

Enneagram Type

A signal that something important is happening.

Type's Focus

Type's Body & Speaking Patterns

Type's Strengths

9

Status Quo

Tension in lower back; nods head; indecisive, going along with others.

Balance

1

Right/Wrong

Tension & rigidity in face, jaw, neck, posture; detailed, direct, preachy.

Responsible

8

Control

Tension in entire body; intense body language; impulsive Type A's; bold, edgy, finding fault.

Protective

7

The Positive

Tension in periphery (feet, hands); gesturing & physically loose & pacing; charming, distracted, storytelling.

Adventurous

2

Others

Tension in chest & diaphragm; graceful; hidden emotions have physical symptoms; gives advice; complementary.

Caring

6

Problems

Tension in face & diaphragm; darting eyes; cautious ↔ forceful; halting speech, asking questions.

Strategic

3

Getting the job done

Tension in chest & heart; shoulders high; Type A's; self-promoting, quick, motivational.

Confident

5

Information

Tension in stomach; eyes & body withdrawn; sensitive to touch, smell, sight, sound, taste; rational, logical, no small talk.

Perceptive

4

Comparisons

Tension in mid section; drain of energy from periphery (eyes, hands, feet); dissatisfied, intense, melancholy.

Compassionate

