



OVERVIEW

The enneagram is a personality typing system with possible roots in 4th century Christianity and a modern tool to help us identify and discover how to live into our true selves. This is less of a strict personality test, and more of a way to discover how we were made to love others, God and ourselves. This tool can provide us with self-awareness of how we perceive and engage the world around us.

The nine personality types of the Enneagram are not static categories: they reflect our change over time. The inner lines of the Enneagram connect the types in a sequence that denotes what each type will do under different conditions. Each type is connected with two other types. One line connects with a type that represents how a person behaves when they are moving toward health and growth (Direction of Integration). The other line goes to another type that represents how the person is likely to act out if they are under increased stress and pressure—when they feel they are not in control of the situation (Direction of Disintegration). In other words, different situations will evoke different kinds of responses from your personality. You will respond or adapt in different directions, as indicated by the lines of the Enneagram from your basic type. Another way to view this in terms of our spiritual formation is that integration is when we live in and through the Holy Spirit and disintegration is when we live without the guidance of the Holy Spirit.

(from The Enneagram Institute website)

Examples:

- 9 (Peacemaker) — integrates towards healthy 3 and disintegrates towards unhealthy 6
- 2 (Helper) - integrates towards healthy 4 and disintegrates towards unhealthy 8

SUMMARY OF ENNEAGRAM TYPES *(from ECC Vocational Excellence training)*

1 - The Reformer (perfectionist) [GOODNESS]

high standards, see what's wrong, quality control, 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's expected, complete projects, 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

ENNEAGRAM 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

Podcasts:

- The Road Back to You - <http://theroadbacktoyou.com>
- The Liturgists - <http://www.theliturgists.com/podcast/2016/8/23/the-enneagram-episode-37>

Online Inventories:

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