

Enneagram Tritype Descriptions

Sarah Wagner, May 14, 2019

125 The Mentor – diligent, idealistic, wise

The 125 is the embodiment of “help others to help themselves”. The combination of the internalized 1 and 5 make the 125 a generally reserved and careful type. The 1 brings the motivation that improvement is always possible, and the 5 brings a thirst for gaining the resources needed to improve. Combined with the always helpful and extraverted 2 gives the 125 a sense of purpose in helping others to improve in whatever ways they can. The 125 must be ever mindful of the balance between their subjective judgements and the outside world, otherwise they can become overly identified with what they have determined to be the “right way” to improve at the expense of trusting themselves.

126 The Supporter – furtive, caring, diligent

The 126 seeks out a life of intentional service to a cause or person that acts on what they believe in. The 2 provides the motivation to interact with the outside world specifically as a drive to help. In order to be helpful, the 126 will draw on the inquisitive and suspicious 6 as well as the drive of 1 to improve and project these intentions on the target of their help. The 126 is happiest being the loyal confidant and adviser of the powerful decision maker, but can sometimes become so focused on their own idea of what is right and best that they become oppressive rather than supportive.

127 The Teacher – insistent, compassionate, encouraging

The 127 is the kind of person that loves to make learning fun. In every aspect of their lives, 127s seek to foster learning and growth. This type truly does believe that we all learn something new every day and that the beauty and joy of life lie in that. The high standards of 1 combine with the external nature of 2 to produce an urge to foster growth and potential in others. Combined with the upbeat and cheerful 7, the 127 creates an atmosphere of enjoying learning effortlessly. Sometimes the focus on positivity can become too strong though, leading to the rigidity when the situation demands a more somber approach.

135 The Technical Expert – aspiration, facilitative, knowledgeable

The 135 seeks out a life in which they can use their well-honed skills to create and achieve, as well as to pass on their expertise through teaching others. 1 contributes a sense of never quite being satisfied with what is, instead always looking to improve. Together with 3's drive to achieve and prove their worth and 5's thirst for more of any resource or subject, the 135 type is never quite satisfied with their own expertise. In more unhealthy states, this can lead the 135 to being too focused on what is accurate, effective, and logical, allowing it to govern all of their decisions, without considering what is right or best for themselves.

136 The Taskmaster – driven, responsive, vigilant

The 136 type holds itself to a high standard of loyalty. Within this type, the 1 provides an overarching sense of never being

fully satisfied and always needing to strive to improve. When combined with the external focus of both 3 and 6, this leaves the 136 feeling as though they always could have done better, which can be used to fuel both self-deprecation and self-improvement. The strength of this type lies in their ability to identify and accomplish clear goals set for themselves as well as those set for others. In all of their focus to live up to the expectations of those around them, 136s can sometimes forget the loyalty they owe themselves is worth no less than the loyalty you show to others.

137 The Systems Builder – exacting, responsive, favorable

The 137 has a simple goal in life; to find a pleasant way to do what needs to be done. The 1 provides a focus on what can be achieved and combines with the outward focus of 3 to determine what others need done. This type loves to find enjoyable, effective ways to accomplish things time and time again. With the addition of the optimistic 7, there is no challenge too hard for a 137 to design a system to conquer. It is important for this type to also take time to find what they personally enjoy, and avoid focusing too much on what others think.

145 The Researcher – careful, curious, individual

For the 145 type, fulfillment in life can be found through the process of study, learning, and teaching. The combination of the ever higher expectations of 1, the individual quest for truth of 4, and the voracious intellectual appetite of 5 motivates this type to always seek out truth and answers that can then be taught to the world. Without some humility to temper it though, the 145 can get so engrossed in their learning that they become know-it-alls that too quickly dismiss the voices of others.

146 The Philosopher – challenging, introspective, wary

The 146 is compelled to help others understand what truly has value in this world. Both 4 and 6 lend themselves to deep internal searching, and when combined with the demanding standards of 1, a search for absolute truth. The 146 must take care to remember that their morality is not universal, and therefore cannot be applied to every person or situation uniformly. The 146 must also be careful not to become overly critical when feeling insecure; a difficult task for this tritype.

147 The Visionary – ethical, passionate, perfectionistic

The 147 combines the individuality of the 4 with the optimism of the 7 and the high standards of the 1 to form a type motivated to seek important change. All the 4-7 tritypes share a pervasive sense of positivity and joy for life, and when combined with the highly personal, and often very high, standards of the 1, the 147 is on a lifelong mission to find a way to improve life for everyone. This idealized utopian vision is both their greatest gift and the key to their greatest weakness if they become too critical of anything that does not reach their standards.

258 The Strategist – cooperative, discerning, secure

The 258 lives life as if it were a series of games that only need the right strategy to conquer. The helpful nature of 2 looks to others to identify needs, which can be fulfilled by a strategy from the constantly resourceful 5. The addition of the stubbornness and confidence of 8 mean that this type is unlikely to ask first, instead assuming their help is always needed. If the 258 allows themselves to become too wrapped up in their strategy building, they can become completely unresponsive to other points of view, making them difficult or impossible to work with.

259 The Problem Solver – contributive, astute, moderate

The 259 is one of the most subdued types. The influence of the internally focused 5 and 9 produce a constant seeking within the 259. 5 seeks to acquire, and 9 seeks to understand, thereby compelling persons of this type to seek out and collect those “missing pieces” that help them understand life. The influence of 2 is what draws this type outwards to help others. The 259 is most fulfilled when they are able to provide those around them with just the missing piece their particular problem needs. In this search, the 259 can become paralyzed when overwhelmed and resort to taking no action rather than risk the wrong one. The 259 must also come to accept the existence of their own needs and accept help when it is offered to them.

268 The Rescuer – protective, leery, self-sacrificing

Of all types, the 268 struggles the most with a fluctuating sense of security and self worth. Compelled to help others by the influence of 2, while 6 and 8 keep the focus on any potential threats. The 268 feels most comfortable when they know all the rules in a situation, and exactly which ones can be broken if necessary. This type is called “The Rescuer” and this title often resonates with persons of this type as a sense of purpose. 268s must be careful not to become over identified with this rescuer persona, because it can cast everyone in the role of a victim, leading the 268 to offer unsolicited advice and become very meddlesome.

269 The Good Samaritan – helpful, accepting, questioning

For the 269, life is all about getting along. Pairing the avoidant nature of 6 and 9 with the helpfulness of 2 gives this type a unique motivation to soothe conflict and encourage acceptance an understanding in everyone they meet. Far from being a victim themselves, the 6 leads them to reserve trust for only their closest friends, but the 9 tempers this distrust with an almost universally non-judgmental disposition. In trying to always be nice, the 269 may sometimes fail to speak their own truth when it is needed.

278 The Free Spirit – helpful, encouraging, carefree

Happy, helpful, assertive and inventive, the 278’s life purpose is simply to be free. Eschewing fear with 7s optimism and enthusiasm for life and engaging with both shame and anger allows this type to be both kind and independent. The assertive

8 helps to maintain boundaries where 2 is inclined to weaken them. The 278 can get caught up in their own insistence on positivity and fail to embrace the importance of slowing down and processing difficult emotions.

279 The Peacemaker – collaborative, encouraging, enthusiastic

The 279 is a type you really love to have around. 279 employs a different method of handling each of their core negative emotions; The 2 must help others or be ashamed, The 7 resists fear with optimism, and the 9 refuses anger in favor of tolerance. Being the person to broker understanding between two parties is what makes the 279 feel fulfilled. But with such a blindly optimistic view on life, they can be prone to ignoring or resisting the kind of conflict that results in growth and change.

358 The Solution Master – ambitious, knowledgeable, protective

358s live for the feeling of being acknowledged for their success in thinking up a solution. 358s love tackling the world in their own balanced way. 3 provides a constant awareness of the feedback and a thirst for prestige. 5 focuses inwards in a search for understanding and fortification. 8 pushes outwards to assert itself against the world. If the 358 is not careful, they can become too wrapped up in their own heads to the point of ignoring their emotions.

359 The Thinker – cooperative, informed, pensive

The lifelong mission of a 359 is to unite opposition, find compromise, and create workable solutions in otherwise conflicting and disagreeable situations. With both 3 and 9 orienting themselves to the outside world, and 5 seeking security within, the 359 type is particularly well suited to finding previously unseen middle ground between two polar opposites. 3 seeks to impress, and 9 seeks to calm, and with the push from 5 to always try to understand, this type is never satisfied leaving a question unconsidered. This type can also become too withdrawn at times, pulling away from the outside world and seeking comfort within the fantasy of trying understand everything. 359s can also sometimes withhold from those they are closest to as a form of trying to maintain control, rather than letting their 9 guide them in cooperation and mediation.

368 The Justice Fighter – protective, crusading, skeptical

For a 368 to feel fulfilled, they need a worthy cause to fight for. Their 3 makes them acutely aware of how others perceive their actions, and their 6 keeps them from fully resting trust in the goodness of anyone or thing. Together with the lust and power of an 8, the 368 is intensely motivated to protect and to serve. They must be sure to maintain a healthy degree of skepticism and not to become too focused on the cause as this makes them overbearing and confrontational as well as indifferent to the emotions of others as well as themselves.

369 The Mediator – charming, inquisitive, calm

369 can be easily imagined as a trusted buddy type. All of the focus for this type is pointed outwards at the world. 3 looks for acceptance and achievement, 6 constantly searches for any threat, and 9 orients opinion towards the world seeking consensus without pressing its own opinion. The combination of these three makes 369 the ideal type suited to almost any path in life, so long as they are accepted and feel they are contributing. This type must be careful not to become absorbed in their surrounding too much as they are capable of becoming chameleons at the cost of their true selves.

378 The Mover Shaker – ambitious, direct, contented

The 378 tritype is exactly the kind of person a successful venture needs. While this type is often very goal oriented with a particularly strong ability to notice what is not working and needs to be changed. The 378 enjoys such obstacles and sees them as a welcome challenge to be overcome. With all three cores seeking comfort outside of the person, it is often their inner goals that go ignored. 3 looks to the world for direction and feedback and is constantly adjusting in order to succeed. 7 looks to the world for excitement and novelty to resist the anxieties of life. 8 looks to the world to guard against anything that would seek to control. With such a focus on achieving their goals in a new and exciting way, the 378 can sometimes ignore the impact of their intensity on others and may even overlook the importance of looking inside themselves to understand their own motives.

379 The Ambassador – confident, pragmatic, accepting

379 are one of the calmest tritypes. The 379 does not embrace any of their core emotions, choosing instead to avoid and ignore. 3 strives to present a wholesome image, 7 strives to maintain upbeat optimism, and 9 strives to maintain peace and unity. Together, it's no wonder that the 379 is given the title of "Ambassador". Sometimes the 379 can become so focused on the goal of peace and cooperation that they fail to take time to experience the important growth and learning that discomfort and pain provide.

458 The Scholar – knowledgeable, strategic, reserved

The 458 is interested in knowing what makes people tick above all else. The 4 gives this type a sense of confidence and pride in being different from the pack, feeding into the 5s focus on always seeking more. More knowledge, more understanding, and more resources are the primary drivers of the 458 type, and anyone who gets in the way of that goal is met with formidable push-back from the 8. The 458 purpose in life is to follow their own intuition to find the essential truths of humanity, and disseminate that knowledge once it is gained. 458s must remember not to become so wrapped up in what they have learned that they quickly dismiss the contributions of others and risk coming off both egotistical and cynical.

459 The Contemplative – independent, insightful, fair

459 is one of the most socially withdrawn tritypes. This type needs to be able to take the time to be alone with their

thoughts and feelings to sort through and better understand the outside world. 4 brings an emotional intensity as well as a rejection of pressures go conform itself to the world. 5 brings a depth of knowledge and a hunger for more that is hard to satisfy. Combined with 9's preference for withholding judgement, this makes the 459 both a deep thinker and a deep feeler. 459s can be at risk of becoming too withdrawn from the world to the detriment of their own happiness when they begin to expect others to always reach out for them without ever reaching themselves.

468 The Truth Teller – genuine, suspicious, protective

The 468 is the type that can be trusted to always be on the lookout for danger. The combination of personal authenticity from 4, suspicion from 6, and confident assertion of 8 compel the 468 to be constantly alert for any threats. In the best form, 468 is the careful whistle blower protecting others from being misled. In the worst form, 468 can become an overbearing tyrant so focused on protecting that they become oppressive.

469 The Seeker – intuitive, timid, questioning

The 469 is one of the most insecure tritypes. This type is known as the Seeker because it is the overarching theme of their lives. 4 seeks to find its most authentic expression within the person to quell feelings of shame, while 6 and 9 both seek reassurance from the world to calm fears and outrage. 469 must work constantly to not get caught up in these insecurities so much that they are paralyzed from acting on their authentic truths.

478 The Messenger – innovative, straight-forward, spirited

The 478 is a highly intuitive and broadly thinking type. Combining three of the most aggressive types, but using a different method of control for each core, makes this type easily identified with self confidence. 4 ignores shame in favor of uniqueness, 7 avoids fear by employing optimism, and 8 engages anger to enforce boundaries. The 478s goal in life is to seek out the truth in life and to communicate it to as many people as they can in order to help. They must be careful in doing this, however, as sometimes they can become so caught up in communicating their insights that they come across as arrogant or stubborn.

479 The Gentle Spirit – intuitive, accepting, optimistic

479 is one of the most optimistic tritypes. Since both 4 and 9 choose to ignore their core, the only emotion that 479 acknowledges is anxiety, and they combat it by always looking to the better possibilities offered by the future. The 479 seeks to know themselves as deeply as possible, and also extend this compassion to those around them, finding joy and comfort in helping people to turn their negative feelings into positive empowerment. 479s must be careful not to fall too deeply into their own idealistic thinking otherwise they are likely to fail to honor their own feelings and speak their own truth when necessary.

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