

# The Enneagram

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# Intro



Who am I and what is most helpful to you?

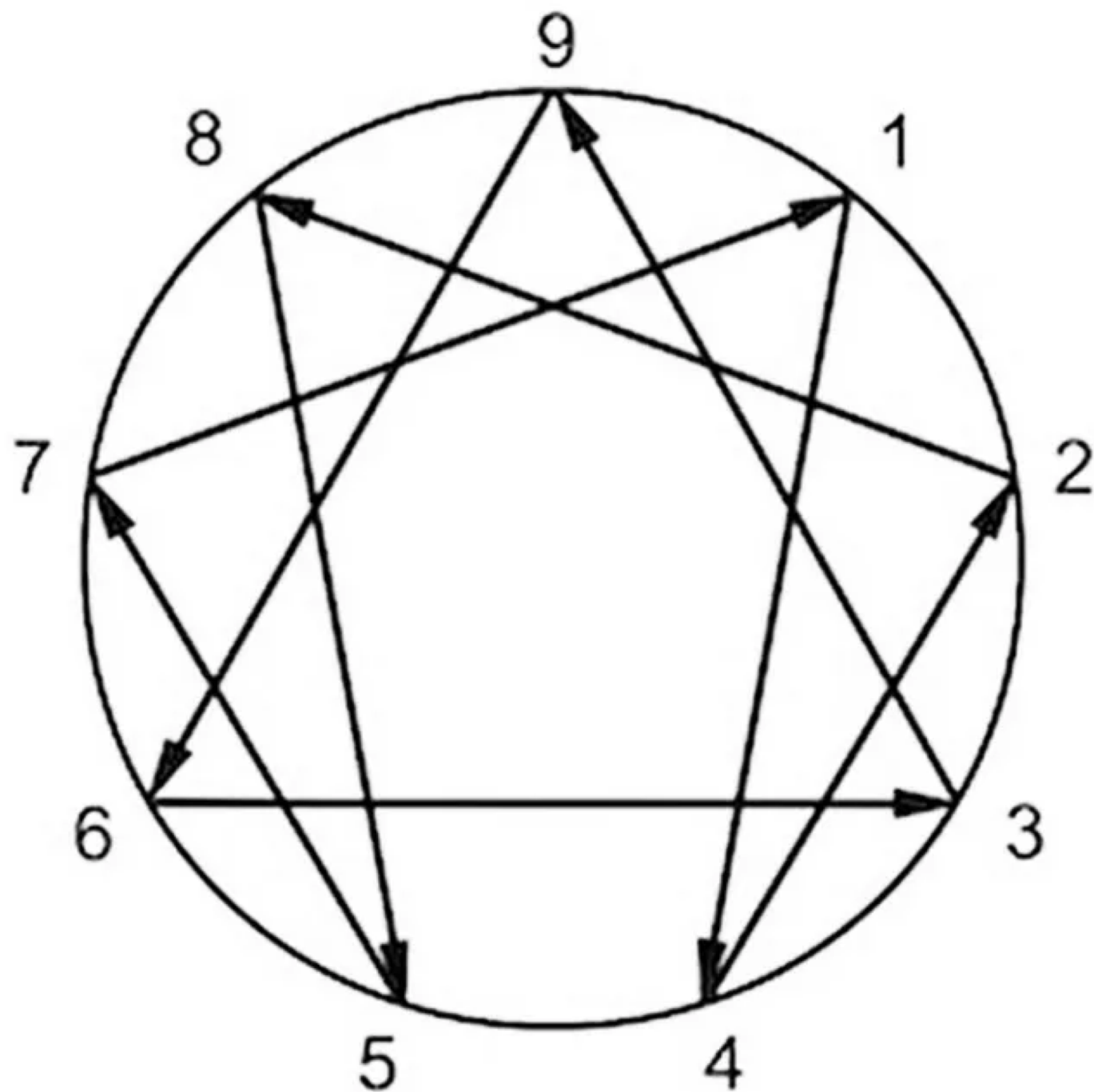
Why?

“Play the ball where the  
monkey drops it.”

# Where?



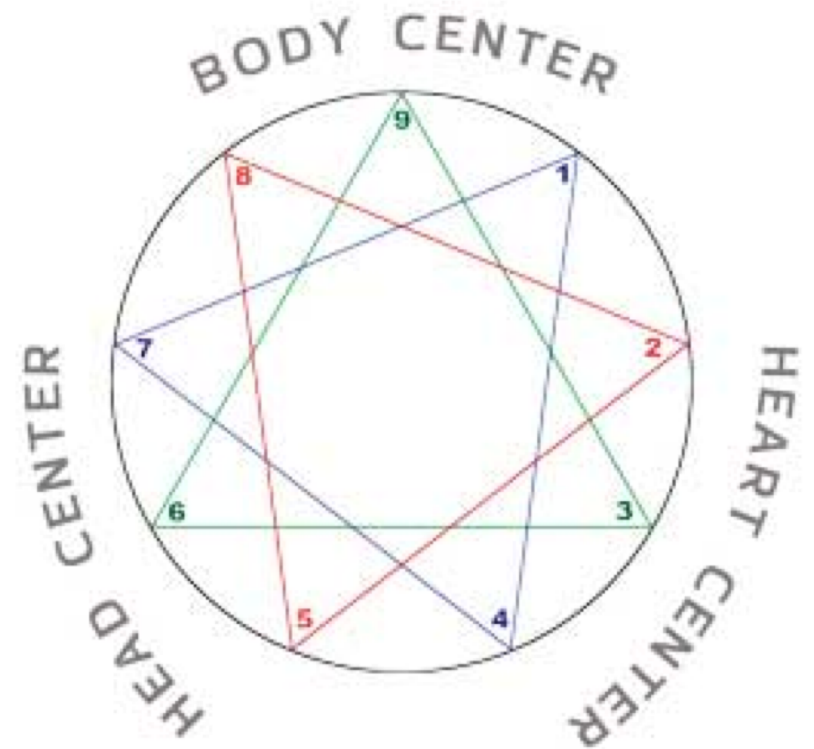
Ancient roots & current relevance



**You are not a number.**

# Center

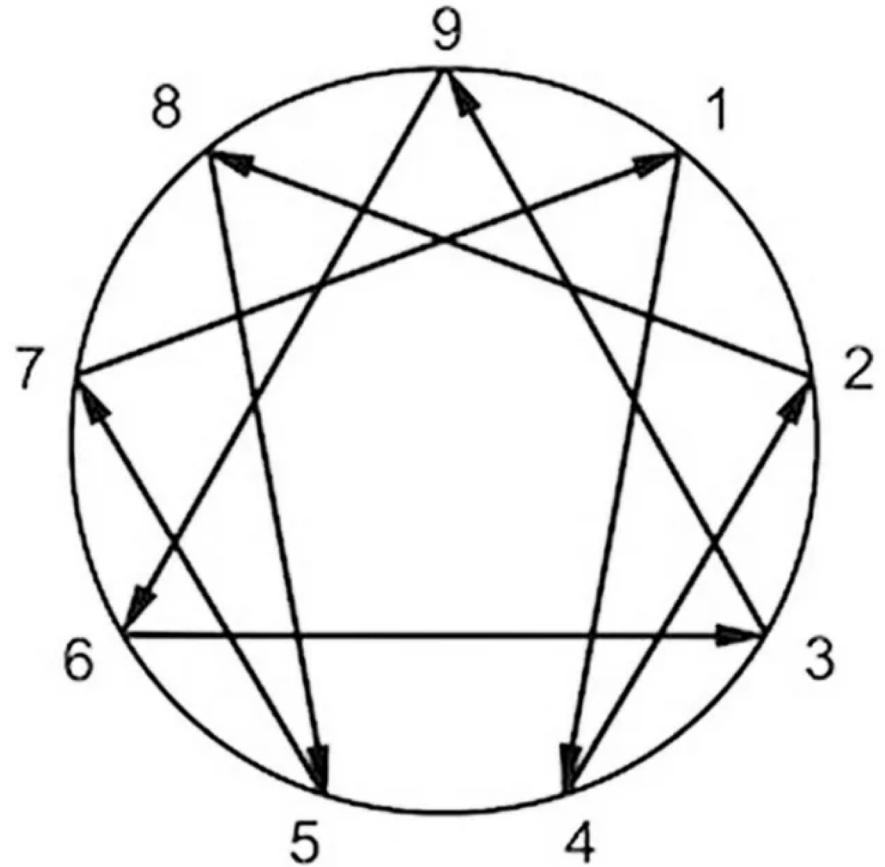
What's your motivation?



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# Number

What is your type?  
Also, wings.



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# 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

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# Health

How healthy are you?

## Healthy

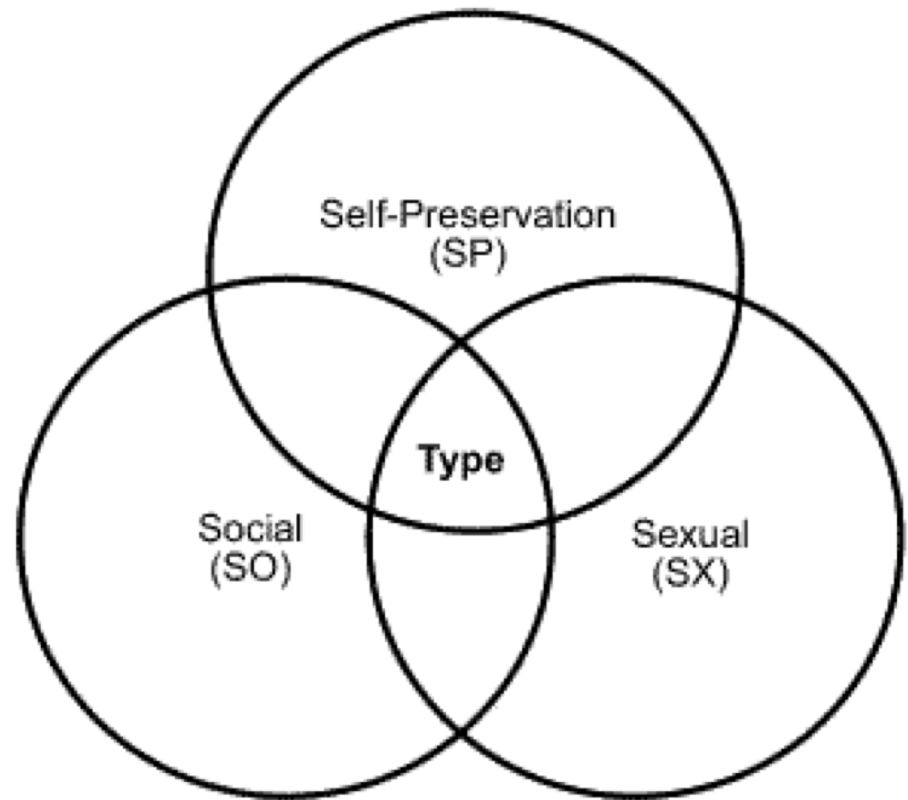
- Level 1 - Liberation
- Level 2 - Psychological Capacity
- Level 3 - Social Gift
- Level 4 - Fixation
- Level 5 - Interpersonal Conflict
- Level 6 - Overcompensation
- Level 7 - Violation
- Level 8 - Delusion and Compulsion
- Level 9 - Pathological Destructiveness

## Unhealthy

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# Subtypes

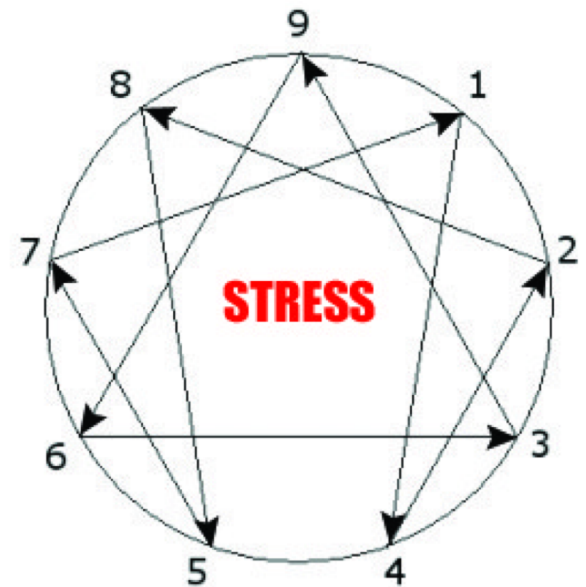
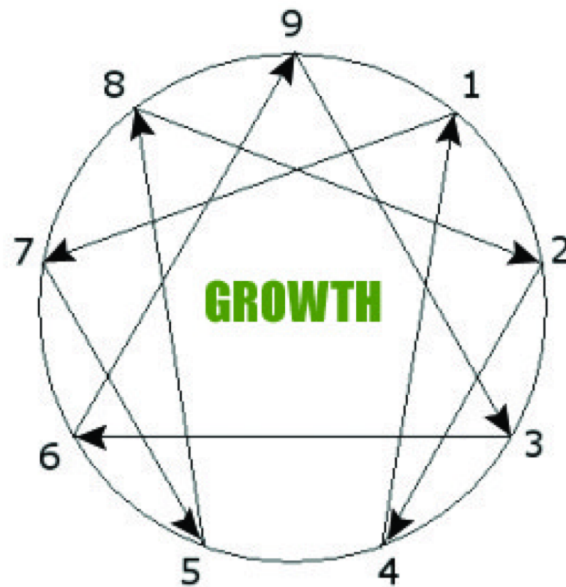
What is your instinct?



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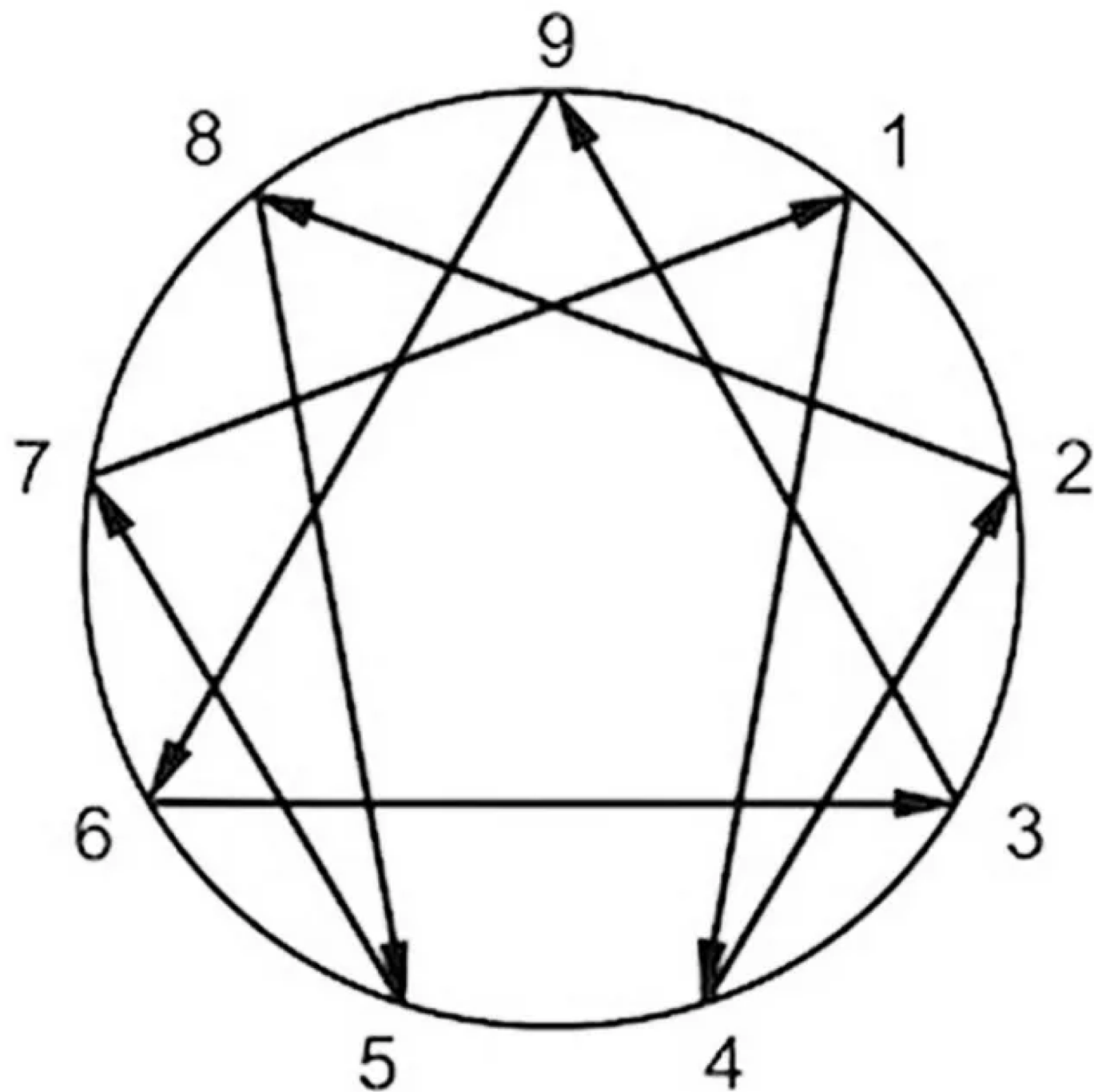
# Paths of Integration

Where can you move to?



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## Nine Types



# Type 8



The Challenger

# Eights (courageous)

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**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)

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**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)

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**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)

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**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)

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**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)

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**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)

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**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)

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**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)

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**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

