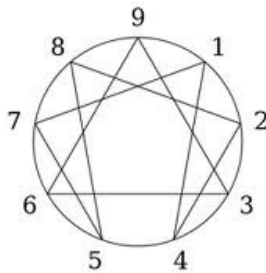


### *The Nine Personality Types of the Enneagram*

*Note:* Below is a thumbnail sketch of each of the types. Factors that can change the “flavor” of the type range from the amount of current stress or serenity in life to the intensity of the dominant Wing (a blend of the core type with more or less attributes of the type next to it on the Enneagram symbol. For example a One with a strong Nine wing will behave differently than a One with a strong Two wing, etc.). To take a type testing, either the free Riso-Hudson Enneagram Type Indicator (RHETI) or the Quick Enneagram Sorting Test & Type Attitude Sorter (QUEST-TAS) for a small fee, go to [The Enneagram Institute](http://TheEnneagramInstitute.com).



The Gift of **The One\*** is the ability to clearly see the higher ideal with clarity and to be able to practically apply a plan of action to achieve the desired outcome. Ones can see the very best in others and in situations and are willing to address the worst if doing so will assist the greater good. Idealistic yet practical. Under stress they can become overly critical and so focused on the details they lose sight of the big picture.

The Gift of **The Two\*** is the ability to relate to others, to address the needs of others in relationships and to altruistically give of themselves. Twos pick up on the verbal and nonverbal clues of others, truly listening for what they can bring to a situation rather than what they hope to get. Under stress Twos may try to force help where it is not really needed or focus on the other to the detriment of themselves.

The Gift of **The Three\*** is the ability to envision an ideal outcome and work hard to achieve it. Threes have a true talent for deciding what needs to be done, who is best suited with the necessary attributes to get there, and how to inspire themselves and others to get it done. Under stress they lose sight of why the goal is important. They start achieving for the sole purpose of achieving, which can alienate and disappoint others by dehumanizing the experience.

The Gift of **The Four\*** is the capacity to recognize and express the full depth of the inner individual experience. Fours realize the balance between the common connections while appreciating what is different as being special. Under stress, Fours will withdraw their insights and see themselves as so different as to not fit in, often becoming overly dramatic or self absorbed.

The Gift of **The Five\*** is the capability to see the order in very large systems that look just like chaos to everybody else. Fives have a curiosity that enables them to study a situation, project, or theory in great detail. The defining trait is their ability to detach from any particular outcome regardless of the potential popularity of their findings, instead, standing on the side of truth. Under stress Fives will overextend their energies and resources on their quest to the neglect of all else.

The Gift of **The Six\*** is the foresight to see what needs to be done followed by the ability to collaborate a team effort. Like the best soldier, Sixes often provide security within procedure, never leaving behind the fallen, while being courageous enough to choose a course of action applicable to the situation. Under stress Sixes focus on what could go wrong, becoming very anxious in a growing distrust of others or of themselves.

The Gift of **The Seven\*** is to see the world in terms of opportunities and innovations. Their quick mindedness enables them to take in a variety of subject matter rather quickly, synthesize it and develop it in original and creative ways. Often bright and energetic, Sevens can comprehend situations quickly and realize the best solution. Under stress, Sevens are known for starting many more projects than they finish, becoming the “jack of all trades, master of none.”

The Gift of **The Eight\*** is the self confidence required to take risks and to empower those around them. While Eights have an inner strength to step forward and take charge, they also have a strong sense of honor and fair play. Under stress they move from leader to intimidator, looking down upon the weak rather than nurturing them.

The Gift of **The Nine\*** is the ability to see all the different perspectives in a situation. They bring a natural and effortless calming effect to otherwise tense situations. Nines tend to be nice and approachable, not rustling the feathers of others or “rocking the boat.” Under stress they withdraw and disengage, neither taking care of themselves or others.

\*\*\* Note: Although many authors have names for each of the types, I refer to each type by the number. It removes implied connotations and some stereotypes that can be misleading to those new to the Enneagram.

For more information on the Enneagram online please check out [The Enneagram Institute](http://www.theenneagraminstitute.com).