen Palmer and David Daniels, MD.



THE NARRATIVE TRADITION

The Narrative Tradition is an experiential teaching method that promotes a living exploration of each personality type. By witnessing representatives of each Enneagram type share their personal stories and inner worlds, you begin to recognize different type patterns from your own experience.

Explore more resources, upcoming classes and events, membership, the Essential Enneagram Test, and more at:

NarrativeEnneagram.org