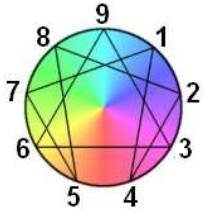


# The Enneagram: A tool for the journey on the path to transformation

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The **Enneagram** is a model of human personality that can help us discover truths about ourselves which lead to greater self-understanding. Discovering these things can move us on a path of personal transformation, as well as to awareness and grace within our community.

The Enneagram is an ancient tradition for discernment and spiritual direction with pre-Christian, early Christian, and Mystical Islam (Sufi) roots; it also resonates with aspects of modern psychology. It is a way to describe the process toward spiritual maturity that resonates across many cultures and religious traditions.

The Enneagram can demystify, make practical, and wipe out the shame that Christians often associate with the words of our faith: sin, salvation, holiness, conversion, repentance, and grace. The Enneagram offers a draft of the essential architecture of our ego. A reflective tool, it allows each of us to see ourselves in the mirror of the description of one of the nine types.

It may take time to discern the one that is your “home base.” But once you find your dominant type, the Enneagram can help identify characteristic mistakes of thinking, feeling, action, and perception. These mistakes cause us to “miss the bull’s eye,” which is the meaning of the word “sin.”

The Enneagram also helps point out our “dead ends” and our “sure paths.” It is the great equalizer because no type is superior to or more morally correct than another. It helps us along “the hard, stony path of conversion” as we realize with humility that much of what we do, we do for ourselves, in our passion for self-preservation.

## Personality Triads

There are three personality “triads” (categories), each consisting of three personality types.

### Feeling Triad

Heart energy dominates. They perceive first the feeling content of reality. Core drive: social contact, approval, and self-esteem.

- Type 2: The Helper
- Type 3: The Motivator
- Type 4: The Individualist

### Thinking Triad

Mind energy dominates. They perceive first what their senses observe. Core drive: security.

- Type 5: The Investigator
- Type 6: The Loyalist
- Type 7: The Enthusiast

### Instinctive Triad

Gut energy dominates. They perceive first what they “smell” (literally and instinctively) and hear. Core drive: power and control.

- Type 8: The Leader
- Type 9: The Peacemaker
- Type 1: The Reformer

## The Nine Personality Types

These are descriptions of the nine personality types within the triads.

- **Type 2 (Helpers)** are caring, generous, possessive, and manipulative.
- **Type 3 (Motivators)** are adaptable, ambitious, image-conscious, and hostile.
- **Type 4 (Individualists)** are intuitive, expressive, self-absorbed, and depressive.
- **Type 5 (Investigators)** are perceptive, original, detached, and eccentric.
- **Type 6 (Loyalists)** are engaging, committed, defensive, and paranoid.
- **Type 7 (Enthusiasts)** are enthusiastic, accomplished, uninhibited, and manic.
- **Type 8 (Leaders)** are self-confident, decisive, dominating, and combative.
- **Type 9 (Peacemakers)** are peaceful, reassuring, complacent, and neglectful.
- **Type 1 (Reformers)** are principled, orderly, perfectionist, and self-righteous.

## 1. What We Want Most

### Feeling Triad

- **Type 2 (Helpers)** want to be loved, to express our feelings for others, to be needed and appreciated, to get other to respond to them.
- **Type 3 (Motivators)** want to be valuable and worthwhile, to be affirmed, to distinguish themselves, to have attention, to be admired, and to impress others.
- **Type 4 (Individualists)** want to be ourselves, to withdraw to protect our feelings, to take care of our emotional needs before attending to anything else.

### Thinking Triad

- **Type 5 (Investigators)** want to be capable and competent, to master a body of knowledge and skill, to explore reality, to remain undisturbed by others, to reduce our needs.
- **Type 6 (Loyalists)** want to have security, to feel supported, to have the approval of others, to defend their beliefs.
- **Type 7 (Enthusiasts)** want to be happy and satisfied, to have a wide variety of experiences, to keep our options open, to enjoy life, to escape anxiety.

### Instinctive Triad

- **Type 8 (Leaders)** want to be self-reliant, to resist our weakness, to have an impact on the environment, to assert ourselves, to stay in control.
- **Type 9 (Peacemakers)** want to have serenity and peace of mind, to create harmony in their environment, to preserve things as they are, to avoid conflicts and tension.
- **Type 1 (Reformers)** want to be right, to strive higher and improve others, to be consistent with our ideals, to justify our selves.

## 2. What We Naturally Avoid

### Feeling Triad

- **Type 2 (Helpers)** avoid our own needs and feelings.
- **Type 3 (Motivators)** avoid feelings of failure.
- **Type 4 (Individualists)** avoid ordinariness.

### Thinking Triad

- **Type 5 (Investigators)** avoid emptiness.
- **Type 6 (Loyalists)** avoid breaking the rules (internal or external authority).
- **Type 7 (Enthusiasts)** avoid pain.

### Instinctive Triad

- **Type 8 (Leaders)** avoid weakness
- **Type 9 (Peacemakers)** avoid conflict
- **Type 1 (Reformers)** avoid condemnation

## 3. How We Typically Avoid It

### Feeling Triad

- **Type 2 (Helpers)** repress personal feelings and needs.
- **Type 3 (Motivators)** identify with a successful group.
- **Type 4 (Individualists)** use artistic expression.

### Thinking Triad

- **Type 5 (Investigators)** withdraw from others.
- **Type 6 (Loyalists)** attribute negative traits to others.
- **Type 7 (Enthusiasts)** refuse to feel or recognize pain.

### Instinctive Triad

- **Type 8 (Leaders)** deny weakness.
- **Type 9 (Peacemakers)** numb themselves with externals.
- **Type 1 (Reformers)** use moral superiority.

## 4. When We Are Unhealthy in Mind, Body, or Spirit, We ...

### Feeling Triad

- **Type 2 (Helpers)** become enraged when helpfulness is not acknowledged or directions for fixing problems are not followed.
- **Type 3 (Motivators)** endlessly perform, attack others when not successful.
- **Type 4 (Individualists)** reject all conformity, can become stuck in depression and unwilling to accept help.

### Thinking Triad

- **Type 5 (Investigators)** become closed off and can take without giving.
- **Type 6 (Loyalist)** are unable to trust, or conversely, follow blindly, cannot accept praise.
- **Type 7 (Enthusiast)** refuse to feel or recognize pain or wrongness in a situation.

### Instinctive Triad

- **Type 8 (Leader)** rage, retaliate, become paranoid.
- **Type 9 (Peacemakers)** avoid conflict at all costs, can easily become substance abusers.
- **Type 1 (Reformers)** punish self or others, easily become cynical.

## 5. When We Are Healthy in Mind, Body, or Spirit, We ...

### Feeling Triad

- **Type 2 (Helpers)** reach out to others without expectation, experience healthy solidarity with sufferers, and take care of ourselves.
- **Type 3 (Motivators)** give up building our own “kingdoms” and accept our failures as a path to success.
- **Type 4 (Individualists)** experience emotional balance and understand others’ depth of feelings.

### Thinking Triad

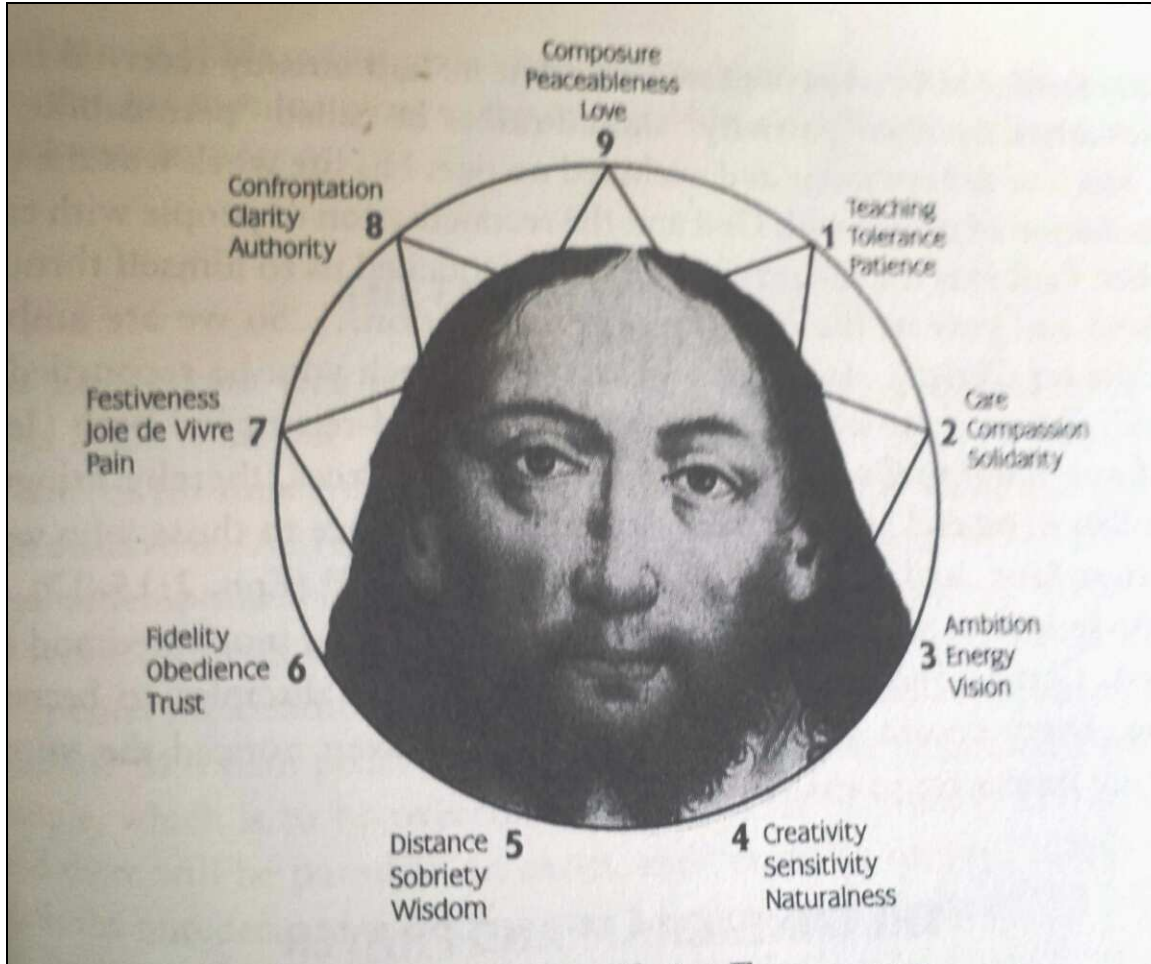
- **Type 5 (Investigators)** are authentically wise and open to others, translate thought into action.
- **Type 6 (Loyalists)** are very courageous, can be trusting and can be counted on to do everything in their power for what they think is right.
- **Type 7 (Enthusiasts)** are full of joy and optimism while acknowledging pain and ugliness.

### Instinctive Triad

- **Type 8 (Leaders)** work on our inner lives, are fearless warriors for justice and mercy.
- **Type 9 (Peacemakers)** know what we want, can be decisive and build unity.
- **Type 1 (Reformers)** accept other ways as being correct, mature out of all or nothing thinking, play, celebrate and enjoy life.

## 6. The Enneagram and Jesus

How does my type reflect the image of God?



## Key Points to Remember

By depending on our personality type . . . we often fail to achieve our heart's desire.

- **Types 2 (Helpers)** spend our whole lives searching for love from others and still feel we are unloved.
- **Type 3 (Motivators)** endlessly pursue achievement and recognition but still feel worthless and empty.
- **Type 4 (Individualists)** spend our entire lives trying to discover the meaning of our personal identity and still do not know who we are.
- **Type 5 (Investigators)** endlessly accumulate knowledge and skills to build up our confidence but still feel helpless and incapable.
- **Type 6 (Loyalists)** toil endlessly to create security for ourselves and still feel anxious and fearful about the world.
- **Type 7 (Enthusiasts)** look high and low for happiness but still feel unhappy.
- **Type 8 (Leaders)** do everything in our power to protect our selves and our interests but still feel vulnerable and threatened.
- **Type 9 (Peacemakers)** sacrifice a great deal to achieve inner peace and stability but still feel ungrounded and insecure.
- **Type 1 (Reformers)** strive to maintain personal integrity but still feel divided and at war with ourselves.

## Summary

- The Enneagram shows us the chief features of our inner landscape. Where do we expend our energy? What is the focus of our attention? What is our key motivator? How do we try to satisfy our longings?
- We need to acknowledge and understand our inner states, so that we can move beyond them. A process of self-discovery.
- Each type has a 'false' belief . . .if \_\_\_\_\_, then I can be satisfied/fulfilled/happy. This is where and how we focus our attentions.

## For More Details ...

Maybe you were able to guess what type you are ... or maybe not. If the concept of the Enneagram intrigues you, you may want to take an online test to determine your dominant personality type. Feel free to visit the following website—the cost for the 144-question test is only \$10.00:

<http://www.enneagraminstitute.com/discover.asp?flash#.U-LtH6OyOck>