

# Discovering the Enneagram & Yourself



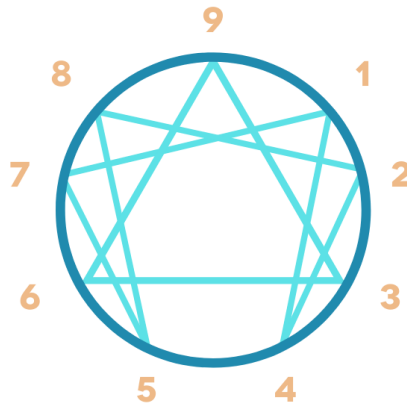
# DISCOVERING THE ENNEAGRAM & YOURSELF

## OVERVIEW

Enneagram etymology (Greek):

*ennea*: nine

*gram*: drawing, model or diagram



The Enneagram puts forward nine personality types, which provide the lens by which we view the world, others and ourselves.

It can help us to understand why we do what we do.

As a deeply spiritual growth tool, it also helps us to become aware of patterns of sin in our lives.

When used properly, the Enneagram can help us to fully embrace who God created us to be.

The Enneagram also provides a path forward and steps to take in light of your personality.

It is never meant to provide an excuse for your behavior.

"What we don't know about ourselves can and will hurt us, not to mention others...As long as we stay in the dark about how we see the world and the wounds and beliefs that have shaped who we are, we're prisoners of our history. We'll continue going through life on autopilot doing things that hurt and confuse ourselves and everyone around us. Eventually we become so accustomed to making the same mistakes over and over in our lives that they lull us to sleep. We need to wake up.... Working with the Enneagram helps people develop the kind of self-knowledge they need to understand who they are and why they see and relate to the world the way they do. When that happens, you can start to get out of your own way and become more of the person God created you to be." || Ian Cron, "The Road Back to You"

"For people to see themselves with astonishing clarity so they can break free from self-condemnation, fear, and shame by knowing and experiencing the unconditional love, forgiveness, and freedom in Christ". || Beth McCord of "Your Enneagram Coach"

While the Enneagram can be a helpful spiritual tool, it is not the Bible.

While learning your own personality type is helpful, learning about all nine types will help you learn about the people you interact with and the way they view the world. Remember, all nine types are equally valid though unique.

## THE NINE TYPES



To find your type, look for what motivates you to act, feel and think the ways that you do.

## TYPE 1: "THE PERFECTIONIST"

<b>The Perfectionist</b>	<i>Principled, Purposeful, Self-Controlled, Perfectionistic</i>
Core Fear	Being wrong, bad, irresponsible or unredeemable
Core Desire	Having integrity; being good, virtuous, right
Habitual Sin	Resentment: repressing anger that leads to continual frustration and dissatisfaction with yourself, others and the world for not being perfect

### Additional Characteristics:

- Notice everything that could be improved
- Reliable
- Do the "right thing"
- Give their best to everything (and expect that from others)
- Have an inner critic who constantly finds fault
- Pride themselves on being ethical
- Core weakness or sin: anger (or resentment)

## TYPE 2: "THE HELPER" OR "THE GIVER"

<b>The Helper/ Giver</b>	<i>Generous, Demonstrative, People-Pleasing, Possessive</i>
Core Fear	Being rejected or unwanted, being thought needy or unworthy of love
Core Desire	Being appreciated, loved and wanted
Habitual Sin	Pride: denying your own needs and emotions while using your strong intuition to discover and focus on the emotions and needs of others, confidently inserting helpful support in hopes that others will say how grateful they are for your thoughtful care

### Additional Characteristics:

- Caring and warm
- Attuned to the feelings of others (to the detriment of their own needs)
- Give altruistically, but can be subconsciously motivated by receiving something in return
- Fearful of not being loved or wanted

### TYPE 3: "THE ACHIEVER" OR "THE PERFORMER"

<b>The Achiever/ Performer</b>	<i>Adaptable, Excelling, Driven, Image-Conscious</i>
Core Fear	Being exposed as or thought incompetent, inefficient or worthless
Core Desire	Being admired and successful; feeling valuable and worthwhile
Habitual Sin	Deceit: deceiving yourself into believing that you are only the image you present to others; embellishing the truth or putting on a polished persona for everyone to see and admire (including you)

#### Additional Characteristics:

- Success-oriented
- Productive, efficient and effective
- Love goals and can motivate others to accomplish big things
- Optimistic, hardworking and energetic
- Can adapt to and fit in with any group
- To overcome their fears of being incapable, unimpressive or a failure, they perform.
- They really want to be loved as themselves, although they don't tend to know who they truly are.

## TYPE 4: "THE ROMANTIC" OR "THE INDIVIDUALIST"

<b>The Romantic/ Individualist</b>	<i>Expressive, Dramatic, Self-Absorbed, Temperamental</i>
Core Fear	Being inadequate, emotionally cut-off, plain, ordinary, flawed or insignificant
Core Desire	Being unique, special and authentic
Habitual Sin	Envy: feeling like something fundamental is missing from you and that others possess the qualities that you lack

### Additional Characteristics:

- Creative, sensitive, authentic and compassionate
- Perhaps the rarest and most complex number on the Enneagram
- Value authenticity
- Can be moody, but are comfortable with melancholy
- Have a deep need to be understood and to be viewed as authentic
- Use language like "If only...then....", expressing their belief that something is missing
- Can grieve with those who grieve, without trying to fix problems



## TYPE 5: "THE OBSERVER" OR "THE INVESTIGATOR"

<b>The Observer/ Investigator</b>	<i>Perceptive, Innovative, Secretive, Isolated</i>
Core Fear	Being incompetent, overwhelmed, dependent; having obligations placed on you, or your energy being completely depleted
Core Desire	Being capable and competent
Habitual Sin	Avarice: Feeling like you lack inner resources and that too much interaction with others will lead to catastrophic depletion, you withhold yourself from contact with the world and withhold resources so as to not be dependent or needy.

### Additional Characteristics:

- Analytical, wise, objective and private
- The only Enneagram number that can be neutral
- Have a limited amount of energy for each day (when it's gone, it's gone)
- Measured in how much energy they invest in others
- Can be inaccurately seen as relationally detached or cold
- Do not want to appear incompetent or ignorant
- To not have to be dependent on others, they conserve their energy and gain knowledge

## TYPE 6: "THE LOYALIST"

<b>The Loyalist</b>	<i>Engaging, Responsible, Anxious, Suspicious</i>
Core Fear	Fear itself; being without support, security and guidance; being blamed, in trouble, alone or abandoned
Core Desire	Having security, support and guidance
Habitual Sin	Fear: being in a constant state of apprehension and worry about possible future events; always scanning the horizon trying to predict and prevent negative outcomes

### Additional Characteristics:

- Practical, committed, likeable and responsible
- Worst-case scenario thinkers
- Manage fear through order, rules and plans
- Steadfast, often serving as the glue in families, communities and workplaces
- The Enneagram number most concerned with the common good
- Don't need to be in the spotlight; rather, they're pleased doing a great job wherever they are
- Have the tendency to overthink
- Often deal with anxiety
- Have a fear of fear, danger and uncertainty
- Are constantly overthinking and planning for possible future events

## TYPE 7: "THE ENTHUSIAST"

<b>The Enthusiast</b>	<i>Spontaneous, Versatile, Acquisitive, Scattered</i>
Core Fear	Being deprived, limited, bored or missing out on something; being trapped in emotional pain, sadness, disappointment or criticism
Core Desire	Being fully satisfied and content
Habitual Sin	Gluttony: feeling a great emptiness inside and having an insatiable desire to "fill yourself up" with experiences and stimulation in hopes of feeling completely satisfied and content

### Additional Characteristics:

- Fun, spontaneous, adventurous, enthusiastic and imaginative
- Reframe anything negative into a positive
- They fear being trapped, bored or limited, so they avoid pain, sadness and negativity.
- To avoid emptiness, they are constantly looking for the next adventure or activity but never feel like it's quite enough.

## TYPE 8: "THE CHALLENGER"

<b>The Challenger</b>	<i>Self-Confident, Decisive, Willful, Confrontational</i>
Core Fear	Being weak, powerless, harmed, controlled, vulnerable, manipulated or left at the mercy of injustice
Core Desire	Protecting yourself and those in your inner circle
Habitual Sin	Lust: constantly desiring intensity, control and power; pushing yourself willfully on life and people in order to get what you desire

### Additional Characteristics:

- Self-confident, confrontational and assertive
- Have a commanding presence
- Tend to be strong leaders
- The Enneagram number with the most energy
- Are driven by their passion; give their everything to what they're passionate about
- Can be misunderstood (especially female 8s) because of how tough they appear on the inside (although they're truly sensitive and tender on the inside)
- Naturally take charge while others happily follow
- Adopt strong personalities to protect themselves from appearing weak or vulnerable

## TYPE 9: "THE PEACEMAKER" OR "THE MEDIATOR"

<b>The Peacemaker/ Mediator</b>	<i>Receptive, Reassuring, Agreeable, Complacent</i>
Core Fear	Being in conflict, tension or discord; feeling shut out, overlooked or alone; losing connection and relationship with others
Core Desire	Having inner stability and peace of mind
Habitual Sin	Sloth: remaining in an unrealistic and idealistic world in order to keep the peace, remain easygoing and not be disturbed by anger; falling asleep to your passions, abilities, desires and needs by merging with others to keep the peace

### Additional Characteristics:

- Patient, generous, open-minded, laid back and accommodating
- Often put aside their needs or agendas in order to merge with others
- See at least two sides to everything, making decision-making very difficult
- Often think that their presence doesn't matter
- Use language like "Whatever you want" or "Whatever you feel like"
- Fear conflict and will do nearly anything to avoid it

## REFLECTION:

A few reminders:

- We're all created in God's image; therefore, no Enneagram number is better or worse than another. We're all needed.
- There are different levels of functionality for each number: healthy, average or unhealthy. No one is healthy all the time; we're constantly moving along the spectrum.

Ask yourself:

- Did any of the characteristics stand out to you?
- Did you see yourself in any of the numbers?
- Did you resonate with any of the fears or desires that motivate behavior?
- Did you resonate with any of the negative qualities?

## THE STRUCTURE OF THE ENNEAGRAM

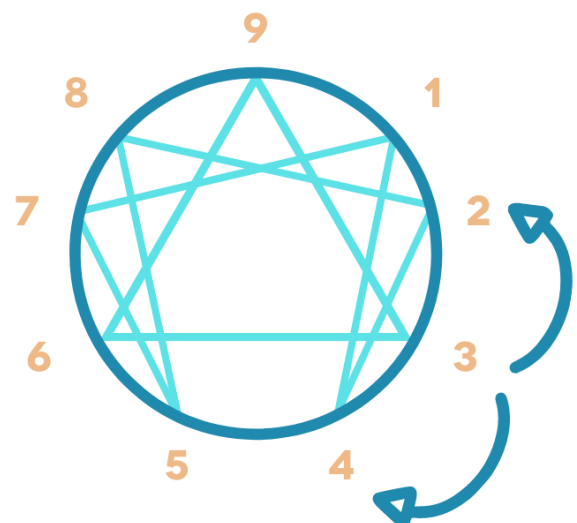
### Wings

The numbers on either side of your Enneagram number are your "wings".

Wings are like flavors that enhance your personality type or bring different aspects to it.

Usually, people use one of their wings more than the other (some use their wings very minimally).

Example: A Type 2 with a 1 wing would become more reasonable, objective and more comfortable serving the background, while a Type 2 with a 3 wing would appear more self-assured, outgoing and competitive.



You never change to your wing; they simply add behaviors to your personality.

### Stress and Security Numbers

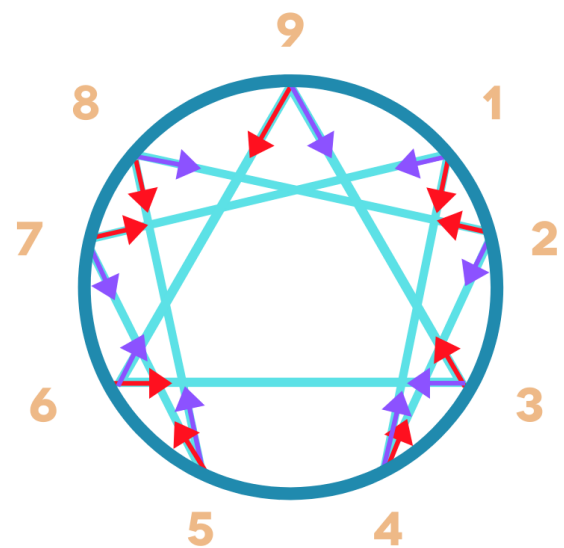
Each number is connected to two other numbers by lines.

- One line points to the number you move to in times of stress.
- The other line points to the number you move to in times of security.

"Moving toward" a number simply means that you take on some behaviors of that number.

"Your stress number is not necessarily a negative move—you need the behavior of that number you go to in stress to take care of yourself." || Suzanne Stabile

Learning your stress and security numbers will help you learn how to take better care of yourself.



Purple: Security Number  
Red: Stress Number

### Triads

The nine Enneagram types are divided into three triads, each one a center of intelligence.

The triads reveal where we turn when we're processing new information (how we take in, process and respond to the world)

We're not limited to the actions of our triad; they just describe our default way of processing.

#### Gut/Instinctual Triad



The three numbers in each triad also share an emotional struggle, but they are driven by that emotion in different ways.



### Anger

- 8s externalize anger because they're comfortable with it.
- 9s forget their anger or are unaware it exists.
- 1s internalize their anger.
- All of these numbers tend to act before they think.

### Shame

- 2s externalize their feelings by focusing on the feelings of others.
- 3s have difficulty recognizing their own feelings and sometimes the feelings of others.
- 4s internalize their feelings.
- All of these numbers struggle with shame, which is usually right under the surface.

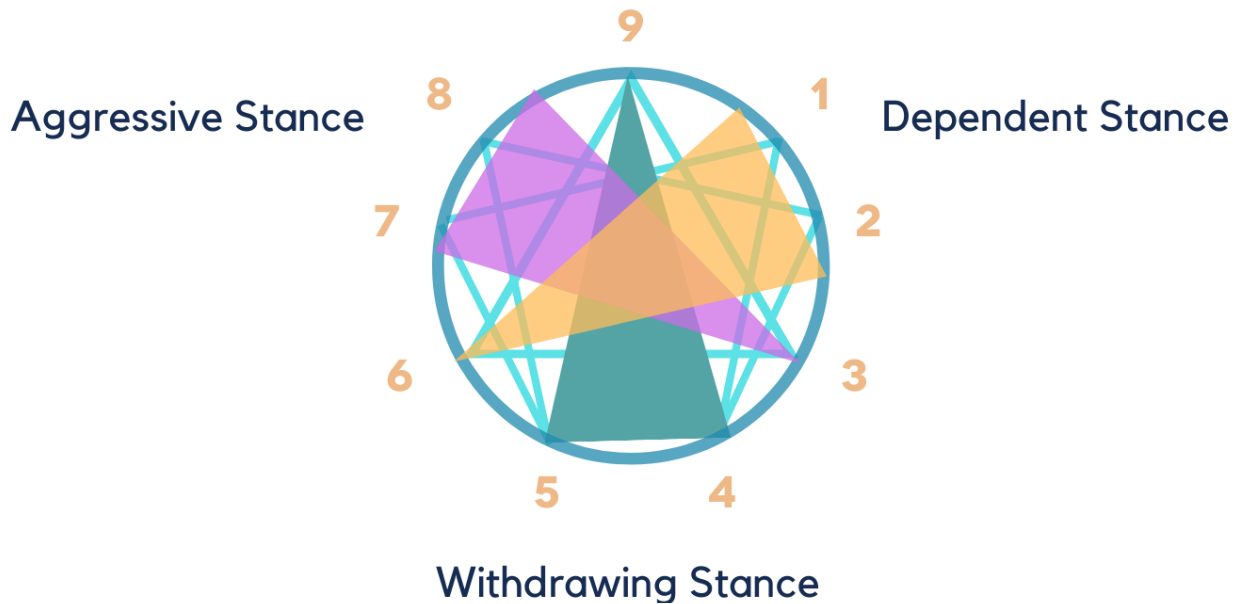
### Fear

- 5s externalize their fear by researching and gathering as much information as possible.
- 6s internalize their fear by thinking through worst-case scenarios.
- 7s forget their fear by keeping themselves busy with the next "fun" thing.
- All of these numbers tend to think and plan carefully before acting.



## Stances

A stance is a patterned way of responding to life.



### Aggressive Stance (3s, 7s and 8s)

- Happy to be in charge (put their agenda first)
- Independent or move against others
- Orientation to time: future

### Dependent Stance (1s, 2s and 6s)

- Concerned with the expectations of others
- Dependable
- Move towards others
- Orientation to time: present

### Withdrawing Stance (4s, 5s and 9s)

- Often introverted or feel they don't fit in with others
- Often slow to act
- Move away from others
- Orientation to time: past

## FINDING YOUR NUMBER

A few helpful tips:

- Eliminate the numbers that do NOT describe you.
- Look at the numbers that most resonate with you. Then, notice where they might overlap. Consider which triads best describe the way you see and interact with the world. Any overlap between the triads and the numbers?
- Look for any shared lines between the numbers you resonate with.
- Are the numbers you resonate with beside each other?
- Keep asking yourself: What MOTIVATES your behavior? Why do you do the things you do?
- Don't rely on Enneagram tests.

## WHAT COMES NEXT?

If you're unsure about your number:

- Check out the resources in the back of this workbook, particularly Suzanne Stabile's book "The Road Back to You."
- Listen to podcasts of interviews with people who characterize numbers you think you might be.
- Consider taking the online class "Know Your Number", taught by Suzanne Stabile.

If you already know your number:

- Consider reading Suzanne Stabile's book "The Path Between Us" to guide you in using your number in relation to others.
- Listen to podcasts to learn more about your number.
- For your marriage: consider reading "Becoming Us" by Beth McCord, which is specifically about utilizing the Enneagram to strengthen your marriage. Alternatively, you can take her online classes hosted on her website, The Enneagram Coach.

## RECOMMENDED RESOURCES

### BOOKS:

- "[The Road Back to You: An Enneagram Journey to Self Discovery](#)" by Suzanne Stabile and Ian Morgan Cron
- "[The Path Between Us: An Enneagram Journey to Healthy Relationships](#)" by Suzanne Stabile
- "[The Journey Toward Wholeness: Enneagram Wisdom for Stress, Balance and Transformation](#)" by Suzanne Stabile
- "[Becoming Us](#)" by Beth & Jeff McCord
- "[Self to Lose, Self to Find](#)" by Marilyn Vancil
- "[Spiritual Rhythms for the Enneagram](#)" by Adele & Doug Calhoun

### ONLINE RESOURCES / COURSES:

- [YourEnneagramCoach.com](http://YourEnneagramCoach.com)
- [SuzanneStabile.com](http://SuzanneStabile.com) (with links to her online and mp3 classes)
- [Fellowship Paragould's Enneagram Spiritual Formation Plan](#)

### PODCASTS:

- "[Road Back to You](#)" (interviews with people of different Enneagram types about what it's like to be that type)
- "[Enneagram Journey](#)" (Suzanne Stabile)
- "[Typology](#)" (Ian Cron)

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