

ENNEAGRAM TYPES

Enneagram Ones – The Reformer

Enneagram Ones are motivated by principles and integrity. They have a need to be good and right.

They strive for perfection and self-control. They can be self-accepting, tolerant, and discerning but as they go down the levels they can lean toward being judgmental, and uncompromising.

Enneagram Two – The Helper

Enneagram Twos want to feel liked and appreciated. Twos value relationship and as a result kindness, generosity and self-sacrifice are important to them.

Twos want to make the world a more loving place, primarily by offering support and attention to those they care about. As they go down the levels they can flatter and manipulate to get what they need due to a deep belief that they are not loved for who they are.

Enneagram Three – The Achiever

Enneagram Threes value achievement and want to be the best. They strive for success and tend to be flexible and will adapt in order to achieve their goals.

Threes are hard-working and principled at their best and enjoy motivating others to invest in their own self-development. Going down the levels, the Three's need for achievement may seem self-important. This stems from a sense of self-worth that is built on what the Three does, rather than who they are.

Enneagram Four – The Individualist

Enneagram Fours have a need to express their uniqueness and be authentic. Fours value individualism and as a result, feelings, self-expression and purpose will be important to them.

Fours offer the gift of equanimity and authenticity to themselves and the world. As they go down the levels, Fours may feel misunderstood, while others experience them as moody and temperamental. This pattern comes from the Four's acute awareness of their own wounds and flaws.

Enneagram Five – The Investigator

Enneagram Fives are motivated to know and understand. Fives value making sense of the world around them and, as a result, objectivity and knowledge are important to them.

Fives can be visionary and mindful. They have the ability to be non-attached to themselves and the world. Down the levels, others may experience a Five as stingy, intellectually arrogant and disconnected from their heart. They can retreat into their mind to avoid feeling intruded upon.

Type Six – The Loyalist

Enneagram Sixes want security and belonging, as this stems from the need to be safe and prepared. Loyalty and trust are very important to Sixes. They want to be responsible and prepared at all times.

Healthy Sixes are courageous and connected to a sense of inner knowing, offering the gift of devotion and trust to themselves and the world around them. Down the levels Sixes can worry excessively, fear letting down their guard and may seem anxious, suspicious or doubting.

Type Seven – The Enthusiast

Enneagram Sevens have a desire to experience life to the fullest and avoid pain. Sevens value a sense of freedom and focus on optimism, being inspired. Sevens approach life as an adventure and appreciate being playful and spontaneous.

Sevens at their best are able to embrace sobriety and become present to themselves and the world around them. Down the levels, they may seem impulsive, uncommitted and unfocused. They on their search for fulfilment and a fear of missing out.

Type Eight – The Challenger

Enneagram Eights have a need to be strong and avoid showing vulnerability. They value having a sense of control and being direct and impactful. Eights love challenges and will embody a need for justice which enables them to protect others.

Healthy Eights are experienced by others as strong, deeply caring and approachable. Going down the levels however, others will experience Eights as domineering, aggressive and lustful.

Type Nine – The Peacemaker

Enneagram Nines have a need to be settled and in harmony with the world and, as a result, being accommodating and accepting are important to them. They long for a peaceful existence and appreciate stability, and avoid conflict.

Healthy Nines are experienced as self-aware and vibrant. They offer the gift of right, sustainable action to themselves and the world around them. Down the levels Nines procrastinate, can be stubborn and self-denying. They tend to go along to get along and the eventual discomfort that goes with this strategy is not satisfying.