

Practices & Strategies

	Types	Motivations	Paths of Transformation	Practices & Strategies ¹
1	Perfectionists Reformers	Being good & fixing things	Acceptance	Compliant type needs to cultivate quiet mind to allow openness in thinking: allows grieving & processing of feelings, especially frustration & resentment
2	Givers Helpers	Taking care of others' needs	Self-nurturing	Compliant type needs to cultivate quiet mind to allow openness in thinking: releases blocked energy in body, especially repressed need & hostility
3	Performers	Busy achieving success & good image	Authenticity	Assertive type need to open heart to authenticity & emotions: allows grieving & processing of feelings, especially inadequacy & shame
4	Romantics Artists	Comparing & searching for idealized love	Forgiveness (others are special also)	Withdrawn type needs grounding in body, instincts & connectedness: reframes distorted thinking & perceptions, especially negative interpretations of self & others
5	Observers Investigators	Analyzing & conserving energy & resources	Direct Knowing (versus book knowing)	Withdrawn type needs grounding in body, instincts & connectedness: allows grieving & processing of feelings, especially rejection & futility
6	Loyal skeptics	Planning & searching for certainty	Courage	Compliant type needs to cultivate quiet mind to allow openness in thinking: reframes distorted thinking & perceptions especially ones caused by anxiety & projection
7	Enthusiasts	Optimizing & ensuring options for the future	Gratitude (right now)	Assertive type need to open heart to authenticity & emotions: releases blocked energy in body especially repressed sadness & regret
8	Protectors Challengers	Taking charge & reversing injustices	Self-surrender (restraint)	Assertive type need to open heart to authenticity & emotions: reframes distorted thinking & perceptions especially denial of fear & vulnerability
9	Mediators	Responding to others & mediating agendas	Self-remembering	Withdrawn type needs grounding in body, instincts & connectedness: releases blocked energy in body especially repressed rage & fear

¹ Don Richard Riso & Russ Hudson, *Understanding the Enneagram* [spiritually based], p.279