

What is the Enneagram

The Enneagram is a comprehensive and dynamic personality system that offers insights into human behaviors, motivations, fears, and core desires. It's represented as a nine-pointed geometric figure, with each point corresponding to a distinct personality type. At its core, the Enneagram delves into the depths of individual psychology and provides a framework for self-awareness, personal growth, and understanding relationships.

Key Elements of the Enneagram

Nine Personality Types: The Enneagram system consists of nine interconnected personality types, each characterized by a unique set of traits, tendencies, and patterns of thinking, feeling, and behaving.

Core Motivations and Fears: Each Enneagram type is driven by a core motivation and associated fear. These motivations guide an individual's thoughts, emotions, and actions - often on a subconscious level.

Wings: In addition to their primary type, individuals may exhibit traits of one of the neighboring types, which are known as "wings." These wings influence and complement the core type, adding complexity to the personality.

Levels of Development: Each type has distinct levels of development, ranging from unhealthy to healthy. These levels describe the range of behaviors and attitudes a person may exhibit depending on their overall mental and emotional well-being.

Integration and Disintegration: Stress and growth impact individuals differently. In times of stress, a person may take on traits of a different type (disintegration). Conversely, during periods of growth, they may embody positive traits of another type (integration).

Paths of Growth: The Enneagram system offers paths of growth for each type, guiding individuals toward greater self-awareness, emotional health, and personal transformation. This process involves moving toward the positive traits of their integration type.

Relationship Dynamics: The Enneagram is a valuable tool for understanding relationships, as it sheds light on compatibility, potential conflicts, and ways to communicate effectively with individuals of different types.

Uses of the Enneagram

Self-Discovery: The Enneagram is widely used for self-discovery and increasing self-awareness. It helps individuals recognize their dominant patterns and provides insight into why they behave, think, and feel the way they do.

Personal Growth: By understanding their Enneagram type, individuals can work on addressing their core fears and unhealthy behaviors, leading to personal growth, emotional healing, and improved relationships.

Relationships: The Enneagram offers insights into interpersonal dynamics, helping people understand and appreciate the diverse ways others think and respond. This understanding fosters more empathetic and effective communication.

Professional Development: The Enneagram is applied in various fields, such as psychology, counseling, coaching, and leadership training, to enhance communication, teamwork, and leadership skills.

Spiritual Growth: Many individuals find spiritual significance in the Enneagram, using it as a tool for deepening their connection with themselves and their understanding of their life's purpose.

The Types

The Peacemaker

- Motivated by a need for inner and outer peace.
- Easygoing, adaptable, and avoids conflict.
- Often seeks harmony and unity among people.

The Reformer

- Motivated by a desire for integrity and perfection.
- Strives for excellence and can be critical of themselves and others.
- Focuses on improvement and making things better.

The Helper

- Motivated by a need to be loved and needed.
- Nurturing and caring, often putting others' needs before their own.
- Sensitive to the emotions of others and seeks to create harmonious relationships.

The Achiever

- Motivated by a drive to succeed and be valued.
- Ambitious, hardworking, and goal-oriented.
- Concerned with their image and how others perceive them.

The Individualist

- Motivated by a desire to be unique and authentic.
- Emotionally sensitive and creative, often experiencing intense feelings.
- May struggle with feelings of being misunderstood or different.

The Investigator

- Motivated by a need to understand and gather knowledge.
- Analytical, curious, and independent thinkers.
- Prefers observing and learning from a distance rather than being the center of attention.

The Loyalist

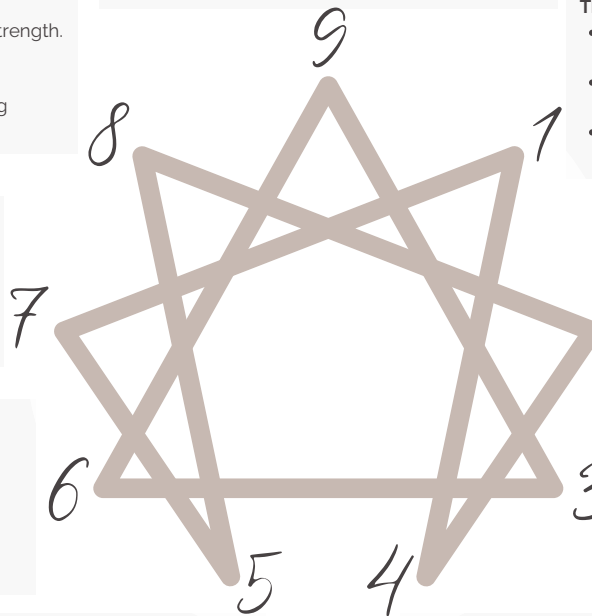
- Motivated by a need for security and guidance.
- Loyal, responsible, and cautious, often seeking support from others.
- Tends to anticipate potential problems and prepares for them.

The Enthusiast

- Motivated by a desire for new experiences and opportunities.
- Energetic, spontaneous, and optimistic.
- Tends to avoid pain and discomfort by seeking pleasure and variety.

The Challenger

- Motivated by a desire for control and strength.
- Assertive, confident, and protective of themselves and others.
- Strives to be in charge and resists being controlled by others.



Enneagram Test

This test is designed to help you identify your primary Enneagram type among the nine distinct personality types. Remember that no type is better or worse than another; each type brings its unique strengths and challenges.

As you navigate through the questions, respond with honesty and openness. Trust your intuition, and select the answers that best resonate with your thoughts, feelings, and behaviors.

After completing the test, you'll calculate your scores for each Enneagram type based on your answers. The type with the highest score is likely your primary type, but keep in mind that the Enneagram is multi-dimensional, and you may identify with aspects of other types as well.

Please rate each statement according to how well it describes you, using the following scale:

- 1 - Strongly Disagree
- 2 - Disagree
- 3 - Neutral
- 4 - Agree
- 5 - Strongly Agree

- 1. I strive for perfection in everything I do.
1 | 2 | 3 | 4 | 5
- 2. I often put others' needs before my own.
1 | 2 | 3 | 4 | 5
- 3. Success and recognition are important to me.
1 | 2 | 3 | 4 | 5
- 4. Expressing my unique identity is essential to me.
1 | 2 | 3 | 4 | 5
- 5. I enjoy learning and seeking out new knowledge.
1 | 2 | 3 | 4 | 5
- 6. I often seek guidance from others before making decisions.
1 | 2 | 3 | 4 | 5

- 7. I thrive on excitement and new experiences.
1 | 2 | 3 | 4 | 5
- 8. I'm assertive and comfortable taking charge.
1 | 2 | 3 | 4 | 5
- 9. Harmony and avoiding conflicts are top priorities for me.
1 | 2 | 3 | 4 | 5
- 10. I find it difficult to relax and take things easy.
1 | 2 | 3 | 4 | 5
- 11. I often doubt myself and my decisions.
1 | 2 | 3 | 4 | 5
- 12. I feel the need to be in control of my environment.
1 | 2 | 3 | 4 | 5
- 13. I enjoy helping and supporting others.
1 | 2 | 3 | 4 | 5
- 14. I'm comfortable with expressing my emotions openly.
1 | 2 | 3 | 4 | 5
- 15. I value independence and self-sufficiency.
1 | 2 | 3 | 4 | 5

Enneagram Test Cont.

16. I have a strong emotional inner world that I often reflect on.

1 | 2 | 3 | 4 | 5

17. I often feel like I'm missing something or someone in my life.

1 | 2 | 3 | 4 | 5

18. I prefer to observe and analyze situations before participating.

1 | 2 | 3 | 4 | 5

19. I tend to be reserved and private about my thoughts and feelings.

1 | 2 | 3 | 4 | 5

20. I seek security and support from those around me.

1 | 2 | 3 | 4 | 5

21. I often consider worst-case scenarios and potential dangers.

1 | 2 | 3 | 4 | 5

22. I enjoy exploring new ideas and possibilities.

1 | 2 | 3 | 4 | 5

23. I'm enthusiastic and have a positive outlook on life.

1 | 2 | 3 | 4 | 5

24. I'm confident and assertive in my interactions with others.

1 | 2 | 3 | 4 | 5

25. I value authenticity and honesty in all situations.

1 | 2 | 3 | 4 | 5

26. I tend to avoid conflicts and prioritize keeping the peace.

1 | 2 | 3 | 4 | 5

27. I seek a sense of inner calm and stability in my life.

1 | 2 | 3 | 4 | 5

Add up your scores for each group of questions that correspond to the Enneagram types mentioned below. Each group has three questions. For example, for Type 1 (The Reformer) if you answered 4 for question 1, 2 for question 10, and 3 for question 11 then your total score for Type 1 would be $4 + 2 + 3 = 9$. The type with the highest score is likely your primary Enneagram type.

Type 1: The Reformer

Questions: 1, 10, 11

Score _____

Type 2: The Helper

Questions: 2, 12, 13

Score _____

Type 3: The Achiever

Questions: 3, 14, 15

Score _____

Type 4: The Individualist

Questions: 4, 16, 17

Score _____

Type 5: The Investigator

Questions: 5, 18, 19

Score _____

Type 6: The Loyalist

Questions: 6, 20, 21

Score _____

Type 7: The Enthusiast

Questions: 7, 22, 23

Score _____

Type 8: The Challenger

Questions: 8, 24, 25

Score _____

Type 9: The Peacemaker

Questions: 9, 26, 27

Score _____