ENNEAGRAM TYPES DURING CRISIS
Find Your Peace in the Puzzle

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Course Overview
The Chinese symbol for crisis is made up of two characters, danger and opportunity, superimposed. During difficult times, each of us responds in very unique ways, stemming from our enneagram type. The enneagram points to the survival strategies you have learned, as it identifies patterns of behaviors and strategies for relating to the world around you. Studying it will take you further into yourself and empower your capacity for greater awareness and self-understanding. By recognizing your type, you will notice how your habits have essentially gained control of your life. You have the ability to redirect your focus of attention and move from a position of danger to one of opportunity. Afterall, “energy flows where attention goes,” and you have the power to move from imbalance to balance. As you go deeper into the enneagram, you will discover the vast depth and brilliance it has to offer, allowing you to endure! May you find your peace in the enneagram puzzle.
INTRODUCTION TO THE ENNEAGRAM

The Enneagram
Stemming from the Greek words ennea (nine) and grammos (a written or drawn symbol), the term enneagram was first introduced in 1915 by George Ivanovick Gurdjieff. It is based upon ancient Christian and Sufi teachings and research suggests it dates as far back as Pythagoras. Gurdjieff was a pioneer in adapting eastern spiritual teachings for use by westerners. In the late 1960’s Chilean psychiatrist Claudio Naranjo integrated the basic enneagram system with modern psychology, after studying it with Oscar Ichazo in Chile. Ichazo is said to have learned it from the Sarmouni Brotherhood who had also taught Gurdjieff. Its true origins are unknown.
The nine-pointed enneagram symbol represents nine distinct strategies for relating to the self, others and the world. Each type has a different pattern of thinking, feeling and acting that arise from a deeper inner motivation or world view. The enneagram points to the survival strategies we have learned, as it identifies patterns of behaviors and strategies for relating to the world around us. It takes you further into yourself and empowers your capacity for greater awareness and self-understanding. By recognizing your type, you will notice how your habits have essentially gained control of your life. You have the ability to redirect your focus of attention and move
from a position of imbalance to balance. After all, “energy flows where attention goes.” The content presented in this book is a clear compilation of the diverse research around the enneagram, and it contains multiple faucets of the work, to offer you a summary of the field. While, this book focuses on moving from a state of imbalance toward one of balance, there are many vantage points from which the enneagram is studied. Researchers have approached it from historical, religious, spiritual, business and personal viewpoints. Others have studied it through language usage, relationships, dress and style. The content of this workbook is formatted in a concise, new perspective that addresses imbalance and crisis in one’s life. Most people can quickly recall, identify with and recognize their struggles before their other life experiences. This workbook is set up to discusses the 9 enneagram types with three distinct talking points/sections. First, you will gain an overview of the enneagram type, next you will understand what that specific type experiences when in “danger,” crisis, struggling and/or while feeling imbalanced.
Finally, you will be provided with “opportunities” for gaining that type’s balance, greater self-understanding and personal growth. There is a long-standing joke across enneagram researchers that asserts, the enneagram does not put you in a box; it shows you what box you are stuck in and helps you get out. As you go deeper into the enneagram, you will discover the vast depth and brilliance it has to offer. May you find your peace in the enneagram puzzle.
The Enneagram is a powerful tool for personal and collective transformation.

Stemming from the Greek words ennea (nine) and grammos (a written or drawn symbol), the nine-pointed Enneagram symbol represents nine distinct strategies for relating to the self, others and the world.

Each Enneagram type has a different pattern of thinking, feeling and acting that arises from a deeper inner motivation or worldview.
Energy Flows Where Attention Goes
Each enneagram type has a focal point or worldview, from which they both see and navigate the majority of their life experiences. If you were to stand outside of yourself, and really become a careful self-observer, you would see that you do, indeed, have a main focus and line of thinking, during most of your life experiences. What follows is an overview of these distinct worldviews. If you are new to the enneagram, please take a moment to really consider, which one on these vantage points is your most dominant focus, most often, through which you experience the world around you, most of the time.
Type 1 - “I have a right way to do most things”
Type 2 - “How are you; what do you need from me”
Type 3 - “I am productive and successful”
Type 4 - “I am different/unique & creatively authentic”
Type 5 - “I offer limited emotion and think a lot”
Type 6 - “I’m carefully prepared for the ‘what ifs’ in life”
Type 7 - “I choose to live on the positive side of life”
Type 8 - “I often go all out and get it done”
Type 9 - “I can see all sides & it’s not worth it to step in”
PERSONALITY
is a result of
PERSONAL REALITY
THERE ARE THREE CENTERS OF INTELLIGENCE

BODY BASED
8.9.1

HEART BASED
2.3.4

HEAD BASED
5.6.7
Centers of Intelligence

People operate on a sliding scale within their enneagram type and thus can exhibit a wide range of behaviors. Positive behaviors move one towards healthy personal growth, while negative behaviors move one towards a pathology and they get stuck and struggle. The material in this book was developed around the Centers of Intelligence. The enneagram starts with 9 distinct types. Some types share a center of intelligence. The three centers of intelligence are: Head, Heart and Body. Your center of intelligence directs your focus of attention, thus grouping the 9 enneagram types under the three centers of intelligence, allows one to better grasp the origins of their thoughts and behaviors. Body types are made up of the enneagram numbers 8, 9 and 1. Heart types are made up of enneagram numbers 2, 3 and 4. Head types are made up of enneagram numbers 5, 6 and 7. Based upon the head, heart, body groups, this book begins with enneagram type 8, to follow the centers of intelligence pattern.
Staying with Tradition, We’ll Begin Our Exploration with Type 8, the First Body Based Type … and then Move Clockwise Around the Enneagram…
ENNEAGRAM
TYPE 8
Quick Overview
Eights believe they must be strong and powerful to assure protection and regard in a tough world. Consequently, they seek justice and are direct, strong and action-oriented; they can also be overly impactful, excessive and impulsive. They strive for truth. Eights can easily access their anger, to get what’s good, using force. They know what they want, yet the impact of being moved and experiencing feelings has been forgotten. “I want more.” They want and enjoy stimulation. They have been rewarded for their strength and their ability to defend and protect others. They feel dominant in a group and have a clear purpose. They are “straight shooters” and trust assertion in others, [so expect them to get in your face to test it.] They want others to put their agenda clearly on the table. Eights will persuade or use force when needed towards their own course. “My way or the high way.” A heated or high decibel talk with an eight is considered a “good conversation.” They will take charge and get it done and they control their time and space. They have
forgotten about their need to be held and nurtured. Eights will surrender their control over you when they trust you and will meddle with other peoples’ lives when bored. They respect fair and clear boundaries. Some may experience strong feelings of revenge in order to be fair and even the score; this would be referred to as “justice.” Eights need to be their own authority and seek independence and to be master and commander of their own lives. They have the need to feel confident, self-reliant and in charge of their emotions.
Speaking Style
Eights are direct, authoritative, zestful, firm, and oriented to truth and justice. Others may perceive eights as confrontational, intimidating, loud, dogmatic and controlling. They have a talk style that commands, and you will often find them arguing, debating, opposing, taking aim, scoring points, parting shots and/or using military metaphors. The self-talk an eight might have is, “We are going to do this my way.”
Helpful Symbols
Eights can feel like a bull or a rhino. Like how you may feel around Caterpillar, Trump Enterprises and Exxon Mobil. They carry the essence of Spain as a country.

Childhood Traits
· Are independent; have an inner strength and a fighting spirit
· Are sometimes loners
· Seize control so they won't be controlled
· Figure out others' weaknesses
· Attack verbally or physically when provoked
· Take charge in the family because they perceive themselves as the strongest, or because they grew up in difficult or abusive surroundings

Parenting Traits
· Are often loyal, caring, involved, and devoted
· Are sometimes overprotective
· Can be demanding, controlling, and rigid
TYPE 8
What Type Eights Think and Tell Others About Themselves

· I thrive on having lots of energy [body], enthusiasm for life
· I am strong and protect the weak
· I am direct, willing to confront and will express my anger
· People think I am aggressive, intimidating, intense, impulsive
· I have trouble staying with my own vulnerability/sadness
· I have a strong sense of knowing what is fair or right [gut]
· I am invincible, powerful, protective, straight-forward and authentic
Image
A person’s image has to do with the nonverbal expression of who they are, how they present themselves to the world and where their attention goes. It is comprised of one’s energy, walk, facial expressions, paralanguage, tone, dress, language choice and their use of time and space. Eights need plenty and desire to be impressive. They dress to express. “I am authentic.” They often present an image that is dignified, bold, authoritative or controversial.

Relating to Eights
· Join them in getting things moving in work or play
· Express your own feelings, including softer, tender ones
· Stand up for yourself & be direct
· Be direct and forthright, yet flexible and open
· Stay steady and present in the face of confrontation and hold your ground
· Call them on threatening behavior, while being empathetic to feelings
Virtue/Strength
Eights possess a strength towards innocence, which is self-protection. They are strong, invincible, powerful, fair, courageous, determined, authentic, protective of others, generous and truthful.

Wing Points
Wing points are located on either side of our type around the circumference of the enneagram symbol. Because wings are right next to our own type, we can visit them easily. People often have one dominant wing that modifies and blends with the basic type and highlights certain tendencies. Along with the instinctual subtypes, the wings account for many wonderful variations in personality type. Wing Points of the Eight: 7 & 9

Emotional Drive
Their intensity and exuberance drive them

Focus of Attention
“I often go all out and get things done!”
Type 8

The Protective Challenger

Focus of Attention

Thinking is organized around the realm of energy present, getting it done, expansion & more of a good thing.
SECURITY & STRESS POINTS FOR EIGHT

5 STRESS POINT
You move there when stressed, pressured, or when mobilizing for action

2 SECURITY POINT
You move there when relaxed, secure - also when feeling overwhelmed or exhausted
Security and Stress Points

The security and stress points on the enneagram diagram show where our energy and awareness flow, depending on our needs and circumstances. We often move from our “home base” enneagram number to the two points connected to our number by the lines in the diagram. The stress point is where we go when feeling stressed and pressured, or when mobilizing for action. The security point is where we go when feeling relaxed or secure, or paradoxically, when feeling overwhelmed or exhausted. This dynamic movement creates a significant shift in our point of view and style of behavior, allowing us to become less stuck in our habitual patterns.

Eight’s Security Point: 2  Eight’s Stress Point: 5
TYPE 8 IN CRISIS
IMBALANCED
Thinking intensifies to focus on injustice, power, not being controlled by others, expansion and to get things moving now.
Messages that Trigger Type 8

Messages that tell them they are being mean when they have intentionally been kind, but you don’t like their honesty

Any message that obligates them to something without first asking

Telling them what they need to do

“You don’t care about people”
Adverse Feelings in Eights

Most people find it easier to point out and recognize negative behavior patterns over positive ones. Therefore, highlighting adverse behavioral tendencies will allow for quick recognition of your enneagram type. Types 8, 9 & 1 share the same orientation and are a body type. Body types lead with a gut-level knowing, which is referred to as the instinctual center. Their focus is on control, security, taking right action and social belonging. They lead with the body by moving and doing and have a good sense of awareness. They are gutsy, instinctive and visceral. In body types there is a tendency towards anger and to seek control, as if they lack a space to just be/exist. They need acceptance and fear neglect. They want to be respected for who they are. All people [mammals for that matter] experience three adverse emotions: Fear, Anger and Panic. Enneagram types 8, 9 & 1 practice anger vs. worth feelings and experience emotion from the gut/body, focusing on worth. “The world doesn’t give me what I want, and I want worth.” Their dysfunction comes from an insecurity about themselves. Next we will explore how they are oriented to and experience the world around them.
**Vice/Weakness**

Eights possess a weakness towards lust, which is excess or the constant need for intensity, control and self-extension. They experience a constant need to push or force everything and assert themselves willfully. They can be excessive, angry, dominating, lustful and afraid of vulnerability.

**Ego Fixation**

**Vengeance/Objectification**

**Temptation**

Eights have the tendency to believe they are self-sufficient

**Actively Avoids**

Eights refrain from weakness and avoid susceptibility
Defense Mechanism
As someone approaches an area of avoidance, anxiety will start to set in. People use defense mechanisms to devise ways to keep unacceptable aspects of themselves out of their awareness. Eights use a defense mechanism known as denial, where they forcefully re-direct their attention and feelings based on willfulness and control. They avoid their anger by externalizing it. They use denial to avoid vulnerability and to maintain a self-image of being strong. [I don’t hurt, I’m not sentimental, I don’t need you].

Fear
Eights have the fear of being weak, powerless, harmed, controlled, manipulated or violated. Behavior is perpetuated by fear. [If someone is afraid of a snake, they might jump up and run away when they come across one]. Fears are intense and very real to the individual who holds them. It is clear to see how eights experience imbalance based upon the adverse emotions they experience.
TYPE 8 - IMBALANCED

Nature of Anger
A powerful anger expressed in a direct, confrontational style or armored withdrawal, acts that “balance the books,” such as revenge, are possible.

Body Type [8, 9, 1]
They practice anger vs. worth feelings and experience emotion from the gut/body, focusing on worth. “The world doesn’t give me what I want, and I want worth.”

Pathology: Antisocial/Sadistic Behavior
Tendency to lie, break laws, act impulsively, lack of regard for own safety or the safety of others, deceitfulness, hostility, irresponsibility, manipulative, demeaning towards others, risk taking behaviors, aggressive, impulsive, irritable, antisocial, lack of restraint, gains pleasure in harming/humiliating.
ENNEAGRAM 8 EXERCISES: MOVE FROM SURVIVING TO THRIVING

Find Your Peace in the Puzzle: Learn How Your Fears Keep You Imbalanced

People often start habitual patterns of thinking, feeling and behaving because their fears get in the way of approaching things differently and they are limited in their beliefs as to what is possible. Reflect on the fears listed for eights and ask yourself the following questions:

- How do I find relief and divert my attention away from my fears?

- Where have I experienced imbalance because of my limiting beliefs [fears]?

- How might I change my inner dialogue to become more balanced?

- How are my fears related to my anger?
Find Your Peace in the Puzzle: Learn to Be Aware of Yourself

Eights have a specific way of thinking and engaging in self-talk, which could also be referred to a habit of mind. Become aware of how this type of thinking is affecting you by asking yourself the following questions and pay attention to the feelings you have and how your body responds:

How does my strong energy express itself?

In what ways do I assert control, power or my sense of justice over others?

When do I just go for it without thinking?

In what ways do I forget to be sensitive to others?

How have I forgotten to be tender towards myself and when was the last time I was others’ oriented?
TYPE 8
HOW TO FIND BALANCE
Type 8 - Learn to Be Aware of Yourself

Eights have a specific way of thinking and engaging in self-talk, which could also be referred to as habit of mind. Become aware of how your thinking is affecting you by asking yourself the following questions. Pay attention to the feelings you have and how your body responds.

- How does my strong energy express itself?
- When do I just go for it without thinking?
- In what ways do I forget to be sensitive to others?
- How have I forgotten to be tender towards myself?
- When was the last time I consciously chose to be others’ oriented?
- In what ways do I assert control, power, or my sense of justice over others?
AWARENESS = CHANGE

TYPE 8

Your goal is to balance how you protect yourself, with your tendency to argue or fight, and you’ll find/learn INNOCENCE.
Type 8 - Learn to Refocus Your Object of Attention

We all have internal patterns that drive our behavior. Become aware of your thoughts, sensations and any objects of attention that arise within you. One of the goals for an eight, is to move from thoughts of vengeance to thoughts of truth. A second goal for an eight is to move from feelings of lust to feelings of innocence. Eight’s object of attention is moving in to take control. Learn to see the strength in your vulnerability.

An eight’s standard proposition is, “I must gain respect and protection from others by becoming strong and powerful, by imposing my personal truth on them and by hiding my vulnerabilities.” Awareness leads to change. “Change the way you look at things and the things you look at change” ~ Dr. Dyer. Learn to find your “conversation peace” through new messages, mottos and mantras...
TYPES 8 REFOCUSED

- “I will show my soft and loving side to those I trust.”
- “Good relationships are worth many small compromises.”
- “I will actively choose to be kind over being right.”
- “There is more strength in my vulnerability than in my aggression.”
- “I will not be betrayed. My true strength will come from surrendering the need to have power and control.”
The Path/Journey/True Nature of Type Eight
A healthy eight stands for truth and magnanimity and their intensity drives them. The journey is to reclaim a sense of innocence. Growth will come when they can acknowledge a higher truth and a higher power. As the king or queen of the jungle, they can either take advantage of others with their powerful and commanding presence or make the jungle a safe place for everyone.

Core Desire/Motivation
To protect themselves and remain in control of their own lives.

Life Lesson
To harness their life force in productive ways, integrating self-assertion with vulnerability. Eight’s lesson is to learn to protect themselves, which we have established, can deteriorate into constant fighting/conflict. The goal is to stay observant and thrive.
DRIVE

...IS YOUR GIFT TO THE WORLD
Eights can be counted on for [their] drive. It is one of the most profound ways they can positively impact others. Their greater “peace in the puzzle” is to willingly contribute, knowing they are having an enormous effect on the people around them. Combined with the other eight enneagram types, they help create a world that is balanced, and the greater whole of humanity benefits.
TYPE 9

Quick Overview
Nines believe that to be loved and valued, they must blend in and go with the flow. Thus, they seek harmony and are inclusive, amiable, easygoing, comfortable and steady. They also can be self-forgetting, conflict avoidant and stubborn. They strive for love. They may communicate with a “yeah, but” message where they first agree with you and then hesitate. They have one foot on the pedal and one on the gas, thinking, “it’s not worth the risk so I’ll just stay on the fence.” They seem to agree with others’ agendas and merge with others’ points of view. They keep all conflict at bay and don’t often say no. “Let’s not rock the boat; I won’t disagree with you; so don’t push me.” Nines feel distracted & there seems to be a number of “calls” for their attention to help others. They enjoy group activities and the energy gained from a group. Nines seem too timid or good hearted to say what they want and need, but they actually don’t know what they want or need. They drift into things & don’t really have goals or direction. They understand the 8 other types better than themselves & go through life numb.
Speaking Style
Nines are non-confrontational, friendly, others-focused and inclusive of both feelings and facts. Others may perceive nines as indecisive, scattered, unclear and overly conciliatory. They have a talk style that chronicles events and you will often find them recounting sagas and epics, generalizing, day-dreaming aloud, voicing vague notions, wondering and/or meandering. The self-talk a nine might have is, “Let’s take this nice and easy.”
Image
A person’s image has to do with the nonverbal expression of who they are, how they present themselves to the world and where their attention goes. It is comprised of one’s walk, facial expressions, energy, paralanguage, tone, dress, language choice and their use of time and space. Nines need simplicity and desire to be comfortable. They dress to dress. “I am unassuming.” They often present an image that is nonchalant, casual/leisurely, unstructured or unreflective.
Helpful Symbols
Nines can feel like a dolphin or an elephant. Like how you may experience UPS or Disney. They carry the essence of Mexico as a country.

Childhood Traits
· Tune out a lot, especially when others argue
· Are "good" children; may deny anger or keep it to themselves
· Feel ignored and that their wants, opinions, and feelings are unimportant

Parenting Traits
· Are supportive, kind, and warm
· Are sometimes overly permissive
· Are often nondirective or unavailable for consultation
TYPE 9

What Type Nines Think and Tell Others About Themselves

· As a harmonizer, I can see all sides to every issue

· I avoid conflict and want a comfortable solution

· I am ambivalent or unsure about my own needs and wants

· It’s much easier to go along with others than to rock the boat

· I am agreeable, easy going, peaceful, humble and unassuming and need simplicity, peace, harmony

· I have difficulty saying “no” and can get resentful later for agreeing to something; please appreciate me
Relating to Nines

- If you sense they are reluctant, let them know it is ok to disagree
- When they are unsure about something say it’s ok to say “no”
- Encourage them to determine their priorities
- Support them to take action – hug them
- Stay present to them when they are angry
- Share body-based activities such as walking, exercising, cooking
- Be patient with them
- Ask them about preferences & what they do and do not like
- Ask them what they want and need, and give them time to discern the answer
- Avoid coming on too strong, getting impatient or creating pressure

Virtue/Strength
Nines possess a strength towards action, which is wholeness and peace of mind. They are caring, supportive, adaptive, peaceful, unassuming, easy going, receptive, agreeable, non-judgmental, steady, and excellent mediators.
Wing Points
Wing points are located on either side of our enneagram type around the circumference of the enneagram symbol. Because wings are right next to our own type, we can visit them easily. People often have one dominant wing that modifies and blends with the basic type and highlights certain tendencies. Along with the instinctual subtypes, the wings account for many wonderful variations in personality type. Wing Points of the Nine: 8 & 1

Emotional Drive
They are driven by accommodation and acquiescence

Focus of Attention
“I can see all sides & it’s not worth it to step in”
The Peaceful Mediator

Thinking is Organized Around Awareness of Others’ Points of View & No Decision is Often The Decision
SECURITY & STRESS POINTS FOR NINE

6 STRESS POINT
You move there when stressed, pressured, or when mobilizing for action

9 SECURITY POINT
You move there when relaxed, secure - also when feeling overwhelmed or exhausted
Security and Stress Points
The security and stress points on the enneagram diagram show where our energy and awareness flow, depending on our needs and circumstances. We often move from our “home base” enneagram number to the two points connected to our number by the lines in the diagram. The stress point is where we go when feeling stressed and pressured, or when mobilizing for action. The security point is where we go when feeling relaxed or secure, or paradoxically, when feeling overwhelmed or exhausted. This dynamic movement creates a significant shift in our point of view and style of behavior, allowing us to become less stuck in our habitual patterns.

Nine’s Security Point:   3      Nine’s Stress Point:   6
TYPE 9 IN CRISIS
IMBALANCED
TYPE 9

Their Focus of Attention: MOVES TO SLOTH

Thinking intensifies to focus on other peoples’ agendas and needs & no decisions or actions are taken
Messages that Trigger Type 9

Messages that call them shy/quiet when that’s not really it at all [you’ve just been nonstop talking without pause]

When you disregard their opinions after they finally/honestly open up

Speaking unkindly about people they love or people who can’t defend themselves

“It’s your turn to pick a place for the group”
Adverse Feelings in Nines

Most people find it easier to point out and recognize negative behavior patterns over positive ones. Therefore, highlighting adverse behavioral tendencies will allow for quick recognition of your enneagram type. Types 8, 9 & 1 share the same orientation and are a body type. Body types lead with a gut-level knowing, which is referred to as the instinctual center. Their focus is on control, security, taking right action and social belonging. They lead with the body by moving and doing and have a good sense of awareness. They are gutsy, instinctive and visceral. In body types there is a tendency towards anger and to seek control, as if they lack a space to just be/exist. They need acceptance and fear neglect. They want to be respected for who they are. All people [mammals for that matter] experience three adverse emotions: Fear, Anger and Panic. Enneagram types 8, 9 & 1 practice anger vs. worth feelings and experience emotion from the gut/body, focusing on worth. “The world doesn’t give me what I want, and I want worth.” Their dysfunction comes from an insecurity about themselves. Next we will explore how they are oriented to and experience the world around them.
TYPE 9 IMBALANCED

**Vice/Weakness**
Nines possess a weakness towards sloth, which is indolence or the desire to be unaffected by life. They experience disengagement or the unwillingness to arise with the fullness of their vitality to fully engage with life. They can be stubborn, ambivalent, self-forgetful, indecisive and conflict-avoidant.

**Ego Fixation**
**Indolence/Daydreaming**

**Temptation**
Nines have the tendency to avoid conflict or show self-assertion

**Actively Avoids**
Nines refrain from conflict and avoid disharmony
Defence Mechanism
As someone approaches an area of avoidance, anxiety will start to set in. People use defense mechanisms to devise ways to keep unacceptable aspects of themselves out of their awareness. Nines use a defense mechanism known as narcotization, where they use food, drink, entertainment or repetitive patterns of thinking and doing to “put themselves to sleep.” They avoid their anger by forgetting it and stay numb. They use narcotization to avoid conflict, manage their anger and maintain a self-image of being comfortable or harmonious by making everything the same and highlighting nothing.

Fear
Nines have the fear of conflict, being loveless, inharmonious, shut out & separated. Behavior is perpetuated by fear. [If someone is afraid of a snake, they might jump up and run away when they come across one]. Fears are intense and very real to the individual who holds them. It is clear to see how nines experience imbalance based upon the adverse emotions they experience.
TYPE 9 - IMBALANCED

Nature of Anger
The anger is known as passive aggression used as stubbornness or resistance. There may be a “boiling over” or explosion.

Body Type [8, 9, 1]
They practice anger vs. worth feelings and experience emotion from the gut/body, focusing on worth. “The world doesn’t give me what I want, and I want worth.”

Pathology: Excessive Contentedness/Dependent
Difficulty making everyday decisions, needs others to assume responsibility major life areas, difficulty expressing disagreement & initiating projects, uncomfortable/helpless when alone, preoccupied w/fears having to care for oneself, shows indirect expressions of hostility: deliberate or repeated failure to accomplish tasks, procrastination, stubbornness.
Find Your Peace in the Puzzle: Learn How Your Fears Keep You Imbalanced

People often start habitual patterns of thinking, feeling and behaving because their fears get in the way of approaching things differently and they are limited in their beliefs as to what is possible. Reflect on the fears listed for nines and ask yourself the following questions:

- How are my fears related to my anger?
- How do I find relief and divert my attention away from my fears?
- Where have I experienced imbalance because of my limiting beliefs [fears]?
- How might I change my inner dialogue to become more balanced and experience more freedom?
Find Your Peace in the Puzzle: Learn to Be Aware of Yourself

Nines have a specific way of thinking and engaging in self-talk, which could also be referred to as a habit of mind. Become aware of how this type of thinking is affecting you by asking yourself the following questions and pay attention to the feelings you have and how your body responds:

In what ways do I just go along with others’ agendas?

How am I stubborn?

How do I respond when I feel tension, discomfort or conflict?

How do I distract myself from my real priorities?

What makes me angry?

Where am I failing to be responsible?
TYPE 9

HOW TO FIND BALANCE
Type 9 - Learn to Be Aware of Yourself

Nines have a specific way of thinking and engaging in self-talk, which could also be referred to as habit of mind. Become aware of how your thinking is affecting you by asking yourself the following questions. Pay attention to the feelings you have and how your body responds.

· In what ways do I just go along with others’ agendas?
· How am I stubborn?
· How do I respond when I feel tension, discomfort or conflict?
· How do I distract myself from my real priorities?
· What makes me angry?
· Where am I failing to be responsible?
AWARENESS = CHANGE

TYPE 9
Your goal is to balance being at peace, with your stubborn neglectfulness, and you’ll find/learn RIGHT ACTION & AWAKEN
Learn to Refocus Your Object of Attention

We all have internal patterns that drive our behavior. Become aware of your thoughts, sensations and any objects of attention that arise within you. One of the goals for a nine, is to move from thoughts of self-forgetting to thoughts of love. A second goal for a nine is to move from feelings of sloth to feelings of right action. Nine’s object of attention is other peoples’ agendas. Learn to understand what you want and need.

A nine’s standard proposition is, “I gain belonging by merging with others, and I gain comfort by dispersing my energy into objects and activities.” Awareness leads to change. “Change the way you look at things and the things you look at change” ~ Dr. Dyer. Learn to find your “conversation peace” through new messages, mottos and mantras...
TYPE 9 REFOCUSED

- “I will ask for what I want.”
- “I have what it takes, I am enough.”
- “I am willing to let myself feel guilty rather than rush to fulfill another’s expectations.”
- “I will learn to recognize my resentment and use it as a source of energy.”
- “My presence matters. True love is active and not passive acceptance. To be truly loving requires that I define my values and take a stand for what I believe is important – regardless of the conflict it may cause.”
- Indecisiveness and a fear of upsetting people can prevent you from taking appropriate action. Remember that no decision is a decision, and a “stitch in time saves nine.”
The Path/Journey/True Nature of Type Nine
Healthy nines stand for unconditional love of self and others and accommodation drives them. Their journey is to reclaim a sense of right action and awaken from the coma of self-forgetting. Growth will come as they reclaim, define and assert their sense of self in the world.

Core Desire/Motivation
To have inner stability and peace of mind.

Life Lesson
To reclaim yourself and wake up to personal priorities. Nine’s lesson is to learn to be at peace, which we have established, can deteriorate into stubborn neglectfulness. The goal is to stay observant and thrive.
HARMONY

...IS YOUR GIFT TO THE WORLD
Nines can be counted on for [their] harmony. It is one of the most profound ways they can positively impact others. Their greater “peace in the puzzle” is to willingly contribute, knowing they are having an enormous effect on the people around them. Combined with the other eight enneagram types, they help create a world that is balanced, and the greater whole of humanity benefits.
ENNEAGRAM

TYPE 1
TYPE 1

Quick Overview
Ones believe they must be good and right to be worthy. Thus, they are conscientious, responsible, improvement-oriented and self-controlled. They can also be critical, resentful and self-judging. Ones strive for perfection. They are in a constant search for errors [often without realizing it]. When tense, they start to offer intrapersonal [self-talk] feedback and criticism. They have a difficult time making snap decisions and prefer relying on a practical method. For ones, the reward is literally in the job well done and they don’t reward themselves as others might. They attend to house matters and others very well and when they are away from home, they are more fun because there is less that needs tending to. Others may describe them as cold and dismissive. They don’t know what they want, but know what they “should” do, and because of this, they are often blind to their own anger. Most one’s will find a platform for their anger [a cause or issue to support]. Look to them for setting the moral decision, as they are usually fair. Ones are appropriate & avoid mistakes.
Speaking Style
Ones are precise, clear, direct, honest and detail-oriented. Others may perceive ones as judgmental, critical, sermonizing or closed-minded. They have a talk style that resembles a sermon and you will often find them teaching, preaching, finding fault, admonishing, correcting and/or reminding of obligations. The self-talk a one might have is, “That’s not right.”
Image
A person’s image has to do with the nonverbal expression of who they are, how they present themselves to the world and where their attention goes. It is comprised of one’s walk, facial expressions, energy, paralanguage, tone, dress, language choice and their use of time and space. Ones need standards and desire to be correct. They dress to repress. “I am appropriate.” They often present an image that is wholesome, put together, refined/prim or austere.
Helpful Symbols
Ones can feel like a barking dog or a work ant. They might feel akin to how it is to experience Martha Stewart Inc., or The Container Store. They carry the essence of Switzerland as a country.

Childhood Traits
- Criticize themselves in anticipation of criticism from others
- Refrain from doing things that they think might not come out perfect
- Focus on living up to the expectations of their parents and teachers
- Are very responsible; may assume the role of parent
- Hold back negative emotions ("good children aren't angry")

Parenting Traits
- Teach their children responsibility and strong moral values
- Are consistent and fair
- Discipline firmly
TYPE 1

What Type Ones Think and/or Tell Others About Themselves

· I live with a powerful inner critic that monitors my thoughts, words and deeds
· I strive for perfection and feel responsible for making things right
· I focus on being good while repressing my impulses and desires for pleasure
· I get angry when important rules and standards are ignored or violated
· I seek love and approval from others by being good/right
· I am good, right, in control of myself, diligent and appropriate
· I need to know what is expected of me so I can act accordingly and excel
Relating to Ones

- Take their concerns seriously
- Respect their integrity
- Be responsible and honor your agreements
- Admit your mistakes
- Recognize they are especially sensitive to criticism
- Thank them for what they do
- Ask them for advice
- Help them have fun

Virtue/Strength

Ones possess a strength towards serenity, which entails goodness, integrity and balance. They are honest, practical, right, in control, appropriate, responsible, self-reliant, conscientious, hard-working, and dependable.
Wing Points
Wing points are located on either side of your enneagram type around the circumference of the enneagram symbol. Because wings are right next to your own type, you can visit them easily. People often have one dominant wing that modifies and blends with the basic type and highlights certain tendencies. Along with the instinctual subtypes, the wings account for many wonderful variations in personality type. Wing Points of the One: 9 & 2

Emotional Drive
Their integrity and frustration drive them

Focus of Attention
“I have a right way to do most things”
TYPE 1

Focus of Attention

The Moral Perfectionist & Reformer

Thinking is Organized Around Doing it Right, Comparison & Ongoing Critical Observation
SECURITY & STRESS POINTS
FOR ONE

7 SECURITY POINT
You move there when relaxed, secure - also when feeling overwhelmed or exhausted

4 STRESS POINT
You move there when stressed, pressured, or when mobilizing for action
Security and Stress Points
The security and stress points on the enneagram diagram show where our energy and awareness flow, depending on our needs and circumstances. We often move from our “home base” enneagram number to the two points connected to our number by the lines in the diagram. The stress point is where we go when feeling stressed and pressured, or when mobilizing for action. The security point is where we go when feeling relaxed or secure, or paradoxically, when feeling overwhelmed or exhausted. This dynamic movement creates a significant shift in our point of view and style of behavior, allowing us to become less stuck in our habitual patterns.

One’s Security Point: 7  One’s Stress Point: 4
TYPE 1 IN CRISIS
IMBALANCED
TYPE 1

Their Focus of Attention:

MOVES TO ANGER

Thinking intensifies to critical thoughts and constantly trying to improve upon things
Messages that Trigger Type 1

Any message that gives them vague but negative feedback without clear direction for how to improve

When you rearrange their plans/things

Messages that challenge the causes they stand for

Implying they don’t know how to have fun

“We are just going to do it this way because it is faster”
Adverse Feelings in Ones

Most people find it easier to point out and recognize negative behavior patterns over positive ones. Therefore, highlighting adverse behavioral tendencies will allow for quick recognition of your enneagram type. Types 8, 9 & 1 share the same orientation and are a body type. Body types lead with a gut-level knowing, which is referred to as the instinctual center. Their focus is on control, security, taking right action and social belonging. They lead with the body by moving and doing and have a good sense of awareness. They are gutsy, instinctive and visceral. In body types there is a tendency towards anger and to seek control as if they lack a space to just be/exist. They need acceptance and fear neglect. They want to be respected for who they are. All people [mammals for that matter] experience three adverse emotions: Fear, Anger and Panic. Enneagram types 8, 9 & 1 practice anger vs. worth feelings and experience emotion from the gut/body, focusing on worth. “The world doesn’t give me what I want, and I want worth.” Their dysfunction comes from an insecurity about themselves. Next we will explore how they are oriented to and experience the world around them.
**TYPE 1 IMBALANCED**

**Vice/Weakness**

Ones possess a weakness towards anger, which, is the kind of anger known as repressed resentment, which leads to continual frustration & dissatisfaction with themselves & their world. [They often do not recognize it as anger]. They can be resentful, rigid, intrusive judgmental, non-adaptive, demanding, privileged and overly critical.

**Ego Fixation**

Resentment

**Temptation**

Ones have the tendency to engage in hypercriticism and hypocrisy

**Actively Avoids**

Ones refrain from condemnation and avoid expressing anger
TYPE 1 - IMBALANCED

Defense Mechanism
As someone approaches an area of avoidance, anxiety will start to set in. People use defense mechanisms to devise ways to keep unacceptable aspects of themselves out of their awareness. Ones use a defense mechanism known as reaction formation, where they feel one thing and express the opposite. They avoid their anger by internalizing it and doing the opposite of what they are inclined to do. They use reaction formation to avoid direct anger and to control their emotions and instincts.

Fear
Ones have the fear of being imbalanced, wrong, bad, evil or corruptible. Behavior is perpetuated by fear. [If someone is afraid of a snake, they might jump up and run away when they come across one]. Fears are intense and very real to the individual who holds them. It is clear to see how ones experience imbalance based upon the adverse emotions they experience.
TYPE 1 - IMBALANCED

Nature of Anger
Anger is expressed in the form of resentment, where self-justification, tension & tightness and outbursts of indignation occur.

Body Type [8, 9, 1]
They practice anger vs. worth feelings and experience emotion from the gut/body, focusing on worth. “The world doesn’t give me what I want, and I want worth.”

Pathology: Excessive Obsessive Behavior
Compulsive behavior, agitation, compulsive hoarding, hypervigilance, impulsivity, meaningless repetition of words or actions, repetitive movements, ritualistic behavior, social isolation, anxiety, apprehension, guilt, or panic attack, repeatedly going over thoughts, food aversion, nightmares.
ENNEAGRAM 1 EXERCISES: MOVE FROM SURVIVING TO THRIVING

Find Your Peace in the Puzzle: Learn How Your Fears Keep You Imbalanced

People often start habitual patterns of thinking, feeling and behaving because their fears get in the way of approaching things differently and they are limited in their beliefs as to what is possible. Reflect on the fears listed for ones and ask yourself the following questions:

- How are my fears related to my anger?

- How do I find relief and divert my attention away from my fears?

- Where have I experienced imbalance because of my limiting beliefs [fears]?

- How might I change my inner dialogue to become more balanced and experience
Find Your Peace in the Puzzle: Learn to Be Aware of Yourself

Ones have a specific way of thinking and engaging in self-talk, which could also be referred to as a habit of mind. Become aware of how this type of thinking is affecting you by asking yourself the following questions and pay attention to the feelings you have and how your body responds:

How do I treat situations as good or bad, right or wrong?

What is “right” in this moment?

How do I judge/berate myself?

How do I compare myself with others?

How does my inner critic make me feel?

Where do I become dismissive of others?
TYPE 1
HOW TO FIND BALANCE
Type 1 - Learn to Be Aware of Yourself
Ones have a specific way of thinking and engaging in self-talk, which could also be referred to as habit of mind. Become aware of how your thinking is affecting you by asking yourself the following questions. Pay attention to the feelings you have and how your body responds.

- How do I treat situations as good or bad, right or wrong?
- What is “right” in this moment?
- How do I judge/berate myself?
- How do I compare myself with others?
- How does my inner critic make me feel?
- Where do I become dismissive of others?
AWARENESS = CHANGE

TYPE 1
Your goal is to balance your integrity, with your critical perfectionism, and you’ll find/learn SERENITY
Type 1 - Learn to Refocus Your Object of Attention
We all have internal patterns that drive our behavior. Become aware of your thoughts, sensations and any objects of attention that arise within you. One of the goals for a one, is to move from thoughts of resentment towards thoughts of perfection. A second goal for a one is to move from feelings of anger towards feelings of serenity. One’s object of attention is error. Learn to ask, “What do I want to do,” instead of “what should I do?”

A one’s standard proposition is, “I must be good and right to be worthy.” Awareness leads to change. “Change the way you look at things and the things you look at change” ~ Dr. Dyer. Learn to find your “conversation peace” through new messages, mottos and mantras...
TYPE 1 REFOCUSED

- “It is ok to relax and enjoy myself; I might even start a hobby.”
- “I will ask for what I want and need.”
- “I am perfect just the way I am, even when I make mistakes.”
- “I am learning not to take myself so seriously.”
- “I am good. True perfection already exists in every moment, and there is nothing that needs to be reformed or improved.”
The Path/Journey/True Nature of Type One
A healthy one stands for perfection and idealism and their integrity and frustration drives them. Their journey is to reclaim a sense of serenity. Even flaws may have a purpose. Recognize that true perfection and growth will come when one’s realize that all things are inherently perfect just as they are.

Core Desire/Motivation
To have their own sense of integrity, balance and to be virtuous and ethical [to be a good boy/girl].

Life Lesson
To change what can be changed, to accept what cannot be changed, and to develop the wisdom to know the difference. One’s lesson is to learn to have integrity, which we have established, can deteriorate into critical perfectionism. The goal is to stay observant and thrive.
QUALITY

...IS YOUR GIFT TO THE WORLD
Ones can be counted on for [their] quality. It is one of the most profound ways they can positively impact others. Their greater “peace in the puzzle” is to willingly contribute, knowing they are having an enormous effect on the people around them. Combined with the other eight enneagram types, they help create a world that is balanced, and the greater whole of humanity benefits.
TYPE 2

Quick Overview
Twos believe you must give fully to others to be loved. Thus, they are caring, helpful, relationship-oriented and supportive. They can also be prideful, intrusive and demanding. They strive for freedom. “I am what you want; recognize me.” They enjoy the feeling of “we are emotionally one.” Twos feel alive with you and empty alone. Their goal is to figure out, who am I when I am alone with myself? They often have an agenda when they extend out to others, although they may not be aware of it. They meet others’ needs and do not recognize their own and this is where pride or self importance plays a role in their life. “I am the best giver and I require nothing back in return from you.” Their mind is organized around pleasing people and they alter themselves towards people, but they don’t merge with them necessarily as a nine type might. Under stress they will “take the case to court and not meet your needs,” while knowing exactly what you need. Twos need recognition, approval & admiration & have feelings of “they bought my act”/self-doubt at times. They are the “special” friend.
Speaking Style
Twos are friendly, open, expressive, focused on others, and quick to support or give advice. Others may perceive twos as overly helpful, nagging, controlling or resentful. They have a talk style that expresses sympathy, praise and compliments and you will often find them befriending, supporting, comforting, offering friendly advice, helping, pitching in, meeting needs and/or getting personal. The self-talk a two might have is, “You need me.”
**Image**

A person’s image has to do with the nonverbal expression of who they are, how they present themselves to the world and where their attention goes. It is comprised of one’s walk, facial expressions, energy, paralanguage, tone, dress, language choice and their use of time and space. Twos need appreciation and desire to be appealing. They dress to affect. “I am attractive.” They often present an image that is approachable, trendy, expressive or glamourous. They are also the least likely to leave the house without showering or “getting ready.”
Helpful Symbols
Twos can feel like a licking puppy or a teddy bear. Like how you may feel around Nordstrom, CVS or The United Way. They carry the essence of Italy as a country.

Childhood Traits
· Are very sensitive to disapproval and criticism
· Try hard to please their parents by being helpful & understanding
· Are outwardly compliant
· Are popular or try to be popular with other children
· Act coy, precocious, or dramatic in order to get attention
· Are clowns and jokers (the more extroverted Twos), or quiet and shy (the more introverted Twos)

Parenting Traits
· Are good listeners, love their children unconditionally, and are warm and encouraging [or suffer guilt if they aren't]
· Are often playful with their children
· Wonder: "Am I doing it right?" "Am I giving enough?" "Have I caused irreparable damage?"
· Can become fiercely protective
TYPE 2

What Type Twos Think and/or Tell Others About Themselves

- I am preoccupied with the needs of others
- I take pride in giving and helping
- I sometimes feel that people take advantage of me
- I have a hard time expressing my own needs
- I can be manipulative and alter how I present myself to others
- I am caring, nurturing, helpful, altruistic and appealing
Relating to Twos

- Join them in valuing warmth, personal contact and partnership
- Avoid being critical or not taking them seriously
- Appreciate their helpfulness
- Ask them about themselves
- Let them know you care
- Step forward to make contact; offer approval or appreciation when possible
- Stay constant and provide steadiness, paying attention to their needs
- Head off outbursts by addressing their dissatisfaction or resentment

Virtue/Strength

Twos possess a strength towards humility, which entails feeling loved. They are caring, helpful, generous, supportive, relationship-oriented, sensitive to others’ feelings and exuberant.
Wing Points
Wing points are located on either side of our enneagram type around the circumference of the enneagram symbol. Because wings are right next to our own type, we can visit them easily. People often have one dominant wing that modifies and blends with the basic type and highlights certain tendencies. Along with the instinctual subtypes, the wings account for many wonderful variations in personality type. Wing Points of the Two: 1 & 3

Emotional Drive
Their pride and indispensability drive them

Focus of Attention
“How are you; what do you need from me?”
TYPE 2

Focus of Attention

Nurturing Advisor, Giver & Caretaker

Thinking is Organized Around Helping & Pleasing Other People
SECURITY & STRESS POINTS
FOR TWO

8
STRESS POINT
You move there when stressed, pressured, or when mobilizing for action

9

1

2
SECURITY POINT
You move there when relaxed, secure – also when feeling overwhelmed or exhausted

3

4

5

6

7
Security and Stress Points
The security and stress points on the enneagram diagram show where our energy and awareness flow, depending on our needs and circumstances. We often move from our “home base” enneagram number to the two points connected to our number by the lines in the diagram. The stress point is where we go when feeling stressed and pressured, or when mobilizing for action. The security point is where we go when feeling relaxed or secure, or paradoxically, when feeling overwhelmed or exhausted. This dynamic movement creates a significant shift in our point of view and style of behavior, allowing us to become less stuck in our habitual patterns.

Two’s Security Point: 4  Two’s Stress Point: 8
TYPE 2 IN CRISIS
IMBALANCED
TYPE 2

Their Focus of Attention: MOVES TO PRIDE

Thinking intensifies to “I am indispensable,” with a focus on others’ needs, feelings and desires.
Messages that Trigger Type 2

When people ignore their visible needs and pretend like they don’t see them [neglect them emotionally]

Any message that demonstrates you are unkind to those around you

Forgetting to say thank you when they go above and beyond to meet your needs

“Let me give you some advice”
Adverse Feelings in Twos

Most people find it easier to point out and recognize negative behavior patterns over positive ones. Therefore, highlighting adverse behavioral tendencies will allow for quick recognition of your enneagram type. Types 2, 3 & 4 share the same orientation and are a heart type. Heart types are feelings based and have a concern for others. They empathize well and work from their emotional center. Their focus is on success and relationships. They are heartfelt, emotive and adaptable. In heart types there is a tendency towards image and to seek approval as if they lack accurate mirroring. They want to be seen and valued by others. They need affirmation and fear being ignored. Again, all people experience three adverse emotions: Fear, Anger and Panic. Enneagram types 2, 3 & 4 practice panic vs. love feelings and experience emotion from the heart, focusing on love. “I have distress and panic when I don’t feel love/connected.” Their dysfunction comes from loneliness. Next we will explore how they are oriented to and experience the world around them.
TYPE 2 IMBALANCED

Vice/Weakness
Twos possess a weakness towards pride, which is the inability or unwillingness to acknowledge one’s own suffering. There is a denial of their own needs while attempting to “help” others. [also known as vainglory – pride in one’s own virtue].

Ego Fixation
Flattery/Ingratiation
Temptation
Twos have the tendency to deny their own needs
Actively Avoids
Twos refrain from neediness and avoid feeling unwanted
TYPE 2 - IMBALANCED

Defense Mechanism
As someone approaches an area of avoidance, anxiety will start to set in. People use defense mechanisms to devise ways to keep unacceptable aspects of themselves out of their awareness. Twos use a defense mechanism known as repression, where they suppress “unacceptable” feelings and convert them into a more acceptable form of emotional energy. They avoid their panic by focusing on others’ feelings. They use repression of personal needs and feelings [because their needs make them anxious] to avoid being needy and to maintain a helpful self-image.

Fear
Twos have the fear of being worthless, needy, inconsequential, dispensable, and unworthy of being loved. Behavior is perpetuated by fear. [If someone is afraid of a snake, they might jump up and run away when they come across one]. Fears are intense and very real to the individual who holds them. It is clear to see how twos experience imbalance based upon the adverse emotions they experience.
TYPE 2 - IMBALANCED

Nature of Anger
Twos express intense, often sudden anger with emotional outbursts. The nature of their anger will contain accusations and crying.

Heart Type [2, 3, 4]
They practice panic vs. love feelings and experience emotion from the heart, focusing on love. "I have distress and panic when I don’t feel love/connected."

Pathology: Excessive Histrionic Behavior
Seek attention, talk dramatically with strong opinions, become easily influenced and have rapidly changing emotions. Assume relationships are closer than they are and have a preoccupation with physical appearance. May seek to be the center of attention or talk dramatically. Depression and rapid shifts in emotion are common.
ENNEAGRAM 2 EXERCISES: MOVE FROM SURVIVING TO THRIVING

Find Your Peace in the Puzzle: Learn How Your Fears Keep You Imbalanced

People often start habitual patterns of thinking, feeling and behaving because their fears get in the way of approaching things differently and they are limited in their beliefs as to what is possible. Reflect on the fears listed for twos and ask yourself the following questions:

- How are my fears related to my anger?
- How do I find relief and divert my attention away from my fears?
- Where have I experienced imbalance because of my limiting beliefs [fears]?
- How might I change my inner gue to become more balanced experience more freedom?
Find Your Peace in the Puzzle: Learn to Be Aware of Yourself

Twos have a specific way of thinking and engaging in self-talk, which could also be referred to as a habit of mind. Become aware of how this type of thinking is affecting you by asking yourself the following questions and pay attention to the feelings you have and how your body responds:

What do I really want and need and how do I support and nurture myself?

How has my attention and energy been going to others’ needs?

How do I allow others to support me?

How do I express humility?

In what ways do I alter or change myself to fit what others seem to want?

In what ways do I feel or act as though I were indispensable or take pride in being needed?
TYPE 2
HOW TO
FIND
BALANCE
Type 2 - Learn to Be Aware of Yourself
Twos have a specific way of thinking and engaging in self-talk, which could also be referred to as habit of mind. Become aware of how your thinking is affecting you by asking yourself the following questions. Pay attention to the feelings you have and how your body responds.

· How do I allow others to support me?
· How do I express humility?
· What do I really want and need and how do I support and nurture myself?
· How has my attention and energy been going to others’ needs?
· In what ways do I alter or change myself to fit what others seem to want?
· In what ways do I feel or act as though I were indispensable or take pride in being needed?
TYPE 2

Your goal is to balance learning to be loved, with your need to be needed, and you’ll find/learn HUMILITY.

AWARENESS = CHANGE
Type 2 - Learn to Refocus Your Object of Attention
We all have internal patterns that drive our behavior. Become aware of your thoughts, sensations and any objects of attention that arise within you. One of the goals for a two, is to move from thoughts of flattery to thoughts of freedom. A second goal for a two is to move from feelings of pride to feelings of humility. Two’s object of attention is others’ needs. Learn to give only exactly what you need and nothing more and you will find humility.

A two’s standard proposition is, “I must gain love and approval and fulfill my personal needs, through giving to others.” Awareness leads to change. “Change the way you look at things and the things you look at change” ~ Dr. Dyer. Learn to find your “conversation peace” through new messages, mottos and mantras...
TYPE 2 REFOCUSED

- “I am as important as everyone else.”
- “I will speak up for what I want and need.”
- “I am not required to give in order to be loved.”
- “I will start spending some quality time by myself.”
- “I am entitled to pay attention to my own needs.”
- “It is as important for me to receive love and help as to give them.”
- “I am wanted for just being me and I do not need to help or earn it.”
The Path/Journey/True Nature of Type Two
A healthy two stands for altruism and service and their pride drives them. Their journey is about reclaiming their sense of humility. The pride they feel in giving to others may keep them from learning how to receive or from realizing that they may be giving to get. Giving with expectation is a veiled form of taking. True altruism is selfless. Growth will come when they can acknowledge their own needs and learn to give freely without expecting anything in return.

Core Desire/Motivation
To feel loved, wanted and appreciated for being themselves only.

Life Lesson
To develop the humility that comes from allowing oneself to be loved without being needed and to have needs of your own. Two’s lesson is to learn to be loved, which we have established, can deteriorate into the need to be needed. The goal is to stay observant and thrive.
SERVICE

...IS YOUR GIFT TO THE WORLD
Twos can be counted on for [their] service. It is one of the most profound ways they can positively impact others. Their greater “peace in the puzzle” is to willingly contribute, knowing they are having an enormous effect on the people around them. Combined with the other eight enneagram types, they help create a world that is balanced, and the greater whole of humanity benefits.
ENNEAGRAM
TYPE 3
**Quick Overview**

Threes believe they must accomplish and succeed to be loved. Consequently, they are industrious, fast-paced, efficient and goal-oriented. They also can be inattentive to feelings, impatient and image-driven. They strive for hope. Three’s are engaged in perpetual performance and like to impress others [although they might not recognize this at first]. They strive to “be a star” in order to repress feelings. They enjoy feedback from others. Some view them as deceptive and they can even fool themselves. They are chameleons in a number of diverse settings and there is a vanity involved in the feeling of “I am able to persuade others,” which means they are marketable to a number of groups. They feel comfortable in stress and need to “do” to avoid empty time. They will often dismiss others when they have multiple tasks. They have learned that, “who I am wasn’t rewarded, but what I did, got rewarded.” Three’s need to be efficient and get the goal done and so they may cut corners [“good enough”]. They can be vulnerable to ridicule. Threes need to be the best at what they do.
Speaking Style
Threes are enthusiastic, direct, confident, topic-focused and fast-paced. Others may perceive threes as impatient, overly efficient, restrictive, and overriding of others’ views. They have a talk style that resembles a sales pitch and is self-promoting and you will often find them selling, advertising, performing, exclaiming, offering motivational speeches and/or success stories. The self-talk a three might have is, “Watch me shine…”
Image
A person’s image has to do with the nonverbal expression of who they are, how they present themselves to the world and where their attention goes. It is comprised of one’s walk, facial expressions, energy, paralanguage, tone, dress, language choice and their use of time and space. Threes need praise and desire to be successful. They dress for success. “I am successful.” They often present an image that is prestigious, coordinated, preppy or chameleon-like.
Helpful Symbols
Threes can feel like a peacock or an eagle. Akin to how you may feel around Nike or McDonalds. They carry the essence of the United States as a country.

Childhood Traits
· Work hard to receive appreciation for their accomplishments
· Are well liked by other children and by adults
· Are among the most capable and responsible children in their class or school
· Are active in school government and clubs or are quietly busy working on their own projects

Parenting Traits
· Are consistent, dependable, and loyal
· Struggle between wanting to spend time with their children and wanting to get more work done
· Expect their children to be responsible and organized
What Type Threes Think and/or Tell Others About Themselves

- I identify with accomplishment and success
- My image drives my need to work hard and look good
- I seek approval and acceptance based on performance
- I am highly competitive and love winning
- I feel constant pressure to perform
- I am successful, efficient, focused, competent, and productive
Relating to Threes
- Encourage them to pay attention to feelings
- Show and tell them what is really important to you
- Express your appreciation for what they do
- Tell them you are proud of them
- Love them for who they are
- Be direct and concise
- Join them in being active, getting results and earning recognition
- Let them know that you care regardless of their accomplishments

Virtue/Strength
Threes possess a strength towards truthfulness and authenticity, which means to feel valuable. They are good problem solvers, successful, enthusiastic, practical, action-oriented, competent and efficient.
Wing Points
Wing points are located on either side of our enneagram type around the circumference of the enneagram symbol. Because wings are right next to our own type, we can visit them easily. People often have one dominant wing that modifies and blends with the basic type and highlights certain tendencies. Along with the instinctual subtypes, the wings account for many wonderful variations in personality type. Wing Points of the Three: 2 & 4

Emotional Drive
Their vanity and image drive them

Focus of Attention
“I am productive and successful.”
TYPE 3

The Successful Achiever

Thinking is Organized Around Perpetual Doing, Impressing Others & a Need for Positive Approval
SECURITY & STRESS POINTS FOR THREE

6 SECURITY POINT
You move there when relaxed, secure – also when feeling overwhelmed or exhausted

9 STRESS POINT
You move there when stressed, pressured, or when mobilizing for action
Security and Stress Points
The security and stress points on the enneagram diagram show where our energy and awareness flow, depending on our needs and circumstances. We often move from our “home base” enneagram number to the two points connected to our number by the lines in the diagram. The stress point is where we go when feeling stressed and pressured, or when mobilizing for action. The security point is where we go when feeling relaxed or secure, or paradoxically, when feeling overwhelmed or exhausted. This dynamic movement creates a significant shift in our point of view and style of behavior, allowing us to become less stuck in our habitual patterns.

Three’s Security Point: 6  Three’s Stress Point: 9
TYPE 3

Focus of Attention: MOVES TO DECEIT

Thinking intensifies to goals, roles, tasks, accomplishing, recognition, impressing others and approval.
Messages that Trigger Type 3

Complaining about how you are a victim to your circumstances [negativity in general]

Constantly interrupting them while they’re focused on something

Any message that limits what they can achieve

“Are you sure you can do that?”
Adverse Feelings in Threes
Most people find it easier to point out and recognize negative behavior patterns over positive ones. Therefore, highlighting adverse behavioral tendencies will allow for quick recognition of your enneagram type. Types 2, 3 & 4 share the same orientation and are a heart type. Heart types are feelings based and have a concern for others. They empathize well and work from their emotional center. Their focus is on success and relationships. They are heartfelt, emotive and adaptable. In heart types there is a tendency towards image and to seek approval as if they lack accurate mirroring. They want to be seen and valued by others. They need affirmation and fear being ignored. Again, all people experience three adverse emotions: Fear, Anger and Panic. Enneagram types 2, 3 & 4 practice panic vs. love feelings and experience emotion from the heart, focusing on love. “I have distress and panic when I don’t feel love/connected.” Their dysfunction comes from loneliness. Next we will explore how they are oriented to and experience the world around them.
TYPE 3 IMBALANCED

Vice/Weakness
Threes possess a weakness towards deceit, which is deceiving oneself into believing they are only who they present to others through success and achievements. They can be image-driven, over-worked, impatient, competitive and out of touch with their feelings.

Ego Fixation
Vanity
Temptation
Threes have the tendency to push themselves to “always be the best”
Actively Avoids
Threes refrain from failure and avoid having no value
TYPE 3 - IMBALANCED

Defense Mechanism
As someone approaches an area of avoidance, anxiety will start to set in. People use defense mechanisms to devise ways to keep unacceptable aspects of themselves out of their awareness. Threes use a defense mechanism known as identification, where they take on a role so completely that they lose contact with who they are inside. They avoid their panic, and keep failure out of their awareness, by focusing on outside tasks and goals and find it hard to even recognize their personal feelings at all. They use identification to avoid failure & maintain a self-image of success.

Fear
Threes have the fear of failing, being incompetent, inefficient, exposed, worthless, or being unable “to do.” Behavior is perpetuated by fear. [If someone is afraid of a snake, they might jump up and run away when they come across one]. Fears are intense and very real to the individual who holds them. It is clear to see how threes experience imbalance based upon the adverse emotions they experience.
TYPE 3 - IMBALANCED

Nature of Anger
Anger will come in the form of impatience & irritability and have occasional outbursts.

Heart Type [2, 3, 4]
They practice panic vs. love feelings and experience emotion from the heart, focusing on love. “I have distress and panic when I don’t feel love/connected.”

Pathology: Hysterical Behavior
Uncontrolled extreme emotion, overwrought, overemotional, out of control, frenzied, frantic, wild, feverish, crazed, beside oneself, driven to distraction, distraught, agitated, berserk, manic, delirious, unhinged.
ENNEAGRAM 3 EXERCISES: MOVE FROM SURVIVING TO THRIVING

Find Your Peace in the Puzzle: Learn How Your Fears Keep You Imbalanced

People often start habitual patterns of thinking, feeling and behaving because their fears get in the way of approaching things differently and they are limited in their beliefs as to what is possible. Reflect on the fears listed for threes and ask yourself the following questions:

- How are my fears related to my anger?
- How do I find relief and divert my attention away from my fears?
- Where have I experienced imbalance because of my limiting beliefs [fears]?
- How might I change my inner dialogue to become more balanced and experience more freedom?
Find Your Peace in the Puzzle: Learn to Be Aware of Yourself

Threes have a specific way of thinking and engaging in self-talk, which could also be referred to a habit of mind. Become aware of how this type of thinking is affecting you by asking yourself the following questions and pay attention to the feelings you have and how your body responds:

In what ways have I been adjusting to others or wanting recognition?

How do I deceive myself as well as others?

How do I avoid failure?

How do I focus on doing versus being?

What happens when my feelings come up?

What am I feeling now?
TYPE 3
HOW TO FIND BALANCE
Type 3 - Learn to Be Aware of Yourself
Threes have a specific way of thinking and engaging in self-talk, which could also be referred to as habit of mind. Become aware of how your thinking is affecting you by asking yourself the following questions. Pay attention to the feelings you have and how your body responds.

- How do I deceive myself as well as others?
- How do I avoid failure?
- How do I focus on doing versus being?
- What happens when my feelings come up?
- What am I feeling now?
- In what ways have I been adjusting to others or wanting recognition?
AWARENESS = CHANGE

TYPE 3

Your goal is to balance your need to be valuable, with your chasing after success, and you’ll find/learn HONESTY & RESTORED HOPE.
Type 3 - Learn to Refocus Your Object of Attention

We all have internal patterns that drive our behavior. Become aware of your thoughts, sensations and any objects of attention that arise within you. One of the goals for a three, is to move from thoughts of vanity towards thoughts of hope. A second goal for a three is to move from feelings of deceit towards feelings of honesty. Three’s object of attention is tasks and goals. Learn to let go of rewards and just be you.

A three’s standard proposition is, “I gain love, recognition and acceptance through performance, doing and success. Awareness leads to change. “Change the way you look at things and the things you look at change.” ~ Dr. Dyer. Learn to find your “conversation peace” through new messages, mottos and mantras...
TYPE 3 REFOCUSED

- "My feelings are as valuable as my accomplishments."

- "I measure my worth according to my own standards."

- "I am a human being, not a human doing."

- "I am loved for myself and not for my accomplishments."

- "I am loved and valued for being myself and I do not need to achieve it.

- "The most profitable work I can do is to take time to relax and to grow."
The Path/Journey/True Nature of the Type 3
A healthy three stands for hope and radiance and their image drives them. Their journey is to reclaim their sense of honesty and restore their hope. Remember that everyone loves a performer – while they are performing – but this is not the kind of love that lasts. Spiritual growth will come when they learn to be authentic and true to the moment.

Core Desire/Motivation
To feel valuable, accepted and worthwhile by just being themselves without having to perform or produce.

Life Lesson
To reclaim the truth that love comes to you because of who you are, not because of what you do. Three’s lesson is to learn to be valuable, which we have established, can deteriorate into the chasing after success. The goal is to stay observant and thrive.
DELIVERY

...IS YOUR GIFT TO THE WORLD
Threes can be counted on for [their] delivery. It is one of the most profound ways they can positively impact others. Their greater “peace in the puzzle” is to willingly contribute, knowing they are having an enormous effect on the people around them. Combined with the other eight enneagram types, they help create a world that is balanced, and the greater whole of humanity benefits.
ENNEAGRAM
TYPE 4
TYPE 4

Quick Overview
Fours believe you can regain the lost ideal love or a perfect state by finding love or a situation that is unique, special and fulfilling. Consequently, they are idealistic, deeply feeling, empathetic & authentic. They also can be dramatic, moody and self-absorbed. They strive for origin. Fours wonder, “how are we doing together?” They have a lot of feelings/moods and crave unique depth with others. They reach for the lost thing in the past [“if only”] and can experience a true longing for things. Pain or melancholy feels familiar and even good to them. “I feel demeaned inside.” There is a push/pull about them, which says, “don’t leave me, wait, go away you are too close.” They can withdraw from common things and focus on what’s missing. They have a feeling of “I don’t measure up” and can become reckless with their behavior [“why not risk it all”]. Four’s need genuine recognition from people they truly care about. They experience envy in the form of “everyone’s happiness reminds me of what I am missing.” Fours need to be a distinct individual, artistic, gifted and accomplished.
Speaking Style

Fours are personal, expressive of their feelings, self-focused and have a flair for originality. Others may perceive fours as overly expressive, unsatisfied with responses and emotionally intense. They have a talk style that laments and shares sad stories and you will often find them longing, lamenting, extolling, yearning, using regretful sighs, poetic turns of phrase and/or full of self-expression. The self-talk a four might have is, “I’m feeling …”
Image
A person’s image has to do with the nonverbal expression of who they are, how they present themselves to the world and where their attention goes. It is comprised of one’s walk, facial expressions, energy, paralanguage, tone, dress, language choice and their use of time and space. Fours need individuality and desire to be unique. They dress for effect. “I am special.” They often present an image that is tasteful, aesthetic, theatrical or bizarre.

Helpful Symbols
Fours can feel like a basset hound. Like how you may experience Vogue or Hewlett Packard. They carry the essence of France as a country.
Childhood Traits
· Are very sensitive
· Feel that they don't fit in
· Believe they are missing something that other people have
· Attach themselves to idealized teachers, heroes, artists, etc.
· Have active imaginations: play creatively alone or organize playmates in original games
· Become antiauthoritarian or rebellious when criticized or not understood
· Feel lonely or abandoned (perhaps as a result of a death or their parents' divorce)

Parenting Traits
· Help their children become who they really are
· Support their children's creativity and originality
· Are good at helping their children get in touch with their feelings
· Are sometimes overly critical or overly protective
· Are usually very good with children if not too self-absorbed
What Type Fours Think and/or Tell Others About Themselves

- I long for what’s missing, distant, unattainable; the ordinary pales in comparison

- I envy and idealize what others have that I don’t

- Authenticity and meaningful experiences are essential to me

- My suffering sets me apart from others

- I am unique, special, deep, accomplished and tasteful

- My deep sense of abandonment translates into a belief that I will never be fulfilled
Relating to Fours

· Appreciate their emotional sensitivity, creativity and idealism
· Reveal your own feelings & reactions; avoid being overly rational
· When they are upset, don’t take everything they say too literally
· Know they often express a feeling that is momentary
· Seek to understand and empathize without necessarily agreeing
· Compliment them
· Respect their intuition
· Share a few of your own feelings
· Return to the present and be positive while acknowledging their experiences

Virtue/Strength

Fours possess a strength towards equanimity and emotional balance, which is to be uniquely oneself. They are creative, empathetic, unique, special, aesthetic, tasteful, compassionate, idealistic and capable of emotional depth.
Wing Points
Wing points are located on either side of our enneagram type around the circumference of the enneagram symbol. Because wings are right next to our own type, we can visit them easily. People often have one dominant wing that modifies and blends with the basic type and highlights certain tendencies. Along with the instinctual subtypes, the wings account for many wonderful variations in personality type. Wing Points of the Four: 3 & 5

Emotional Drive
Their practice of comparison, longing and envy drive them

Focus of Attention
“I am different/unique & creatively authentic.”
TYPE 4
The Romantic Individualist

Thinking is Organized Around “How are We Doing?”, Longing for the Past What’s Missing & Big Feelings

Focus of Attention
SECURITY & STRESS POINTS FOR FOUR

1 SECURITY POINT
You move there when relaxed, secure - also when feeling overwhelmed or exhausted.

2 STRESS POINT
You move there when stressed, pressured, or when mobilizing for action.
Security and Stress Points
The security and stress points on the enneagram diagram show where our energy and awareness flow, depending on our needs and circumstances. We often move from our “home base” enneagram number to the two points connected to our number by the lines in the diagram. The stress point is where we go when feeling stressed and pressured, or when mobilizing for action. The security point is where we go when feeling relaxed or secure, or paradoxically, when feeling overwhelmed or exhausted. This dynamic movement creates a significant shift in our point of view and style of behavior, allowing us to become less stuck in our habitual patterns.

Four’s Security Point: 1  Four’s Stress Point: 2
TYPE 4 IN CRISIS

IMBALANCED
TYPE 4

Their Focus of Attention:

MOVES TO ENVY

Thinking intensifies to big feelings, what is missing, a longing for the past and around experiencing disappointment.
Messages that Trigger Type 4

Any message that keeps the conversation on the surface while they are trying to go deep

Messages that tell them their emotions are a problem that need to be fixed

When they are told who you think they are

“You need to calm down”
Adverse Feelings in Fours

Most people find it easier to point out and recognize negative behavior patterns over positive ones. Therefore, highlighting adverse behavioral tendencies will allow for quick recognition of your enneagram type. Types 2, 3 & 4 share the same orientation and are a heart type. Heart types are feelings based and have a concern for others. They empathize well and work from their emotional center. Their focus is on success and relationships. They are heartfelt, emotive and adaptable. In heart types there is a tendency towards image and to seek approval as if they lack accurate mirroring. They want to be seen and valued by others. They need affirmation and fear being ignored. Again, all people experience three adverse emotions: Fear, Anger and Panic. Enneagram types 2, 3 & 4 practice panic vs. love feelings and experience emotion from the heart, focusing on love. “I have distress and panic when I don’t feel love/connected.” Their dysfunction comes from loneliness. Next we will explore how they are oriented to and experience the world around them.
TYPE 4 IMBALANCED

Vice/Weakness
Fours possess a weakness towards envy, which is a feeling that something is fundamentally missing, and that others possess qualities they lack. There is a longing for what is missing, and the blessings in life can go unnoticed. They can be moody, withdrawn, self-absorbed, over-sensitive, demanding and unsatisfied with what is.

Ego Fixation
Melancholy/Fantasizing
Temptation
Fours have the tendency to overuse imagination in search of self.

Actively Avoids
Fours refrain from being ordinary and avoid feeling unseen/unheard.
TYPE 4 - IMBALANCED

Defense Mechanism
As someone approaches an area of avoidance, anxiety will start to set in. People use defense mechanisms to devise ways to keep unacceptable aspects of themselves out of their awareness. Fours use a defense mechanism known as introjection to avoid being ordinary. They unconsciously incorporate the characteristics of a person or object into their own psyche. They avoid their panic and focus inward on their own melancholy feelings. Instead of letting go and getting on, they carry suffering and loss inside of them. The sadness becomes a companion and it makes them feel special.

Fear
Fours have the fear of being inadequate, emotionally cut off, defective, flawed or without significance or identity. Behavior is perpetuated by fear. [If someone is afraid of a snake, they might jump up and run away when they come across one]. Fears are intense and very real to the individual who holds them. It is clear to see how fours experience imbalance based upon the adverse emotions they experience.
Type 4 - Imbalanced

Nature of Anger
The anger consists of fiery outbursts or dissolves into tears and depression.

Heart Type [2, 3, 4]
They practice panic vs. love feelings and experience emotion from the heart, focusing on love. “I have distress and panic when I don’t feel love/connected.”

Pathology: Self Defeating Behavior
Preventing others from helping, avoiding pleasurable experiences, drawn to relationships in which they will suffer, choosing situations that lead to failure, or mistreatment, rejecting the help of others, responding with depression, guilt, or a behavior that produces pain, rejecting opportunities for pleasure, reluctant to acknowledge when enjoying oneself, uninterested in or rejecting people.
ENNEAGRAM 4 EXERCISES: MOVE FROM SURVIVING TO THRIVING

Find Your Peace in the Puzzle: Learn How Your Fears Keep You Imbalanced
People often start habitual patterns of thinking, feeling and behaving because their fears get in the way of approaching things differently and they are limited in their beliefs as to what is possible. Reflect on the fears listed for fours and ask yourself the following questions:

- How are my fears related to my anger?
- How do I find relief and divert my attention away from my fears?
- Where have I experienced imbalance because of my limiting beliefs [fears]?
- How might I change my inner dialogue to become more balanced and experience more freedom?
Find Your Peace in the Puzzle: Learn to Be Aware of Yourself

Fours have a specific way of thinking and engaging in self-talk, which could also be referred to as a habit of mind. Become aware of how this type of thinking is affecting you by asking yourself the following questions and pay attention to the feelings you have and how your body responds:

How have I focused my attention and energy on what was missing?

How have I diminished or disdained the ordinary or mundane?

In what ways do I experience a sense of longing or envy?

In what ways have I felt misunderstood?

Do I feel pride in being special or unique, or feel shame in being less than my ideal?

When was the last time I experienced an extended positive thought or emotion?
TYPE 4
HOW TO FIND BALANCE
Type 4 - Learn to Be Aware of Yourself

Fours have a specific way of thinking and engaging in self-talk, which could also be referred to as habit of mind. Become aware of how your thinking is affecting you by asking yourself the following questions. Pay attention to the feelings you have and how your body responds.

- How have I diminished or disdained the ordinary or mundane?
- In what ways do I experience a sense of longing or envy?
- In what ways have I felt misunderstood?
- How have I focused my attention and energy on what was missing?
- Do I feel pride in being special or unique, or feel shame in being less than my ideal?
- When was the last time I experienced an extended positive thought or emotion?
TYPE 4

Your goal is to balance your need to be yourself, with your self-indulgence, and you’ll find/learn TRUE MEANING THROUGH ORIGINAL SOURCE

AWARENESS = CHANGE
Type 4 - Learn to Refocus Your Object of Attention
We all have internal patterns that drive our behavior. Become aware of your thoughts, sensations and any objects of attention that arise within you. One of the goals for a four, is to move from thoughts of melancholy to thoughts of idealism. A second goal for a four is to move from feelings of envy to feelings of equanimity. Four’s object of attention is the missing element to happiness. Learn to focus on the now and be grateful for the things in your life.

A four’s standard proposition is, “I will feel loved, whole and complete if I can find the ideal love or perfect circumstance.” Awareness leads to change. “Change the way you look at things and the things you look at change” ~ Dr. Dyer. Learn to find your “conversation peace” through new messages, mottos and mantras…
TYPE 4 REFOCUSED

· “I will value each day, no matter how imperfect.”

· “I will relax, become aware of and enjoy the present moment.”

· “I can be as kind to myself as I am to my best friend.”

· “I am seen for who I am, special and unique.”

· “At the heart of my life, all is well, and I am content with where I am.”
The Path/Journey/True Nature of the Type 4
A healthy four stands for authenticity and expression and their practice of comparison drives them. Their journey is to connect to original source and create true meaning. Growth will come when they are able to balance their emotional nature with temperance and equanimity. Once they keep their powerful emotions in check, they can create the kind of life they want.

Core Desire/Motivation
To find themselves and express their uniqueness and be authentic.

Life Lesson
To reclaim wholeness in the present moment by appreciating what is here and now, feeling the experience in their bodies rather than over-indulging in the story of what’s happening, and accepting themselves as they are without needing to be special or unique. Four’s lesson is to learn to be themselves, which we have established, can deteriorate into self-indulgence. The goal is to stay observant and thrive.
CREATIVITY

...IS YOUR GIFT TO THE WORLD
Fours can be counted on for [their] creativity. It is one of the most profound ways they can positively impact others. Their greater “peace in the puzzle” is to willingly contribute, knowing they are having an enormous effect on the people around them. Combined with the other eight enneagram types, they help create a world that is balanced, and the greater whole of humanity benefits.
ENNEAGRAM TYPE 5
Quick Overview
Fives believe they must protect themselves from a world that demands too much and gives too little. Consequently, they seek self-sufficiency and are analytical, non-demanding, thoughtful and unobtrusive. They can also be withholding and overly private. They can be overly detached, secretive and stingy about themselves. They sensor what they say & privacy is a requirement. They think things through in the absence of emotions. There is a pride in their neutrality. They often compartmentalize their friends so no one knows too much about them at any given time. The want to be able to survive without the help of others and often supply themselves with a lot of knowledge. Fives get drained when in the company of others for too long and need to focus on their own life and interests. They feel like they have a limited amount of energy. Fives “think” their feelings. There is safety in feeling invisible. In groups they think, “How do I get out of here?” They can be greedy with time, thoughts and emotions to the point that they hoard them. They fear intrusion & stay hidden.
Speaking Style
Fives are content-focused, clear, analytical and wordy, but not big on “small talk.” Others may perceive fives as emotionally disconnected, aloof, over-analytical and distant. They have a talk style that lectures and hypothesizes and you will often find them using detailed explanations, informative displays of knowledge, definitions, facts, precise instructions, logic and/or rational arguments. The self-talk a five might have is, “I’m thinking ...”
Image
A person’s image has to do with the nonverbal expression of who they are, how they present themselves to the world and where their attention goes. It is comprised of one’s walk, facial expressions, energy, paralanguage, tone, dress, language choice and their use of time and space. Fives need camouflage and desire to be invisible. They dress to deflect. “I am different.” They often present an image that is understated, reserved, contrary or eccentric.

Helpful Symbols
Fives can feel like an owl or a fox. Like how you may feel around Google, IBM, Intel or Yahoo. They carry the essence of Great Britain as a country.
**Childhood Traits**

- Spend a lot of time alone reading, making collections, etc.
- Have a few special friends rather than many
- Are very bright and curious and do well in school
- Assume a poker face in order not to look afraid
- Are sensitive and mostly avoid interpersonal conflict
- Have independent minds and often question their parents and teachers
- Watch events from a detached point of view, gathering information
- Feel intruded upon and controlled and/or ignored and neglected

**Parenting Traits**

- Are often kind, perceptive, and devoted
- Are sometimes authoritarian and demanding
- May expect more intellectual achievement than is developmentally appropriate
- May be intolerant of their children expressing strong emotions
TYPE 5

What Type Fives Think and/or Tell Others About Themselves

- I have a strong need for privacy
- I limit intrusion from a world that wants too much from me
- I hoard time, space, energy, knowledge and myself
- I detach from feelings and observe rather than participate
- I am a minimalist
- I often escape through the thoughts in my head
- I am perceptive, knowledgeable, observant, wise and different
Relating to Fives

- Respect their need for privacy (understanding it is not rejection)
- Make it safe for them to share themselves and their feelings
- Approach them slowly and thoughtfully
- Avoid pressuring them for immediate contact or fast decisions
- Join them in talking about ideas and valuing the inner life
- Don’t make assumptions about what’s going on; ask directly
- Be independent
- Be straightforward
- Be warm but not gushy

Virtue/Strength

Fives possess a strength towards non-attachment, which has to do with mastery. They are perceptive, knowledgeable, observant, self-reliant, respectful, calm in crisis, dependable, thoughtful and scholarly.
Wing Points
Wing points are located on either side of our enneagram type around the circumference of the enneagram symbol. Because wings are right next to our own type, we can visit them easily. People often have one dominant wing that modifies and blends with the basic type and highlights certain tendencies. Along with the instinctual subtypes, the wings account for many wonderful variations in personality type. Wing Points of the Five: 4 & 6

Emotional Drive
Their hoarding [of time, space, energy, emotions, knowledge, themselves] and holding out tendencies, along with a need for privacy, drive them

Focus of Attention
“I offer limited emotion and think a lot.”
TYPE 5

Focus of Attention

Investigative Thinker & Observer

Thinking is organized around not getting involved, neutral reactions & to ensure a private existence.
SECURITY & STRESS POINTS FOR FIVE

8 SECURITY POINT
You move there when relaxed, secure - also when feeling overwhelmed or exhausted

7 STRESS POINT
You move there when stressed, pressured, or when mobilizing for action
Security and Stress Points
The security and stress points on the enneagram diagram show where our energy and awareness flow, depending on our needs and circumstances. We often move from our “home base” enneagram number to the two points connected to our number by the lines in the diagram. The stress point is where we go when feeling stressed and pressured, or when mobilizing for action. The security point is where we go when feeling relaxed or secure, or paradoxically, when feeling overwhelmed or exhausted. This dynamic movement creates a significant shift in our point of view and style of behavior, allowing us to become less stuck in our habitual patterns.

Five’s Security Point: 8  Five’s Stress Point: 7
TYPE 5 IN CRISIS
IMBALANCED
TYPE 5

Their Focus of Attention: MOVES TO AVARICE

Thinking intensifies around potential intrusions from others, not getting involved, privacy and accumulating more knowledge.
Messages that Trigger Type 5

Any message that implies you are relying on them to get your immediate needs met

When you draw attention to them in public [karaoke nights]

Messages that connect them to a social calendar/obligation

“What are you thinking about” [asked often]
Adverse Feelings in Fives
Most people find it easier to point out and recognize negative behavior patterns over positive ones. Therefore, highlighting adverse behavioral tendencies will allow for quick recognition of your enneagram type. Types 5, 6 & 7 share the same orientation and are a head type. In head types there is a tendency towards fear and to seek security, as if they lack trustworthy guidance. They need reassurance and fear chaos. They want to be clear-minded and certain. Head types come from the intellectual center and are thinking based people who lead with ideas and figure things out. They are knowledgeable, intellectual and visionary. They like to gather information and make rational decisions before acting. Their focus is on creating certainty and safety or finding multiple options. Again, all people experience three adverse emotions: Fear, Anger and Panic. Enneagram types 5, 6 & 7 practice fear vs. security feelings and experience emotion from the head, focusing on security. “How do I make a secure world.” Their dysfunction comes from feeling useless and inadequate. Next we will explore how they are oriented to and experience the world around them.
Vice/Weakness

Fives possess a weakness towards avarice, which is a feeling that there is a lack of inner resources and too much interaction with others, might lead to catastrophic depletion. This leads to a withholding of oneself from contact with others. Thus, they work to hold onto their resources and minimize their needs. They can be detached, isolated, overly intellectual, withholding and hoard.

Ego Fixation

Stinginess/Retention

Temptation

Fives have the tendency to replace direct experience with concepts

Actively Avoids

Fives refrain from depletion and avoid annihilation
TYPE 5 - IMBALANCED

Defense Mechanism
As someone approaches an area of avoidance, anxiety will start to set in. People use defense mechanisms to devise ways to keep unacceptable aspects of themselves out of their awareness. Fives use a defense mechanism known as isolation, where they physically withdraw from others; it also entails staying in their head and withdrawing from their emotions. They gravitate towards thoughts that feel fulfilling and comfortable. They avoid their fears by externalizing them. They use isolation to avoid experiencing inner emptiness & maintain a self-image of being knowledgeable.

Fear
Fives have the fear of being helpless, incompetent, ignorant, invaded, incapable, not existing, annihilated or obligated. Behavior is perpetuated by fear. [If someone is afraid of a snake, they might jump up and run away when they come across one]. Fears are intense and very real to the individual who holds them. It is clear to see how fives experience imbalance based upon the adverse emotions they experience.
TYPE 5 - IMBALANCED

Nature of Anger
Anger expresses as self-containment, withholding, tension and disapproval with short bursts of anger.

Head Type [5, 6, 7]
They practice fear vs. security feelings and experience emotion from the head, focusing on security. “How do I make a secure world.”

Pathology: Schizoid Behavior
No desire to enjoy close relationships [even w/family], seen as loners, emotionally cold and detached, socially isolated, indifferent to praise, lack of close friends, limited range of emotions, reduced sex drive, avoids relationship.
ENNEAGRAM 5 EXERCISES: MOVE FROM SURVIVING TO THRIVING

Find Your Peace in the Puzzle: Learn How Your Fears Keep You Imbalanced

People often start habitual patterns of thinking, feeling and behaving because their fears get in the way of approaching things differently and they are limited in their beliefs as to what is possible. Reflect on the fears listed for fives and ask yourself the following questions:

- How are my fears related to my anger?
- How do I find relief and divert my attention away from my fears?
- Where have I experienced imbalance because of my limiting beliefs [fears]?
- How might I change my inner dialogue to become more balanced and experience more freedom?
Find Your Peace in the Puzzle: Learn to Be Aware of Yourself

Fives have a specific way of thinking and engaging in self-talk, which could also be referred to a habit of mind. Become aware of how this type of thinking is affecting you by asking yourself the following questions and pay attention to the feelings you have and how your body responds:

In what ways do I react when I feel intruded upon?

How do I avoid emotions and stay in my head?

When do I fall into analysis paralysis?

How do I minimize my wants and desires?

Where am I stingy with others?

How do I maintain a sense of safety by erecting boundaries and limiting contact with others?
TYPE 5
HOW TO FIND BALANCE
Type 5 - Learn to Be Aware of Yourself
Fives have a specific way of thinking and engaging in self-talk, which could also be referred to as habit of mind. Become aware of how your thinking is affecting you by asking yourself the following questions. Pay attention to the feelings you have and how your body responds.

· In what ways do I react when I feel intruded upon?
· How do I avoid emotions and stay in my head?
· When do I fall into analysis paralysis?
· How do I minimize my wants and desires?
· Where am I stingy with others?
· How do I maintain a sense of safety by erecting boundaries and limiting contact with others?
TYPE 5

Your goal is to balance your competence, with your useless specialization, and you’ll find/learn OMNISCIENCE & NON-ATTACHMENT
Type 5 - Learn to Refocus Your Object of Attention

We all have internal patterns that drive our behavior. Become aware of your thoughts, sensations and any objects of attention that arise within you. One of the goals for a five, is to move from thoughts of stinginess to thoughts of omniscience. A second goal for a five is to move from feelings of avarice to feelings of non-attachment. Five’s object of attention is detaching to observe. Learn that there is not a limit on resources.

A five’s standard proposition is, “I can assure survival and gain protection from intrusion and insufficient resources through privacy, self-sufficiency, limiting my desires and acquiring knowledge.” Awareness leads to change. “Change the way you look at things and the things you look at change” ~ Dr. Dyer. Learn to find your “conversation peace” through new messages, mottos and mantras ...
TYPE 5 REFOCUSED

- “My needs are not a problem.”

- “I understand that interaction and experience are necessary for real understanding and I will participate.”

- “I will experience being an individual fully when I empty myself of my preconceived ideas and categories.”

- “I don’t have to be the most knowledgeable person on any topic.”

- “Just as a candle loses nothing when lighting another, I too will offer myself to others, knowing I will endure.”
The Path/Journey/True Nature of the Type 5

A healthy five stands for omniscience, inner wisdom and clarity, and their holding out tendencies drive them. The path is to reclaim a sense of non-attachment and experience true omniscience, which entails true knowing from a higher source. Growth will come when they offer freely of themselves to others without fear of incurring obligation and realize that mere information can never be a substitute for true direct knowing.

Core Desire/Motivation
To be capable, helpful, and competent.

Life Lesson
To reconnect to the vitality of their life force and heartfelt feelings, realizing that ample energy and resources are available. Five’s lesson is to learn to be competent, which we have established, can deteriorate into useless specialization. The goal is to stay observant and thrive.
INSIGHT

...IS YOUR GIFT TO THE WORLD
Fives can be counted on for [their] insight. It is one of the most profound ways they can positively impact others. Their greater “peace in the puzzle” is to willingly contribute, knowing they are having an enormous effect on the people around them. Combined with the other eight enneagram types, they help create a world that is balanced, and the greater whole of humanity benefits.
ENNEAGRAM
TYPE 6
Quick Overview
Sixes believe they must gain certainty and security in a hazardous world that they just can’t trust. They engage in a great deal of planning and finding flaws and possible things that could go wrong. This behavior is often about being prepared and eliminating uncertainty and unknowingness of the future. They are problem-solvers, intuitive, inquisitive, trustworthy and good friends, but can also be doubtful, accusatory and fearful. They play the devil’s advocate well and are a doubtful type. They will second guess and then may see yet another side, and this results in them delaying their responses. Their inner doubt comes out as procrastination. “What could/might go wrong?” They engage in forecasting future outcomes and vacillate. Sixes don’t always trust approval or others’ compliments and can easily get paranoid. They are attracted to analysis and can fix or turn things around that are in trouble - a true trouble shooter. Their impulse of insecurity causes them to act out, which will either result in a direct flee or fight scenario for them. They are suspicious and constantly check others out for what’s hidden.
Speaking Style
Sixes are thoughtful, questioning, engaging and information-oriented. Others may perceive sixes as pessimistic, contrary, challenging, doubting or controlling. They have a talk style that cautions and sets limits and you will often find them full of questions, warnings, second-guessing, trouble-shooting, worst-case scenarios, defending and/or testing. The self-talk a six might have is, “But what if xyz...”
Image
A person’s image has to do with the nonverbal expression of who they are, how they present themselves to the world and where their attention goes. It is comprised of one’s walk, facial expressions, energy, paralanguage, tone, dress, language choice and their use of time and space. Sixes need belonging and desire to be uniform. They dress to project. “I am compliant.” They often present an image that is contemporary, related, imitative, cautious or rigid.
Helpful Symbols
Sixes can feel like a mouse or a skittish rabbit. To experience them may feel like the feelings you have with the Federal Bureau of Investigation or Homeland Security. They carry the essence of Germany as a country.

Childhood Traits
· Are friendly, likable, and dependable, and/or sarcastic, bossy, and stubborn
· Are anxious and hypervigilant; anticipate danger
· Form a team of "us against them" with a best friend or parent
· Look to groups or authorities to protect them and/or question authority and rebel
· Are often neglected or abused, come from unpredictable or alcoholic families, and/or take on the fearfulness of an overly anxious parent

Parenting Traits
· Are often loving, nurturing, and have a strong sense of duty
· Are sometimes reluctant to give their children independence
· Worry more than most that their children will get hurt
· Sometimes have trouble saying no and setting boundaries
TYPE 6
What Type Sixes Think and/or Tell Others About Themselves

· I am preoccupied with safety and security concerns
· I greet everything with a doubting mind and contrary thinking
· My active imagination and intuition help me anticipate and avoid problems
· I question authority and people until they gain my trust
· I procrastinate because I fear making the wrong decision
· I am dedicated, dutiful, provocative, loyal, compliant, and/or rebellious
· I don’t like when others forget to inform me about changes
· I scout out pitfalls & often focus on what might go wrong
Relating to Sixes

- Be consistent and trustworthy
- Disclose your own personal feelings and thoughts
- Appreciate their attention to problems & agree on procedures
- Acknowledge what can go wrong before proceeding
- Put your cards on the table – don’t be ambiguous
- Be clear about your expectations and rules
- Reassure them that they are ok
- Be supportive

Virtue/Strength
Sixes possess a strength towards courage, which is to possess guidance and support. They are sensitive, dedicated, dutiful, provocative, warm, witty, loyal, courageous, perceptive and strategic thinkers.
Wing Points
Wing points are located on either side of our enneagram type around the circumference of the enneagram symbol. Because wings are right next to our own type, we can visit them easily. People often have one dominant wing that modifies and blends with the basic type and highlights certain tendencies. Along with the instinctual subtypes, the wings account for many wonderful variations in personality type. Wing Points of the Six: 5 & 7

Emotional Drive
The search for assurance and feelings of angst drive them

Focus of Attention
“I’m carefully prepared for the ‘what ifs’ in life.”
TYPE 6

Focus of Attention

The Loyal Skeptic & Guardian

Thinking is Organized Around Doubtful Inner Questionings, Second Guessing, Safety & Security
SECURITY & STRESS POINTS FOR SIX

9 SECURITY POINT
You move there when relaxed, secure - also when feeling overwhelmed or exhausted

3 STRESS POINT
You move there when stressed, pressured, or when mobilizing for action
Security and Stress Points
The security and stress points on the enneagram diagram show where our energy and awareness flow, depending on our needs and circumstances. We often move from our “home base” enneagram number to the two points connected to our number by the lines in the diagram. The stress point is where we go when feeling stressed and pressured, or when mobilizing for action. The security point is where we go when feeling relaxed or secure, or paradoxically, when feeling overwhelmed or exhausted. This dynamic movement creates a significant shift in our point of view and style of behavior, allowing us to become less stuck in our habitual patterns.

Six’s Security Point: 9       Six’s Stress Point: 3
TYPE 6 IN CRISIS
IMBALANCED
TYPE 6

Their Focus of Attention:

MOVES TO FEAR

Thinking intensifies around doubting, worrying, what could go wrong, questioning, safety & worst-case scenarios.
Messages that Trigger Type 6

Any message that tells them their awareness of potential outcomes is a negative thing that needs to be fixed.

Messages that tell them they should have more fun and lighten up.

When someone “flakes” on them or lies to them.

“You are seriously too anxious”
Adverse Feelings in Sixes
Most people find it easier to point out and recognize negative behavior patterns over positive ones. Therefore, highlighting adverse behavioral tendencies will allow for quick recognition of your enneagram type. Types 5, 6 & 7 share the same orientation and are a head type. In head types there is a tendency towards fear and to seek security, as if they lack trustworthy guidance. They need reassurance and fear chaos. They want to be clear-minded and certain. Head types come from the intellectual center and are thinking based people who lead with ideas and figure things out. They are knowledgeable, intellectual and visionary. They like to gather information and make rational decisions before acting. Their focus is on creating certainty and safety or finding multiple options. Again, all people experience three adverse emotions: Fear, Anger and Panic. Enneagram types 5, 6 & 7 practice fear vs. security feelings and experience emotion from the head, focusing on security. “How do I make a secure world.” Their dysfunction comes from feeling useless and inadequate. Next we will explore how they are oriented to and experience the world around them.
TYPE 6 IMBALANCED

Vice/Weakness
Sixes possess a weakness towards fear, which entails anxiety or constantly scanning for worse-case scenarios and preparing for them. They can be anxious, hyper-vigilant, pessimistic, contrary and possess an over-active imagination.

Ego Fixation
Cowardice/Worrying
Temptation
Sixes have the tendency to seek reassurance, while also experiencing indecision and doubt

Actively Avoids
Sixes refrain from uncertainty and avoid betrayal
Type 6 - Imbalanced

Defense Mechanism
As someone approaches an area of avoidance, anxiety will start to set in. People use defense mechanisms to devise ways to keep unacceptable aspects of themselves out of their awareness. Sixes use a defense mechanism known as projection, where they attribute inner concerns and fears to others and external situations. They avoid their fears by forgetting about them. They use projection to avoid personal rejection and maintain a self-image of being loyal. They cannot be seen as a deviant.

Fear
Sixes have the fear of fear itself, being without support or guidance, being alone, blamed, targeted or physically abandoned. Behavior is perpetuated by fear. [If someone is afraid of a snake, they might jump up and run away when they come across one]. Fears are intense and very real to the individual who holds them. It is clear to see how sixes experience imbalance based upon the adverse emotions they experience.
TYPE 6 - IMBALANCED

Nature of Anger
Their anger is brief and to the point, short-lived, episodic, impulsive/hot headed.

Head Type [5, 6, 7]
They practice fear vs. security feelings and experience emotion from the head, focusing on security. “How do I make a secure world.”

Pathology: Paranoid Behavior
Experience pervasive, long-standing suspiciousness and generalized mistrust of others. May become unreasonably or obsessively anxious, paranoid, mistrustful, fearful and insecure.
ENNEAGRAM 6 EXERCISES: MOVE FROM SURVIVING TO THRIVING

Find Your Peace in the Puzzle: Learn How Your Fears Keep You Imbalanced

People often start habitual patterns of thinking, feeling and behaving because their fears get in the way of approaching things differently and they are limited in their beliefs as to what is possible. Reflect on the fears listed for sixes and ask yourself the following questions:

- How are my fears related to my anger?
- How do I find relief and divert my attention away from my fears?
- Where have I experienced imbalance because of my limiting beliefs [fears]?
- How might I change my inner dialogue to become more balanced and experience more freedom?
Find Your Peace in the Puzzle: Learn to Be Aware of Yourself

Sixes have a specific way of thinking and engaging in self-talk, which could also be referred to a habit of mind. Become aware of how this type of thinking is affecting you by asking yourself the following questions and pay attention to the feelings you have and how your body responds:

How do I get fearful, alarmed or anxious?

How do I magnify situations in my mind?

How do I project my positive or negative feelings onto others?

How do I question and doubt in my internal dialogue?

When has the fear of making a wrong decision held me back?

When was the last time I approached a situation from a best-case scenario position?
TYPE 6
HOW TO FIND BALANCE
Type 6 - Learn to Be Aware of Yourself
Sixes have a specific way of thinking and engaging in self-talk, which could also be referred to as habit of mind. Become aware of how your thinking is affecting you by asking yourself the following questions. Pay attention to the feelings you have and how your body responds.

· How do I get fearful, alarmed or anxious?
· How do I magnify situations in my mind?
· How do I project my positive or negative feelings onto others?
· How do I question and doubt in my internal dialogue?
· When has the fear of making a wrong decision held me back?
· When was the last time I approached a situation from a best-case scenario position?
TYPE 6

Your goal is to balance feeling secure, with your attachment to [negative] beliefs, and you’ll find/learn FAITH, COURAGE & UNITY

AWARENESS = CHANGE
Type 6 - Learn to Refocus Your Object of Attention

We all have internal patterns that drive our behavior. Become aware of your thoughts, sensations and any objects of attention that arise within you. One of the goals for a six, is to move from thoughts of doubt to thoughts of faith. A second goal for a six is to move from feelings of fear to feelings of courage. Six’s object of attention is worst case scenario thinking. Learn to focus on the positive things around you.

A six’s standard proposition is, “I can assure life and certainty by either avoiding harm [the six who takes the phobic stance] or by facing them [the six who takes the counter-phobic stance] through vigilance, questioning and either by battling or escaping perceived hazards.” Awareness leads to change. “Change the way you look at things and the things you look at change” ~ Dr. Dyer. Learn to find your “conversation peace” through new messages, mottos and mantras …
TYPE 6 REFOCUSED

· “It is ok to take risks and make mistakes.”

· “I am strong. I am calm. I can do this.”

· “I am ok today, I’ll be ok tomorrow.”

· “I trust my own decisions.”

· “I am safe.”

· “Being prepared means trusting whatever each moment brings.”
The Path/Journey/True Nature of the Type 6
A healthy six stands for faith and guardianship and their search for assurance and feelings of angst, guide them. Their path is to reclaim a sense of faith and courage and see unity instead of differences. In the search for security, remember that the only real security lies in having faith and in trusting oneself.

Core Desire/Motivation
To feel safe and have security, support and guidance.

Life Lesson
To reclaim trust in oneself, others and the world, and live comfortably with uncertainty. Six’s lesson is to learn to be secure, which we have established, can deteriorate into an attachment to beliefs. The goal is to stay observant and thrive.
VIGILANCE

...IS YOUR GIFT TO THE WORLD
Sixes can be counted on for [their] vigilance. It is one of the most profound ways they can positively impact others. Their greater “peace in the puzzle” is to willingly contribute, knowing they are having an enormous effect on the people around them. Combined with the other eight enneagram types, they help create a world that is balanced, and the greater whole of humanity benefits.
ENNEAGRAM
TYPE 7
TYPE 7

Quick Overview
Seven’s believe you must stay upbeat and keep your possibilities open to assure a good life. Consequently, they seek pleasurable options, and are optimistic and adventurous. They also avoid pain and can be self-serving and uncommitted. They strive for wisdom and a plan. They appear unafraid and diffuse anxiety with multiple escapes. They want it all and suffer a form of gluttony, as they can’t stay just one course for long. They get pleasure in the anticipation of “what’s coming next” and dread being stuck. They are always moving towards pleasure. Some people see them as con artists and people can feel ditched and not listened to when they are focused on their own agenda. They believe “your pain is your problem.” They are also attracted to those with emotional depth, though hesitant to commit to others. They are good at brainstorming and hunger for the real meanings in things. Unlike type one, they often reward themselves throughout the completion of a task. Sevens need to be positive & optimistic, options, self-confidence, patience, and to be noticed by others.
Speaking Style
Sevens are exuberant, fast-paced, spontaneous, analytical and idea-oriented. Others may perceive them as quickly shifting topics, making excuses, being self-absorbed and indifferent to others’ input. They have a talk style that shares anecdotes and likes to brainstorm and you will often find them joking, laughing, story-telling, entertaining, shifting gears, changing venues, sampling, imagining, checking out and/or moving on. The self-talk a seven might have is, “On a lighter note....”
Image
A person’s image has to do with the nonverbal expression of who they are, how they present themselves to the world and where their attention goes. It is comprised of one’s energy, walk, facial expressions, paralanguage, tone, dress, language choice and their use of time and space. Sevens need variety and desire to be fascinating. They dress to excess. “I am playful.” They often present an image that is stylish, chic, dashing, rugged or indiscriminative.
Helpful Symbols
Sevens can feel like an active monkey or a butterfly. Like how you may feel around Apple, Zappos, E! Entertainment Television or Bravo Television. They carry the essence of both Ireland and Brazil as a country.

Childhood Traits
· Are action oriented and adventuresome
· Drum up excitement
· Prefer being with other children to being alone
· Finesse their way around adults
· Dream of the freedom they'll have when they grow up

Parenting Traits
· Are often enthusiastic and generous
· Want their children to be exposed to many adventures in life
· May be too busy with their own activities to be attentive
What Type Sevens Think and Tell Others About Themselves

· Life is an adventure
· I seek pleasure and have an insatiable appetite for new experiences
· I am optimistic, active and energetic
· I see multiple options, thus have difficulty with commitment
· I do not like limits and avoid boredom
· I am happy, optimistic, fun, enthusiastic and playful
Relating to Sevens

- Join them in having fun and envisioning new possibilities
- Appreciate their stories and positive ideas
- Let them know what you want or need from them
- Support them to move into painful situations and commitments
- Have fun with them
- Appreciate their spontaneity
- Enjoy their grand visions
- Listen to their suggestions and avoid insisting on one way of doing things

Virtue/Strength

Sevens possess a strength towards sobriety, which means to be satisfied and content. They are playful, energetic, happy, fun, enthusiastic, quick thinkers, optimistic, imaginative and adventurous.
Wing Points
Wing points are located on either side of our enneagram type around the circumference of the enneagram symbol. Because wings are right next to our own type, we can visit them easily. People often have one dominant wing that modifies and blends with the basic type and highlights certain tendencies. Along with the instinctual subtypes, the wings account for many wonderful variations in personality type. Wing Points of the Seven: 6 & 8

Emotional Drive
Their excitement and stimulation drive them

Focus of Attention
“I choose to live on the positive side of life!”
TYPE 7

Focus of Attention

The Playful Optimist, Enthusiast

Thinking is Organized Around Anticipation and Future Dreams & Best-Case Scenario Thinking
SECURITY & STRESS POINTS FOR SEVEN

5 SECURITY POINT
You move there when relaxed, secure - also when feeling overwhelmed or exhausted

7

1 STRESS POINT
You move there when stressed, pressured, or when mobilizing for action
Security and Stress Points
The security and stress points on the enneagram diagram show where our energy and awareness flow, depending on our needs and circumstances. We often move from our “home base” enneagram number to the two points connected to our number by the lines in the diagram. The stress point is where we go when feeling stressed and pressured, or when mobilizing for action. The security point is where we go when feeling relaxed or secure, or paradoxically, when feeling overwhelmed or exhausted. This dynamic movement creates a significant shift in our point of view and style of behavior, allowing us to become less stuck in our habitual patterns.

Seven’s Security Point: 5
Seven’s Stress Point: 1
TYPE 7 IN CRISIS

IMBALANCED
TYPE 7

Their Focus of Attention:

MOVES TO GLUTTONY

Thinking intensifies around personal desires, multiple options & idealized future plans
Messages that Trigger Type 7

Preventing them from doing what they know is best for them/ trying to change them

Messages that remind them about the negative things around them

Any message that implies they are not “deep” or haven’t had pain

“You HAVE to…”
Adverse Feelings in Sevens

Most people find it easier to point out and recognize negative behavior patterns over positive ones. Therefore, highlighting adverse behavioral tendencies will allow for quick recognition of your enneagram type. Types 5, 6 & 7 share the same orientation and are a head type. In head types there is a tendency towards fear and to seek security, as if they lack trustworthy guidance. They need reassurance and fear chaos. They want to be clear-minded and certain. Head types come from the intellectual center and are thinking based people who lead with ideas and figure things out. They are knowledgeable, intellectual and visionary. They like to gather information and make rational decisions before acting. Their focus is on creating certainty and safety or finding multiple options. Again, all people experience three adverse emotions: Fear, Anger and Panic. Enneagram types 5, 6 & 7 practice fear vs. security feelings and experience emotion from the head, focusing on security. “How do I make a secure world.” Their dysfunction comes from feeling useless and inadequate. Next we will explore how they are oriented to and experience the world around them.
TYPE 7 IMBALANCED

Vice/Weakness
Sevens possess a weakness towards gluttony, which is the insatiable desire to “fill oneself up” with experiences. They take action to avoid emotional pain, pursue a variety of positive, stimulating ideas and activities, but never feel like they have enough. They can be self-absorbed, dispersed, uncommitted, impatient and unrealistic.

Ego Fixation
Planning/Anticipation
Temptation
Sevens have the tendency to think fulfillment is always somewhere else
Actively Avoids
Sevens refrain from limitation and avoid deprivation
TYPE 7 - IMBALANCED

Defense Mechanism
As someone approaches an area of avoidance, anxiety will start to set in. People use defense mechanisms to devise ways to keep unacceptable aspects of themselves out of their awareness. Sevens use a defense mechanism known as rationalization, where they stay in their head, or explain away/justify feelings & behaviors to avoid pain or accept responsibility. They avoid their fears by internalizing them. They use rationalization to avoid suffering & to maintain a self-image of being ok, by automatically looking for the good in everything and keeping their pain out of their awareness.

Fear
Sevens have the fear of being deprived, trapped in emotional pain, limited, bored or missing out. Behavior is perpetuated by fear. [If someone is afraid of a snake, they might jump up and run away when they come across one]. Fears are intense and very real to the individual who holds them. It is clear to see how sevens experience imbalance based upon the adverse emotions they experience.
TYPE 7 - IMBALANCED

Nature of Anger
Their anger is brief and to the point, short-lived, episodic, impulsive/hot headed.

Head Type [5, 6, 7]
They practice fear vs. security feelings and experience emotion from the head, focusing on security. “How do I make a secure world.”

Pathology: Narcissistic Behavior
Excessive need for admiration, disregard for others' feelings, inability to handle criticism, sense of entitlement, grandiosity, callous/unemotional traits, disregard for others' feelings, antagonist, social isolation.
ENNEAGRAM 7 EXERCISES: MOVE FROM SURVIVING TO THRIVING

Find Your Peace in the Puzzle: Learn How Your Fears Keep You Imbalanced

People often start habitual patterns of thinking, feeling and behaving because their fears get in the way of approaching things differently and they are limited in their beliefs as to what is possible. Reflect on the fears listed for sevens and ask yourself the following questions:

- How are my fears related to my anger?
- How do I find relief and divert my attention away from my fears?
- Where have I experienced imbalance because of my limiting beliefs [fears]?
- How might I change my inner dialogue to become more balanced and experience more freedom?
Find Your Peace in the Puzzle: Learn to Be Aware of Yourself

Sevens have a specific way of thinking and engaging in self-talk, which could also be referred to as a habit of mind. Become aware of how this type of thinking is affecting you by asking yourself the following questions and pay attention to the feelings you have and how your body responds:

How am I distracted by new and exciting ideas and activities?

How do I respond to challenges or obstructions to my plans, ideas or actions?

In what ways do I forget others’ needs or feelings?

How do positive options and opportunities absorb my attention and energy?

When is the last time I felt/experienced an extended negative feeling or thought?

How am I insatiable? In what ways do I avoid pain or negativity?
TYPE 7
HOW TO FIND BALANCE
Type 7 - Learn to Be Aware of Yourself
Sevens have a specific way of thinking and engaging in self-talk, which could also be referred to as habit of mind. Become aware of how your thinking is affecting you by asking yourself the following questions. Pay attention to the feelings you have and how your body responds.

· In what ways do I avoid distress, pain or negative feedback?
· How am I distracted by new and exciting ideas and activities?
· In what ways do I forget others’ needs or feelings?
· How do I respond to challenges or obstructions to my plans, ideas or actions?
· How do positive options and opportunities absorb my attention and energy?
· When was the last time I felt/experienced an extended negative feeling or thought?
TYPE 7

Your goal is to balance being happy, with your frenetic escapism, and you’ll find/learn FOCUSED CONCENTRATION WORK

AWARENESS = CHANGE
Type 7 - Learn to Refocus Your Object of Attention

We all have internal patterns that drive our behavior. Become aware of your thoughts, sensations and any objects of attention that arise within you. One of the goals for a seven, is to move from thoughts of planning to thoughts of work. A second goal for a seven is to move from feelings of gluttony to feelings of constancy. Seven’s object of attention is best-case scenario thinking. Learn to stay the course and see it through; no matter what.

A seven’s standard proposition is, “I can avoid pain and frustration by inventing options, opportunities and adventures.” Awareness leads to change. “Change the way you look at things and the things you look at change” ~ Dr. Dyer. Learn to find your “conversation peace” through new messages, mottos and mantras...
• “It is completely normal to experience a negative emotion.”

• “Truth and clarity are in sight when dark is balanced with light.”

• “I have enough. There is enough. I need no more in this moment.”

• “I will be taken care of and freedom will exist when I accept the limitations of the present moment.”
The Path/Journey/True Nature of the Type 7
A healthy seven stands for joy and constancy and stimulation drives them. Their journey is to search for right work and focused concentration. Growth will come when they approach life with disciplined sobriety, instead of getting high on new ideas, options and plans. Like a stone skipping across a lake that sinks deeply when it comes to rest, they will do well to slow down, experience their inner depths, and focus on completion.

Life Lesson
To reclaim and accept all of life, the pleasures and the pains, in the present moment. Seven’s lesson is to learn to be happy, which we have established, can deteriorate into frenetic escapism. The goal is to stay observant and thrive.
VISION

...IS YOUR GIFT TO THE WORLD
Sevens can be counted on for [their] vision. It is one of the most profound ways they can positively impact others. Their greater “peace in the puzzle” is to willingly contribute, knowing they are having an enormous effect on the people around them. Combined with the other eight enneagram types, they help create a world that is balanced, and the greater whole of humanity benefits.
As you continue to find your peace in the enneagram puzzle, you will discover that the teachings are quite profound. The enneagram has many layers, as well as Subtypes, Triads and Tritypes. There is a vast amount of research currently available on the enneagram and any further exploration will reveal more of yourself to you. Compiled below is a list of some of my preferred authors and researchers, who will guide you on your search for self-knowledge.

David Daniels
David W. Fauvre
Katherine Chernick Fauvre
George Ivanovich Gurdjieff
Russ Hudson
Oscar Ichazo
Claudio Naranjo
Patrick O’Leary
Helen Palmer
Virginia Price
Don Richard
Dan Riso
Richard Rohr
ENNEAGRAM TYPES DURING CRISIS:
Find Your Peace in the Puzzle
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Cover Photo: Two men connect two puzzle pieces. Concept of business solution, Solving a problem
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www.Fotolia.com
Jody Janati has a Doctoral degree in Organizational Leadership, and a Masters degree in Speech Communication. She has taught in higher education for over 20 years and offers a variety of public and professional workshops on conflict reduction tactics and effective communication skills. During her academic career she worked in various leadership roles, and taught for over a decade at both the University of Minnesota and across the MN state prison system. She currently trains for numerous organizations throughout the US. Dr. Janati is also the author of six books and DailyOm’s best-selling class, Protect Yourself from Control Dramas.

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