

Intro to the Enneagram

(adapted from ECC Vocational Excellence Training)

Enneagram Overview

- A typology system
- Identification of life patterns
- All patterns accessed
- One pattern tends to be defining
- Each pattern
 - creates a unique vantage point
 - has gifts and growth areas

Enneagram Defined

- Myers Briggs - personality style
- DiSC - how we behave
- Enneagram
 - motivation for our perspective on life

Ennea = nine / Gramma = points

Enneagram History

- Oral tradition
- Source - Middle East
- Roots - unknown
- Antiquity & Pre-Christian Influence
- Jesuits (likely brought to US in 1960s 1970s)

Nine Enneagram Types Focus On:

HEART

- 2 Love
- 3 Effective
- 4 Original

HEAD

- 5 Wisdom
- 6 Loyalty
- 7 Joy

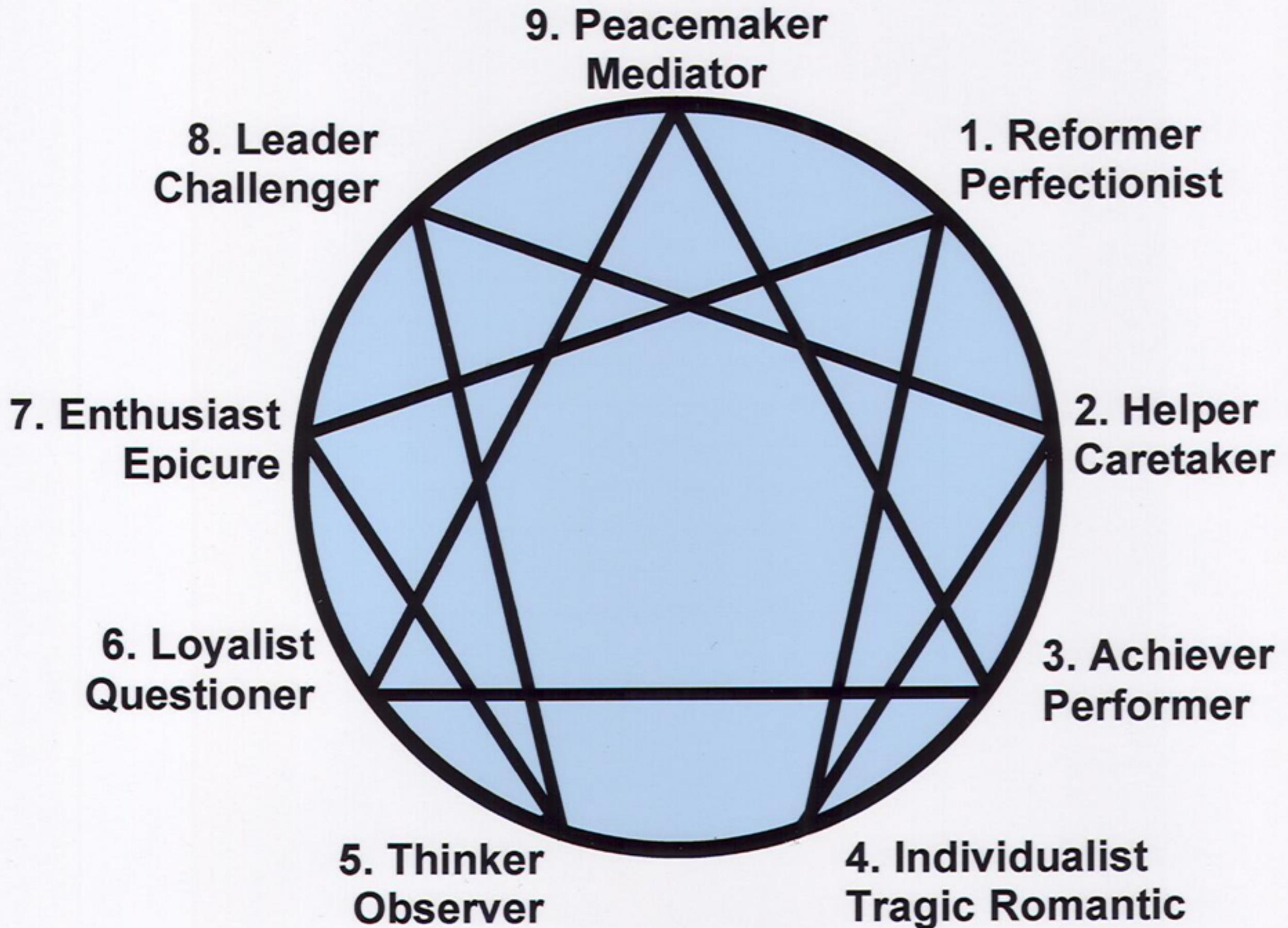
GUT

- 8 Power
- 9 Peace
- 1 Goodness

List of Characteristics

- 1 ... honest, hard working, intense, rational, principled
- 2 ... loving, selfless, helpful, caring, generous, nurturing
- 3 ... successful, competent, effective, adaptable, ambitious
- 4 ... original, sensitive, feels deeply, intuitive, aesthetic
- 5 ... learner, prepared, analyzer, innovative, perceptive
- 6 ... faithful, obedient, cautious, trustworthy, responsible
- 7 ... optimistic, fun, upbeat, flexible, spontaneous, variety
- 8 ... fair, direct, clear, self-confident, decisive, strong
- 9 ... calm, consensus builder, reassuring, patient, content

The Enneagram



1 - The Reformer (perfectionist)

GOODNESS...

high standards, see what's wrong, quality control, do your best, live up to goals, make world better

Gets Stuck: anger

GOAL: serenity

AVOIDS: imperfection

GIFT: excellence

+ conscientious, honest, ethical, intense, productive, responsible

- demanding, angry, uptight, sharp, preachy, inflexible, judgmental

2 - The Helper (caretaker)

LOVE...

unselfish, gentle, kind-hearted, listeners, make world more loving, generous people

Gets Stuck: pride

GOAL: humility

AVOIDS: own need

GIFT: service to others

+ helpful, affirming, sensitive, nurturing, sympathetic

- intrusive, victim, rescuing, martyr, jealous, possessive

3 - The Achiever (performer)

EFFECTIVE...

organizational, team leader, know what is expected, bring projects to completion, productive people

Gets Stuck: deceit

GOAL: truthfulness

AVOIDS: failure

GIFT: obtaining results

+ efficient, pragmatic, competent, industrious

- calculating, appearances, scheming, get ahead

4 - The Individualist (tragic romantic)

ORIGINAL...

creative touch, intuitive, make extraordinary,
authentic, individuality, value inner journey

Gets Stuck: envy

GOAL: contentment

AVOIDS: ordinariness

GIFT: pursuit of passion

+ distinctive, aesthetic, sensitive, original, expressive

- dramatic, self-absorbed, moody, exaggerating, aloof

5 - The Thinker (observer)

WISDOM...

need time to think/process, never know enough,
want to make world a more reasonable place to
live, insightful

Gets Stuck: stinginess GOAL: participation

AVOIDS: emptiness GIFT: objectivity

+ independent, learner, observant, analyzer, reflective
- stingy, distant, delayed reaction, uncaring, loner

6 - The Loyalist (questioner)

LOYALTY...

faithful, proper, responsible, respectful, cautious, keep their word, reasonable, honor commitments, safety

Gets Stuck: fear GOAL: courage

AVOIDS: deviance GIFT: insight, planning

+ conscientious, compassionate, reliable, prudent

- anxious, dogmatic, testy, suspicious, worrier

7 - The Enthusiast (epicure)

JOY...

optimistic, full of options, intuitive, friendly, value excitement, have fun, want happiness

Gets Stuck: gluttony

GOAL: sobriety

AVOIDS: pain

GIFT: innovation, flexibility

+ spontaneous, lively, fun-loving, creative, productive, expressive

- scattered, naïve, restless, narcissistic, indulgent, dabbler

8 - The Leader (challenger)

POWER...

inner strength, advocate, leader, want clarity,
straightforward, assertive, strong

Gets Stuck: lust

GOAL: innocence

AVOIDS: weakness

GIFT: making things happen

+ assured, just, fair, autonomous, direct, confident, hardworking

- dominating, intimidating, over-bearing, insensitive, calloused

9 - The Peacemaker (mediator)

PEACE...

consensus builders, non-judgmental, accepting,
value harmony, go with flow, like order

Gets Stuck: laziness

GOAL: action

AVOIDS: conflict

GIFT: inclusion

+ patient, diplomatic, comfortable, calm, settled

- passive, oblivious, indecisive, tedious, boring

Resources

Books:

The Wisdom of the Enneagram (Riso & Hudson)

The Enneagram: A Christian Perspective (Rohr & Ebert)

Discovering Your Personality Type (Riso & Hudson)

Websites:

<https://www.enneagraminstitute.com/how-the-enneagram-system-works/>

<http://9types.com>

<http://www.explorefaith.org/tools/enneagram/index.php>

http://www.tapestryliferesources.com/pdf/At_a_Glance.pdf

Online Inventories:

<http://www.enneagramtest.net/>

<http://www.eclecticenergies.com/enneagram/test.php>

