

The Enneagram

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Intro



Who am I and what is most helpful to you?

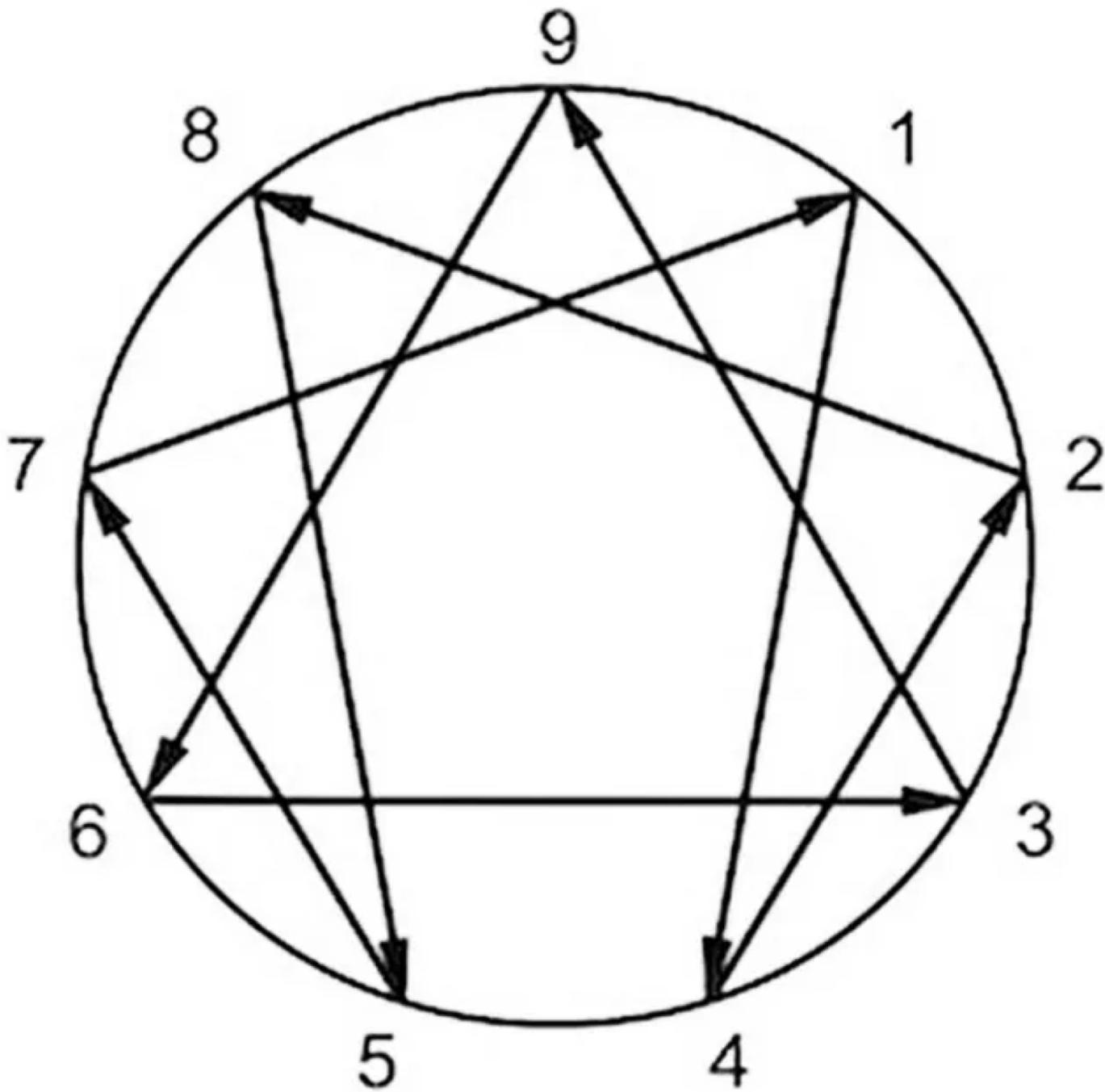
Why?

**”Play the ball where the
monkey drops it.”**

Where?



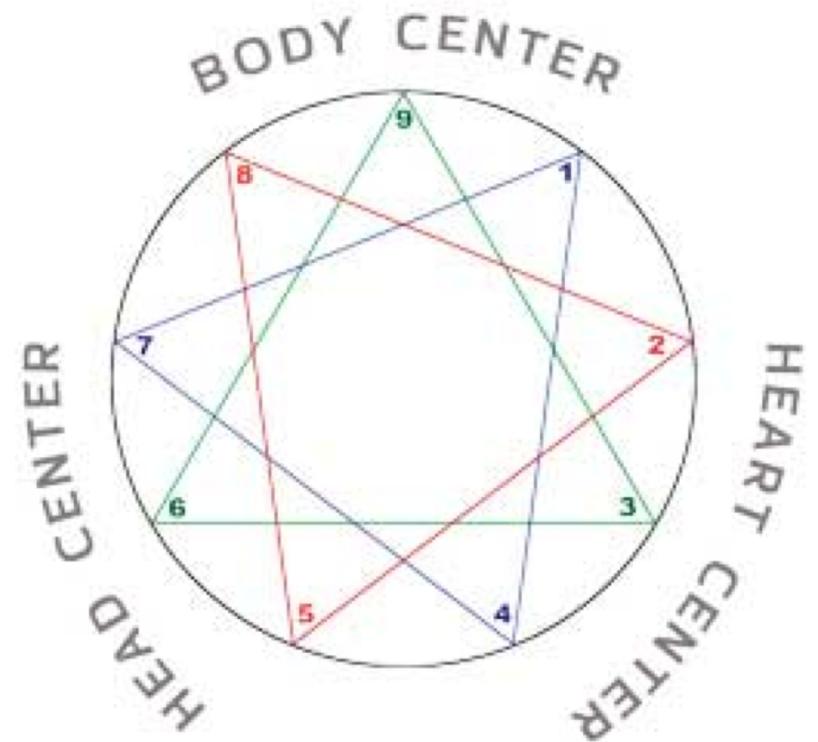
Ancient roots & current relevance



You are not a number.

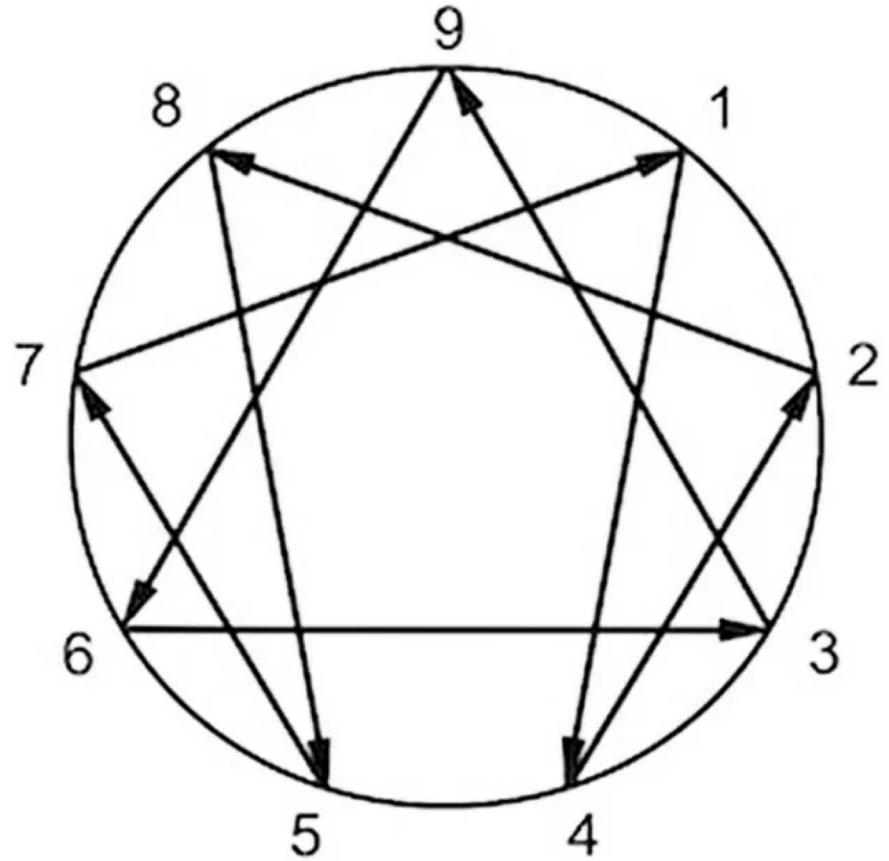
Center

What's your motivation?



Number

What is your type?
Also, wings.



Passion & Virtue

	Type	Passion	Virtue
1	Perfectionist	Anger	Serenity
2	Giver	Pride	Humility
3	Performer	Deceit	Honesty
4	Individualist	Envy	Balance
5	Thinker	Greed	Nonattachment
6	Loyalist	Fear	Courage
7	Enthusiast	Gluttony	Sobriety
8	Boss	Lust	Innocence
9	Mediator	Sloth	Right action

Health

How healthy are you?

Healthy

Level 1 - Liberation

Level 2 - Psychological Capacity

Level 3 - Social Gift

Level 4 - Fixation

Level 5 - Interpersonal Conflict

Level 6 - Overcompensation

Level 7 - Violation

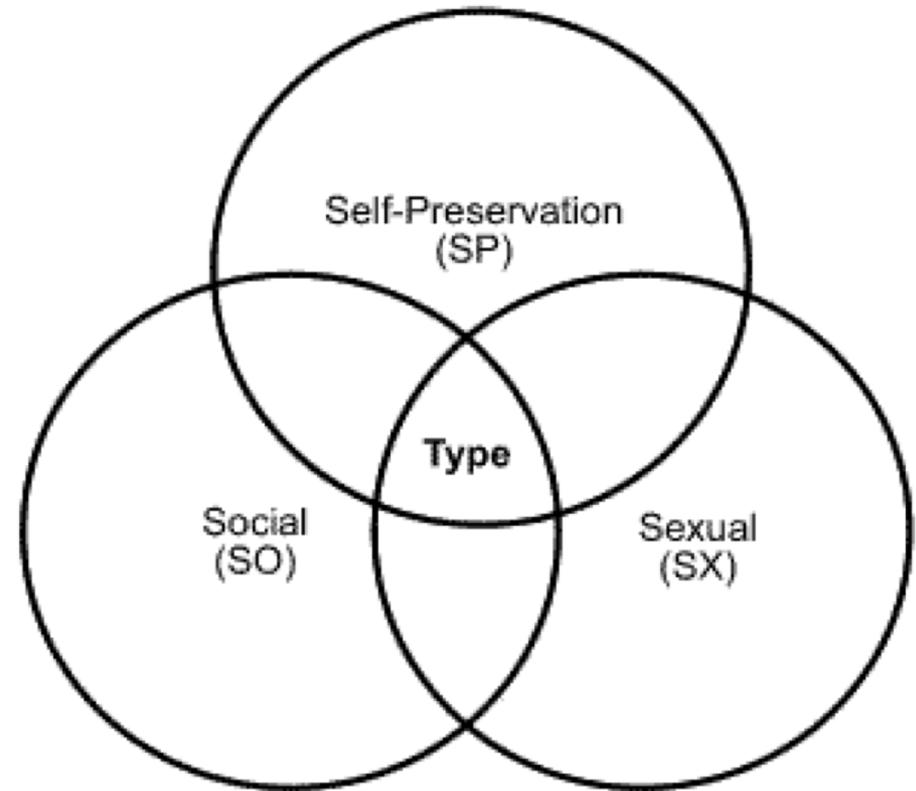
Level 8 - Delusion and Compulsion

Level 9 - Pathological Destructiveness

Unhealthy

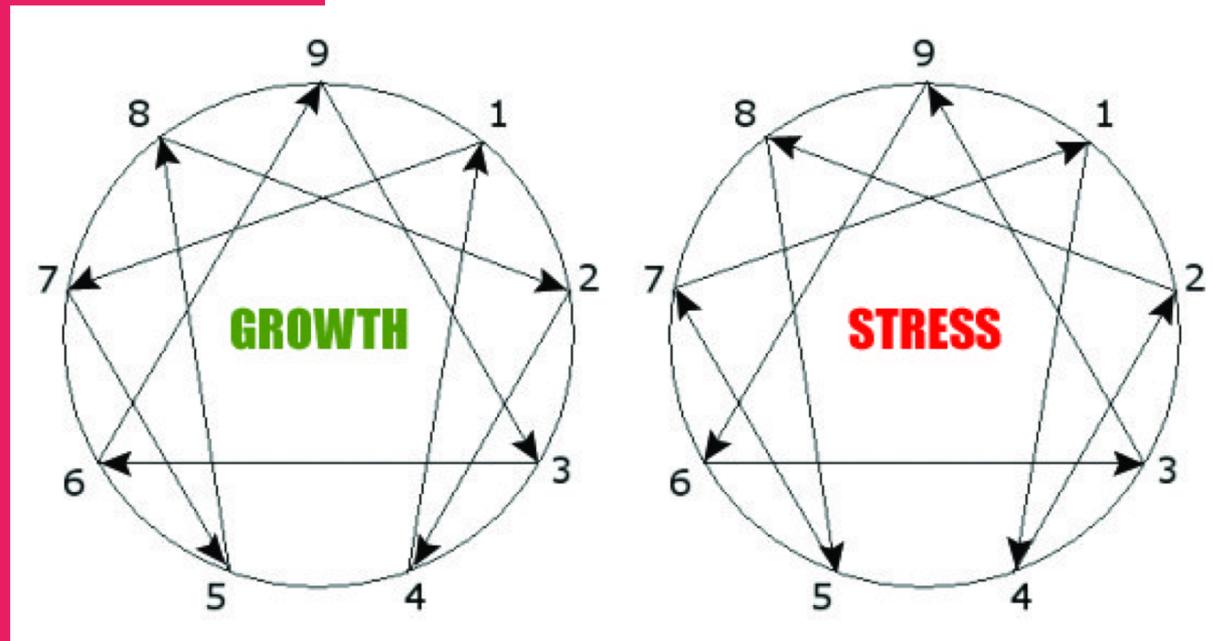
Subtypes

What is your instinct?

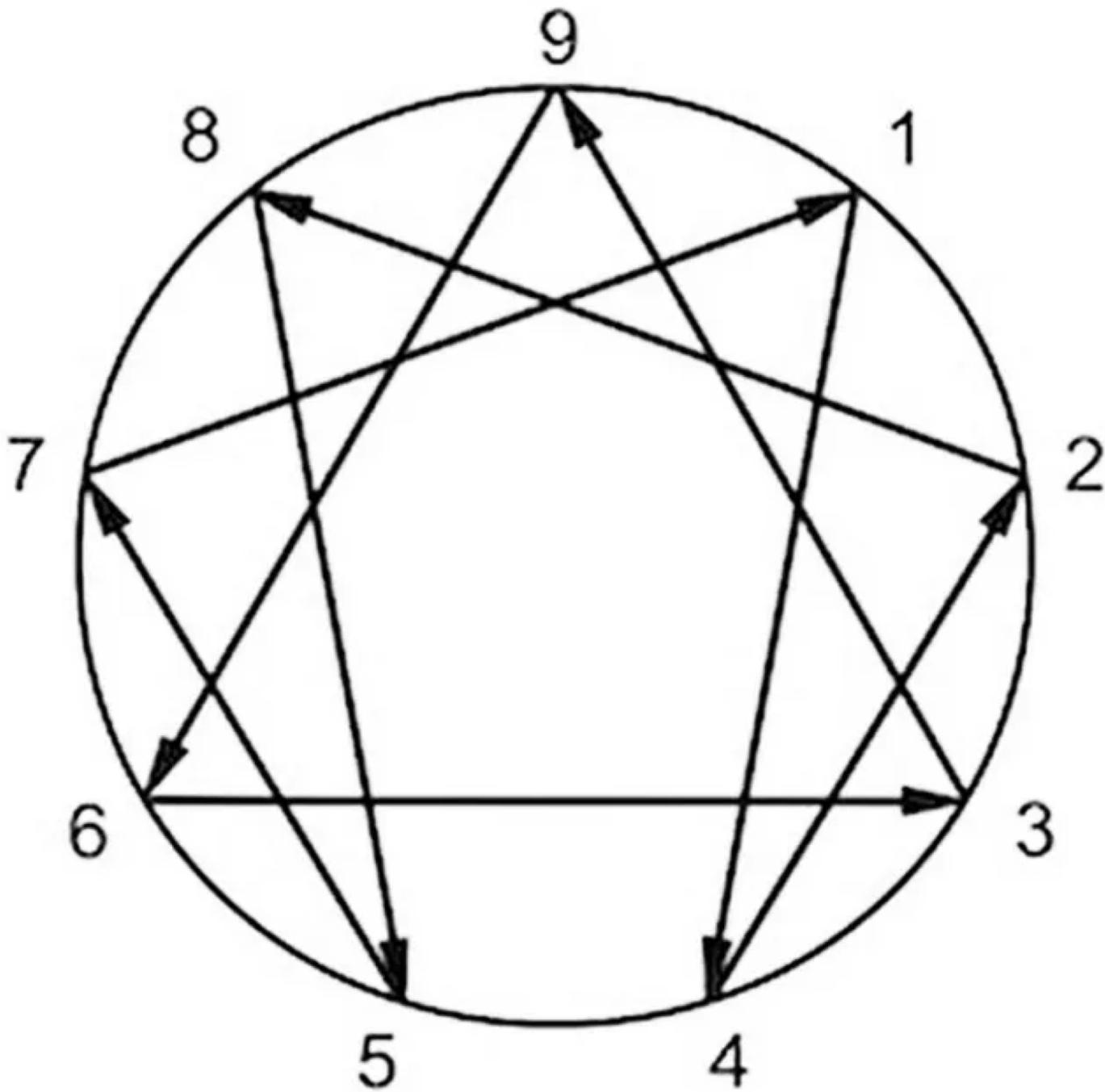


Paths of Integration

Where can you move to?



Nine Types



Type 8

The Challenger

Eights (courageous)

Health: Direct, risk takers, honest, fair & strong.

Unhealth: Insensitive, aggressive, hard task masters, pushy & dominant.

Communication: Direct, loud, forceful, task-oriented, caring & concerned for others. Maybe bossy/angry when things go wrong.

Type 9

The Peacemaker

Nines (mediators)

Health: tolerant, easy-going, balanced and patient

Unhealth: anger, disengaged, indecisiveness can tend to become inert and detached from others

Communication: warm and inclusive, good listeners, trouble getting to the point, seek lots of input, and patient in decision-making

Type 1

The Reformer

Ones (idealistic)

Health: principled, idealistic, conscientious, reliable, fair, and productive.

Unhealth: judgemental, critical, inflexible and controlling.

Communication: precise and detail-oriented, can tend to moralize or preach, passionate

Type 2

The Helper

Twos (generous)

Health: helpful, nurturing, empathetic, sensitive, and tactful

Unhealth: interfering, not straightforward, possessive, and emotionally manipulative

Communication: Talkative, empathetic, warm and sympathetic, attentive, full of compliments, flattering, and suggestions.

Type 3

The Achiever

Threes (glorious)

Health: passion, decisiveness, flexibility, and drive

Unhealth: overly competitive, impatient, lack of self-awareness, or ingenuity.

Communication: highly motivating speakers, focuses on achieving or accomplishing goals. Can reach any audience they have, highly aware.

Type 4

The Individualist

Fours (introspective)

Health: eccentric, sensitive, creative artistically and passionate

Unhealth: tendency to exert feelings, can be withdrawn or moody.

Communication: Intuitive with feeling, good listeners, empathetic, can be dramatic or aloof. Sometimes self-focused, use imagery and visual references.

Type 5

The Investigator

Fives (intellectual)

Health: dedicated, calm, self-resilient, logical analytical even wise, curious and innovative

Unhealth: uncommunicative, critical, cold, intellectually arrogant, cynical, eccentric and detached

Communication: precise, detailed content, don't like small talk, emails and written communication prefers, pauses and reflective gaps, quieter than others

Type 6

The Loyalist

Sixes (loyal)

Health: loyalty, compassion, practicality and accountability

Unhealth: pessimism, resistance to change, forecast what could go wrong, lack self-confidence

Communication: asks and has many questions, negative or anxious, can be warm and open, can be repetitive or repetitious, connected to goals and kind to others

Type 7

The Enthusiast

Sevens (enthusiastic)

Health: Spontaneous, generous, confident, caring, imaginative and adventurous

Unhealth: ruthless, undisciplined, impulsive and manic

Communication: positive and tend to reframe the negatives, open and fearless, tell personal stories that can be highly entertaining

Discussion/Discovery

Where to?

“All great spirituality teaches about letting go of what you don’t need and who you are not. Then, when you can get little enough and naked enough and poor enough, you’ll find that the little place where you really are is ironically more than enough and is all that you need. At that place, you will have nothing to prove to anybody and nothing to protect.

That place is called freedom. It’s the freedom of the children of God. ”

Richard Rohr

