



“Before we become conscious of who we really are, we must become conscious of the fact that the person we think we are, here and now, is at best an imposter and a stranger.”

-Thomas Merton

What is the Enneagram?

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The Enneagram (Ennea=9, Gram=Diagram) is simply a map for self-discovery and personal growth based on 9 basic personality types. The personality comes from the Greek for mask (persona). The Enneagram accurately and clearly describes why you think, feel and behave in particular ways based upon your core fears and core desires.

The power of the Enneagram is in its ability to harness and transform self-limiting behaviors into life-enhancing personal empowerment.

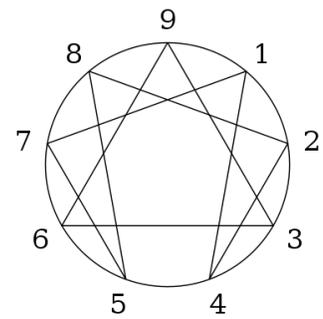
The gift of the Enneagram is that through self-discovery, one can create and sustain meaningful and lasting relationships with others, God and themselves.

Origins

Versions of the Enneagram are found in multiple different spiritual, oral, mathematical and philosophical traditions. Some authors claim strong Sufi roots, while others point to connections to early esoteric Christianity.

Oscar Ichazo (born 1931) is generally recognized as the principal source of the contemporary Enneagram of Personality which is largely derived from some of Ichazo's teachings, such as those on ego-fixations, holy ideas, passions and virtues. Claudio Naranjo (1932-2019) was a Chilean-born psychiatrist who first

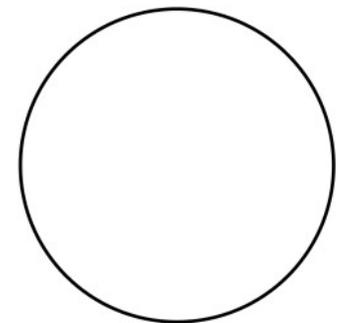
learned about the Enneagram of Personality from Ichazo at a course in Arica, Chile. He then began developing and teaching his own understanding of the Enneagram in the United States in the early 1970s, influencing others including some Jesuit priests who adapted the Enneagram for use in Christian spirituality. Ichazo disowned Naranjo and the other teachers on what he felt were misinterpretations and uses of the Enneagram. Among Naranjo's early students there are also differing understandings of Enneagram theory. Numerous other authors, including Helen Palmer, Don Richard Riso, Richard Rohr and Elizabeth Wagele, also began publishing widely read books on the Enneagram of Personality in the 1980s and 1990s.



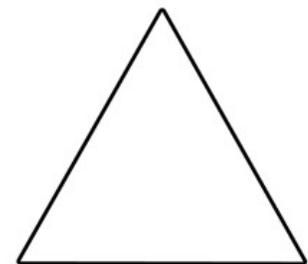
The Figure

The enneagram figure is usually composed of three parts; a circle, an inner triangle (connecting 3-6-9) and an irregular hexagonal "periodic figure" (connecting 1-4-2-8-5-7).

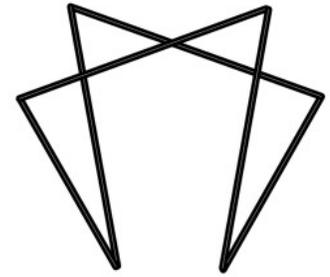
A Circle, representing the Oneness of life, and the container within which we as humans live out the context of our lives. It represents the Wholeness of a humans, before we were seemingly fragmented by ego and after we have become aware that we have never lost that Wholeness.



A Triangle, representing what is known as the Law of Threes, which states that every whole phenomenon is composed of three separate sources: the Active, the Passive and the Neutral. It's easy to find examples of the Law of Threes: Father, Son, and Holy Spirit is one. Another is the concept of The Perceiver, the Act of Perceiving, and The Perceived. In his Fourth Way teachings, George Gurdjieff applied the Law of Three in a process of transformation which required, as he saw it, affirmation, denial, and reconciliation.

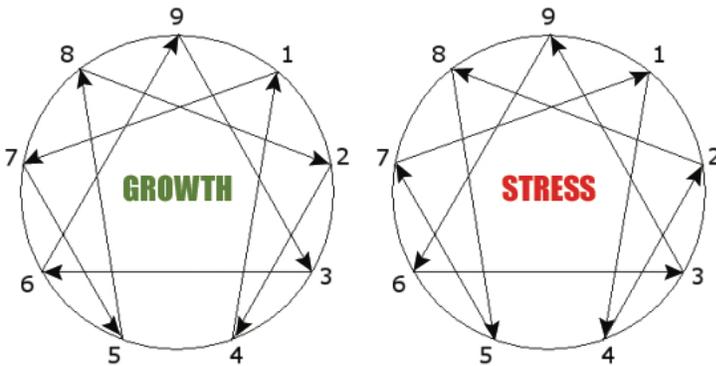


And lastly, the **Hexad**, a six pointed figure that follows seven points from beginning through six changes in momentum, and then back to its origin, which is the seventh point. The Hexad represents the Law of Seven, which considers the path of movement toward and away from anything in our world as not a straight line, but rather periods along the journey of striving, failing, and striving again...a rising and falling of energies along the path. The Hexad has its origins in Sufi tradition.



What do the lines mean?

The relationship of the number and the lines in the diagram represent how each personality changes under moments of growth or stress. For instance, a 9 during times of growth will shed some of its "sloth" ways and embrace some of the action and performance of a 3. Under stress it can begin to take on some of the fear based worse case thinking of 6.



The Triads

Each number is in one of three different triads

Gut Triads (8,9,1) When you encounter life your first reaction is to do something. Tend to act before thinking. Anger is always waiting beneath the surface

Heart Triads (2,3,4) When you encounter life, your first reaction is to feel something. Tends to be overly emotional. Shame is always waiting beneath the surface.

Head Triad (5,6,7) When you encounter life, your first reaction is to think and plan. Tends to overthink things. Fear is always waiting beneath the surface.

How do I find my number?

There is much debate on this with most of the experts saying the best way is to study each of the types, contemplate each types characteristics and discuss with a coach or counselor which type you feel best relates to you. This process could take a number of months and in our world few people are willing to invest that much for some possible payoff.

Another method, the one I chose and recommend to others, is to take an online test which will give you a few ideas about possible numbers. There are paid tests and of course free ones each with different degrees of accuracy, time requirements, and calculations. Here are a few that I can recommend:

Free:

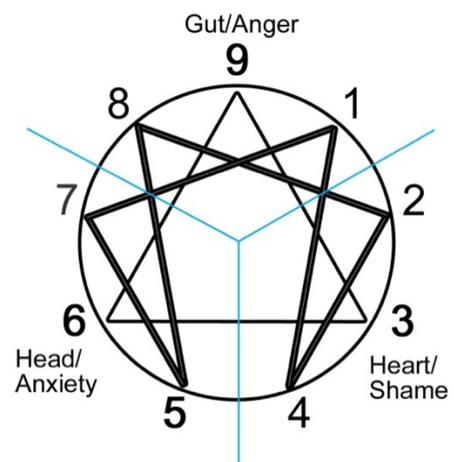
<https://enneagram.bz/en> 20 minutes

<http://davesenneagram.com/test/composite-enneagram-test> 20 minutes

<https://www.eclecticenergies.com/enneagram/dotest> 15 minutes

Paid

<https://tests.enneagraminstitute.com> \$12 it is the only independently validated Enneagram assessment available.



<https://ianmorgancron.com/assessment> This one is by the author of The Road Back to You and is pretty extensive, accurate and has all the bells and whistles...but is going to cost you.

Questions

1. Which of the 9 types sound most like you and why?
2. Is there something about that type that makes you feel especially uncomfortable or embarrassed?
3. Is there something about that type that delights you?
4. Every triad struggles with a particular difficult emotion. Can you think of a time in your life when you were dealing with the emotion that is associated with your triad? How did that play out?
5. What is the default behavior you employ when you are anxious or stressed? In what ways is this behavior healthy or unhealthy?
6. In the road back to you Cron states "We don't know ourselves by what we get; we know ourselves by what we get wrong." What is something you learned about yourself from a time where our darker side surfaced?
7. What do you wish people knew or understood about you (your number)?
8. "Every number on the Enneagram reveals and teaches us something about the characteristics of the God who made us." In what way do you think your number reflects some aspect of God?
9. What number do you wish you were on the Enneagram?
10. What action can you take as a result of what you have learned about yourself?

Type	Characteristic role	Ego fixation	Holy idea	Basic fear	Basic desire	Temptation	Vice/Passion	Virtue	Stress/ Disintegration	Security/ Integration
1	Reformer, Perfectionist	Resentment	Perfection	Corruptness, imbalance, being bad	Goodness, integrity, balance	Hypocrisy, hypercriticism	Anger	Serenity	4	7
2	Helper, Giver	Flattery (Ingratiation)	Freedom, Will	Being unloved	To feel love	Deny own needs, manipulation	Pride	Humility	8	4
3	Achiever, Performer	Vanity	Hope, Law	Worthlessness	To feel valuable	Pushing self to always be "the best"	Deceit	Truthfulness, Authenticity	9	6
4	Individualist, Romantic	Melancholy (Fantasizing)	Origin	Having no identity or significance	To be uniquely themselves	To overuse imagination in search of self	Envy	Equanimity (Emotional Balance)	2	1
5	Investigator, Observer	Stinginess (Retention)	Omniscience, transparency	Helplessness, incapability, incompetence	Mastery, understanding	Replacing direct experience with concepts	Avarice	Non-Attachment	7	8
6	Loyalist, Loyal Skeptic	Cowardice (Worrying)	Faith	Being without support or guidance	To have support and guidance	Indecision, doubt, seeking reassurance	Fear	Courage	3	9
7	Enthusiast, Epicure	Planning (Anticipation)	Wisdom, Plan	Being unfulfilled, trapped, deprived	To be satisfied and content	Thinking fulfillment is somewhere else	Gluttony	Sobriety	1	5
8	Challenger, Protector	Vengeance (Objectification)	Truth	Being controlled, harmed, violated	Self-protection	Thinking they are completely self-sufficient	Lust (Forcefulness)	Innocence	5	2
9	Peacemaker, Mediator	Indolence (Daydreaming)	Love	Loss, fragmentation, separation	Wholeness, peace of mind	Avoiding conflicts, avoiding self-assertion	Sloth (Disengagement)	Action	6	3

TYPE	DO'S	DON'TS
TYPE 1	<ul style="list-style-type: none"> • Thank me for what I do • Ask my advice • Help me to have fun 	<ul style="list-style-type: none"> • Say I'm irresponsible • Let me do all the work • Question my integrity
TYPE 2	<ul style="list-style-type: none"> • Appreciate my helpfulness • Ask me about myself • Let me know you care 	<ul style="list-style-type: none"> • Take me for granted • Be cold or indifferent • Make me feel left out
TYPE 3	<ul style="list-style-type: none"> • Tell me you are proud of me • Love me for who I am • Be direct and concise 	<ul style="list-style-type: none"> • Be overly emotional • Point out my failures • Interrupt my work
TYPE 4	<ul style="list-style-type: none"> • Compliment me • Respect my intuition • Share your own feelings 	<ul style="list-style-type: none"> • Be crude or rude • Tell me to "get over it" • Wear a false front
TYPE 5	<ul style="list-style-type: none"> • Be independent • Be straightforward • Be warm but not gushy 	<ul style="list-style-type: none"> • Be intrusive • Come on too strong • Rush me
TYPE 6	<ul style="list-style-type: none"> • Be clear about expectations • Reassure me that we are ok • Be supportive 	<ul style="list-style-type: none"> • Overreact when I do • Change plans unexpectedly • Let me down
TYPE 7	<ul style="list-style-type: none"> • Have fun with me • Appreciate my spontaneity • Enjoy my grand visions 	<ul style="list-style-type: none"> • Be clingy or needy • Ask me to tedious things • Micromanage me
TYPE 8	<ul style="list-style-type: none"> • Stand up for yourself • Be direct • Share your tender side 	<ul style="list-style-type: none"> • Take my anger personally • Betray my trust • Try to fence me in
TYPE 9	<ul style="list-style-type: none"> • Be patient with me • Ask me what I like/ don't like • Hug me often 	<ul style="list-style-type: none"> • Pressure or hurry me • Confront me harshly • Take advantage of my kindness

Things Ones Can Do To Help Themselves Grow

1. Use resentment and suppressed anger and guilt as clues to your denied wants and needs.
2. Appreciate that there is more than one right way to do things and that others' "wrong" ways simply represent individual differences in approach.
3. Learn to accept and forgive imperfections in yourself and others.
4. Find a friend or therapist who can help you depersonalize issues for which you are blaming yourself or others.
5. Join a group which encourages expression of immediate emotions, including anger, in a safe environment.
6. Notice your thinking in terms of either/or, right/wrong and include more sides to the story.
7. Notice how you may procrastinate if you are worried about getting everything right down to the detail.
8. Take time to observe the critical mind in action, and dis-identify with it – use it to remind yourself of your achievements and skills.
9. Put play, pleasure and relaxation on your list of "oughts" until you can allow them for their own sake.
10. Make "harmless" mistakes on purpose and notice the effect. Ask yourself if making a small mistake is really such a big deal.

Things Twos Can Do to Help Themselves Grow

1. Notice how easily your attention goes out to sensing needs of special others and your associated feelings of pride and self-importance in being able to meet those needs. Unfortunately, pride prevents you from admitting to yourself that you have real needs too.
2. Notice how much you crave love, approval, appreciation and attention when you give. Practice being a "disinterested altruist" and give for the pure joy of giving.
3. Realize that denying your own need to provide for others and altering your personality to get someone to like you are self-defeating behaviors. Being loved does not depend on changing yourself for others or denying your own needs.
4. Practice spending time alone, developing independent activities and bringing your attention back into yourself. Notice the anxiety it causes and the desire to focus out again.
5. Tell people what you need, and learn to enjoy receiving without feeling the need to give back.
6. Use anger and rising distress as signals that you are not meeting your own needs.
7. Constantly ask yourself, "what do I really want, what really is important to me (recognizing this may produce anxiety)."
8. Notice your own achievements and innate self-worth.
9. Practice setting limits and boundaries by saying no to requests from others, when appropriate.
10. Notice when your helpfulness may seem intrusive or controlling to others.

Things Threes Can Do to Help Themselves Grow

1. Stop from time to time and ask yourself, "What am I feeling?" Let your real emotions surface rather than denying them to be more productive.
2. Learn to moderate your pace. Take time to slow down and detach from performance and goals.
3. Practice looking inward for your own identity apart from success and the expectations of others.
4. Set limits and boundaries on work.
5. Ask trusted friends to tell you when they feel you're being inauthentic or fudging the truth to impress someone or make yourself look good. Ask yourself, "Is this who I am, or am I going for the image?"
6. Really allow yourself to listen and be receptive.
7. Realize that love comes from being, not from doing and having.
8. Work on valuing empathy and connection as highly as status. Be more patient in dealing with your own and others' feelings.
9. Ask yourself what really matters to you, in your work and leisure, and make time to pursue it.

Things Fours Can Do to Help Themselves Grow

1. Notice your attention going to what is missing and longed for in your life and learn to value what is positive in your life right now.
2. Maintain a consistent course of action despite fluctuating and intense feelings and delay reacting until intense emotions begin to subside. Letting your strong feelings run the show only leads to inaction and more suffering.
3. Discover in yourself the qualities which you envy in others.
4. Participate in body-based activity and learn to ground yourself.
5. Remind yourself that when feelings of abandonment, rejection and insignificance come up, they are just perpetuated habits of mind from childhood and can be let go of, if you truly want to end your own suffering. The truth is that we are loved and completely whole at all times, under all circumstances, even painful ones.
6. Learn to value the ordinary, mundane aspects of life rather than wishing life were more dramatic, exciting, intense, romantic and emotionally fulfilling.
7. Recognize that being self-absorbed, temperamental and feeling special are the addictive substitutes for loss and feelings of abandonment. If you focus on genuinely connecting with other people (rather than feeling "different") you will feel more accepted and less misunderstood.

Things Fives Can Do to Help Themselves Grow

1. Participate in body-based activity and learn to ground yourself.
2. Allow yourself to experience your feelings in the here-and-now instead of detaching and retreating into your mind.
3. Join a group which encourages self-disclosure, like gestalt therapy or oral tradition Enneagram workshops.
4. Notice how secrecy and intellectual superiority create separation and with drawing and withholding invite intrusion.
5. Cultivate more here-and-now behavior, particularly allowing yourself luxuries.
6. Notice how much you like to control your space/time/energy and manipulate others by restricting what and when you will give. Start to allow the control to drop.
7. Find ways to engage in conversation, to express yourself, and to reveal personal matters.
8. Take action, realizing that you have ample energy and support to carry it off.

Things Sixes Can Do to Help Themselves Grow

1. Accept that some uncertainty and insecurity are a natural part of life. Notice how your doubts and mistrust can stress you and ruin relationships. Practice trusting and having faith in yourself, others and the universe.
2. Learn to be and act as your own authority rather than looking to others.
3. Take up exercise (if you are not already doing it regularly) to help bring your awareness into your body and out of your head.
4. Ask yourself, "Am I imagining this? Is it a genuine intuition or a projection?" Check out your fears and concerns with trusted friends to get a reality check.
5. Notice how often you stay busy as away to reduce awareness of anxiety.
6. When you feel apprehensive, anxious, or fearful (phobic) – or tense, hyper, or challenging (counterphobic) – center and ground yourself by breathing deeply. Then, move ahead with positive action in spite of the presence of fear.
7. Use your imagination to create pleasant options rather than letting worst case scenarios dominate your thinking.
8. Project threatening scenarios to the ludicrous limit so you can defuse your anxiety and laugh at them.
9. Notice how you tend to doubt your own capacities and decisions. Take time to remember past successes and accomplishments and develop more belief in yourself.

Things Sevens Can Do to Help Themselves Grow

1. Notice the boredom factor for you in personal growth and consciously choose to stick with something rather than changing constantly.
2. Practice accepting and fully living in the present moment whether painful or pleasurable, stimulating or boring.
3. Practice working on one thing at a time until it is completed.
4. Appreciate more deeply the feelings and concerns of others.
5. Recognize whether you are seeking pleasurable experiences for their own sake or whether you are escaping from a painful situation or from responsibilities that constrain your freedom or deprive you.
6. Notice how you tend to rationalize and put a positive reframe on most situations, particularly when you want to avoid criticism, confrontation or pain. Realize that it is limiting to seek just the positive and avoid the negative. Learn to deal with pain, fear, restlessness, criticism and conflict rather than trying to escape from them.

Things Eights Can Do to Help Themselves Grow

1. Practice waiting and listening before taking action as a way to moderate your impatience and impulsivity.
2. Allowing yourself to experience vulnerability, innocence and tender feelings does not mean you are weak. On the contrary. It actually shows you are strong enough to let down some of your habitual defenses that prevent you from connecting with people in an authentic way.
3. Pay more attention to the impact your intensity has on others. Ask your friends from time to time if you are being too much.
4. Start to question whether excessive behaviors are a way of concealing and forgetting your real priorities.
5. When you find yourself getting extremely angry at someone or some injustice, allow yourself to relax, breathe deeply and quiet your body and mind instead of reflexively starting to fight.
6. Write down and review insights about yourself as a way of opposing self-forgetfulness and denial.
7. Learn to appreciate the mundane, the mild and the moderate aspects of life.
8. Practice delaying gratification and stimulation.
9. Utilize adversarial situations as a beginning for compromise and win-win solutions.

Things Nines Can Do to Help Themselves Grow

1. Start a daily practice of previewing (at the beginning of the day) what is important to you and reviewing (at the end of the day) how well you did with this practice.
2. Use your frustration/anger when you feel discounted by someone to remind yourself that what you have to say really does matter. Take a personal position on issues that are important to you.
3. Notice feelings you may be blocking out when you turn from your real priorities to substitutes, such as TV, food, errands, or chores.
4. Notice when you get distracted or obsessive, what the accompanying feelings were/are, and start to let yourself feel them through.
5. Avoid belittling yourself and making others more important or more intelligent.
6. Decide on goals, make action plans with clear time frames, and enlist support in sticking to them. Notice when your prolonged ruminating keeps you from setting priorities and taking action on them.
7. Notice your stubbornness and passive resistance, and start to state what you need directly or what you disagree with.
8. Accept some discomfort and change as a natural part of life.

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