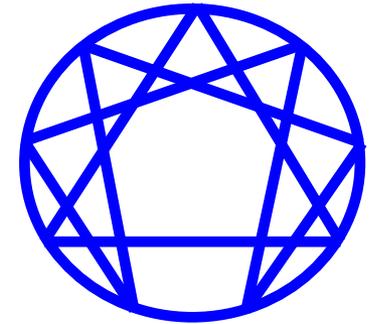


# The Enneagram Overview



- A geometric figure that maps out nine fundamental personality types of human nature and their complex interrelationships
- A development of modern psychology that has roots in spiritual wisdom from many different ancient traditions
- Our basic type reveals the psychological mechanism by which we forget our true nature – our essence.
- Mechanism of the personality is set in motion by what we call the Basic Fear of each type. To compensate for the Basic Fear, a Basic Desire arises.
- Work with the Enneagram begins when you identify your type and begin to understand its dominant issues; a *process* of self-understanding and self-discovery

# The Enneagram

The Peacemaker

9

The Challenger 8

1 The Idealist

The Enthusiast

7

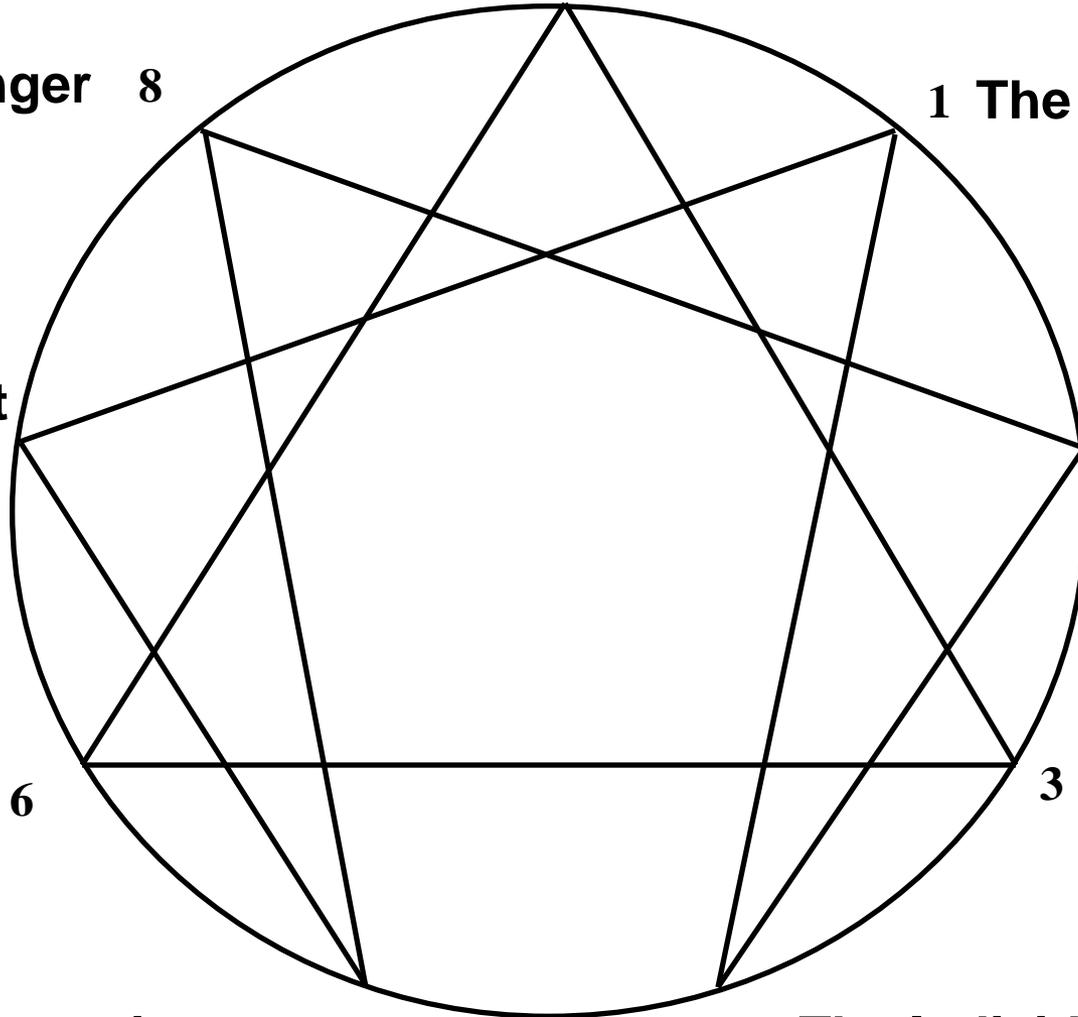
2 The Helper

The Loyalist 6

3 The Achiever

The Investigator 5

4 The Individualist

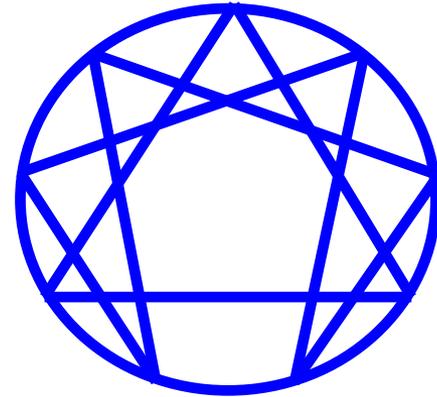


# A Rich and Dynamic System

- **9 Numbers**
- **Wings**
- **Levels of development**
  - **Healthy**
  - **Average**
  - **Unhealthy**
- **Subtypes/Instincts**
  - **Self-preservation**
  - **Attraction**
  - **Social**
- **Direction of integration / disintegration**

# For each number...

- **Basic Fear**
- **Basic Desire**
- **Levels of development**
  - At their best
  - Average
  - Worst
- **Sense of self**
- **Superego message**
- **Wrong turn/wake-up call**
- **Key motivations**
- **Likely famous people of that type**



# One The Idealist

- **Basic fear:** Of being bad or wrong
- **Basic desire:** To be right, good, virtuous
  
- **At their best:** Rational, principled, idealistic, conscientious, productive
- **Average:** Reform-minded, perfectionist, orderly, emotionally constrained
- **Worst:** Self-righteous, inflexible, judgmental, hypocritical
  
- **Sense of self:** “I am a reasonable, objective person.”
- **Superego message:** You are good or okay if you do what is right.
- **Wrong turn/wake-up call:** To be constantly evaluating; Feeling a sense of personal obligation to fix everything themselves; To be right in everything
  
- **Key motivations**
  - To live up to high moral standards
  - To be excellent and efficient in all that they do
  - To be fair in their dealings with others
  - To make the world a better place
  
- **Likely Famous Ones:** Al Gore, Hillary Clinton, Gandhi, Margaret Thatcher, Bill Moyers, Katherine Hepburn, Martha Stewart, Ralph Nader, Thomas Jefferson, Sandra Day O'Connor, Jerry Brown, Joan Baez, Kenneth Starr, “The Church Lady” (Saturday Night Live)

# Two The Helper

- **Basic fear:** Of being unloved or unwanted for themselves alone
- **Basic desire:** To feel loved
  
- **At their best:** Empathetic, concerned, generous, nurturing
- **Average:** Effusive, gives to get, presumptuous, intrusive
- **Worst:** Possessive, manipulative, domineering
  
- **Sense of self:** “I am a caring, loving person.”
- **Superego message:** You are good or okay if you are loved by others and are close to them.
  
- **Wrong turn/wake-up call:** Emotional attention shifts to others; Believing they must go out to others to win them over; Giving their value away to others
  
- **Key Motivations:**
  - To give and get unconditional love
  - To be needed and appreciated
  - To be rewarded for their good intentions
  
- **Likely Famous Twos:** Eleanor Roosevelt, Bishop Desmond Tutu, Barbara Bush, Leo Buscaglia, Sammy Davis, Jr., Ann Landers, Nancy Reagan, Albert Schwietzer, John Denver, Florence Nightingale, Dolly Parton, Luciano Pavarotti, “Melanie Hamilton” (Gone with the Wind)

# Three The Achiever

- **Basic fear:** Of being worthless, without value
- **Basic desire:** To feel valuable and worthwhile
  
- **At their best:** Inner directed and authentic, genuinely self-assured, charming
- **Average:** Success-minded, pragmatic, image-conscious, competitive
- **Worst:** Pretentious, calculating, devious, deceptive
  
- **Sense of self:** “I am an outstanding, effective person.”
- **Superego message:** You are good or okay as long as you are successful and others think well of you.
- **Wrong turn/wake-up call:** Become adaptable to wishes of others to find value; Beginning to drive themselves for status and attention
  
- **Key motivations:**
  - To achieve challenging goals
  - To become the very best they can be
  - To distinguish themselves in a visible way
  
- **Likely Famous Threes:** Bill Clinton, Tom Cruise, Oprah Winfrey, Barbra Streisand, Denzel Washington, Shirley MacLaine, Tiger Woods, Paul McCartney, Michael Jordan, John Edwards, F. Scott Fitzgerald, Michael Jordan, Mad Men’s “Don Draper”

# Four

## The Individualist

- **Basic fear:** Of having no identity or personal significance
- **Basic Desire:** To find and express identity and personal significance
  
- **At their best:** Creative, sensitive, imaginative, compassionate
- **Average:** Aesthetic, expressive, self-absorbed, moody
- **Worst:** Withdrawn, melancholy, alienated from self and others
  
- **Sense of self:** “I am a unique and sensitive person.”
- **Superego message:** You are good or okay if you are true to yourself.
- **Wrong turn/wake-up call:** To become introspective; Holding on to and intensifying feelings through the imagination; Making negative comparisons
  
- **Key motivations:**
  - To experience and understand their feelings
  - To grasp and express life’s meaning in a personal way
  - To search for self and self-understanding
  
- **Likely Famous Fours:** Tennessee Williams, Ingmar Bergman, Bob Dylan, Rudolph Nureyev, Judy Garland, Soren Kierkegaard, Edgar Allen Poe, James Dean, Frederic Chopin, Jeremy Irons, Cher, Maria Callas, Paul Simon, “Blanch DuBois”

# Five The Investigator

- **Basic fear:** Of being useless, incompetent, incapable
- **Basic desire:** To be capable and competent
  
- **At their best:** Perceptive, knowledgeable, curious, inventive
- **Average:** Intellectual, intense, theoretical, idiosyncratic, detached
- **Worst:** Abrasive, antagonistic, cynical, eccentric
  
- **Sense of self:** “I am an intelligent, perceptive person.”
- **Superego message:** You are good or okay if you have mastered something.
- **Wrong turn/wake-up call:** To become observant rather than participating; Withdrawing from reality into concepts and mental worlds; Over-interpreting their experience
  
- **Key motivations:**
  - To control the environment with understanding
  - To defend themselves against the intrusions of others
  - To have intellectual mastery and security
  
- **Likely Famous Fives:** Albert Einstein, Stephen Hawking, Georgia O’Keefe, Bill Gates, Stanley Kubrick, Isaac Asimov, Emily Dickenson, John Lennon, James Joyce, Jane Goodall, Frederick Nietzsche, Bobby Fischer, Lily Tomlin, Vincent Van Gogh, Stephen King, “Scrooge”

# Six The Loyalist

- **Basic fear:** Of being without support and guidance
- **Basic desire:** To have support and guidance
  
- **At their best:** Confident, courageous, deeply committed, reliable
- **Average:** Dutiful, loyal, traditional, anxious
- **Worst:** Fearful, defensive, confused, indecisive, (submissive/tough)
  
- **Sense of self:** “I am a committed, dependable person.”
- **Superego message:** You are good or okay if you do what is expected of you.
- **Wrong turn/wake-up call:** Start to look to others for source of knowing; Becoming dependent on something outside the self for guidance
  
- **Key motivations:**
  - To be secure
  - To be liked and approved of
  - To live by a set of rules and be rewarded for it
  
- **Likely Famous Sixes:** Robert F. Kennedy, Malcolm X, Tom Hanks, George H.W. Bush, Richard Cheney, Princess Diana, Woody Allen, Diane Keaton, Julia Roberts, Bruce Springsteen, Richard Nixon, Gloria Steinem, “George Costanza” (Seinfeld)

# Seven The Enthusiast

- **Basic fear:** Of being trapped in pain and deprivation
- **Basic desire:** To be satisfied and content, to have their needs fulfilled
  
- **At their best:** Energetic, life-affirming, multi-talented, enthusiastic
- **Average:** Acquisitive, materialistic, performing, excessive
- **Worst:** Impulsive, manic, escapist, erratic
  
- **Sense of self:** “I am a happy, enthusiastic person.”
- **Superego message:** You are good or okay if you get what you need.
- **Wrong turn/wake-up call:** To be anticipating; Feeling that something is better somewhere else and not in the present moment
  
- **Key motivations:**
  - To be free of limits, constraints or obligations
  - To have fun
  - To do and experience all that life has to offer
  
- **Likely Famous Sevens:** Robin Williams, John F. Kennedy, Bette Midler, Steven Spielberg, Mozart, Federico Fellini, Goldie Hawn, Benjamin Franklin, Lucille Ball, Elizabeth Taylor, Jack Nicholson, Mick Jagger, Jim Carey, Lauren Bacall, “Auntie Mame”

# Eight The Challenger

- **Basic fear:** Of being harmed, controlled or betrayed
- **Basic desire:** To protect themselves and their independence
- **At their best:** Courageous, heroic, resourceful, action-oriented
- **Average:** Independent, risk-taking, combative, intimidating
- **Worst:** Dictatorial, bullying, hard-hearted, vengeful
- **Sense of self:** “I am a strong, assertive person.”
- **Superego message:** You are good or okay if you are strong and in control of your situation.
- **Wrong turn/wake-up call:** Feeling that they must push and struggle to make things happen; Trying to force or control your life
- **Key motivations:**
  - To exercise power and assert self-interest
  - To protect the weak
  - To be in control
- **Likely Famous Eights:** Martin Luther King, Jr., Franklin D. Roosevelt, Mikhail Gorbachev, Lyndon Johnson, Sean Connery, Indira Gandhi, Anwar Sadat, Nelson Mandela, Toni Morrison, Susan Sarandon, Barbara Walters, Golda Meier, Frank Sinatra, Pablo Picasso, “Tony Soprano”

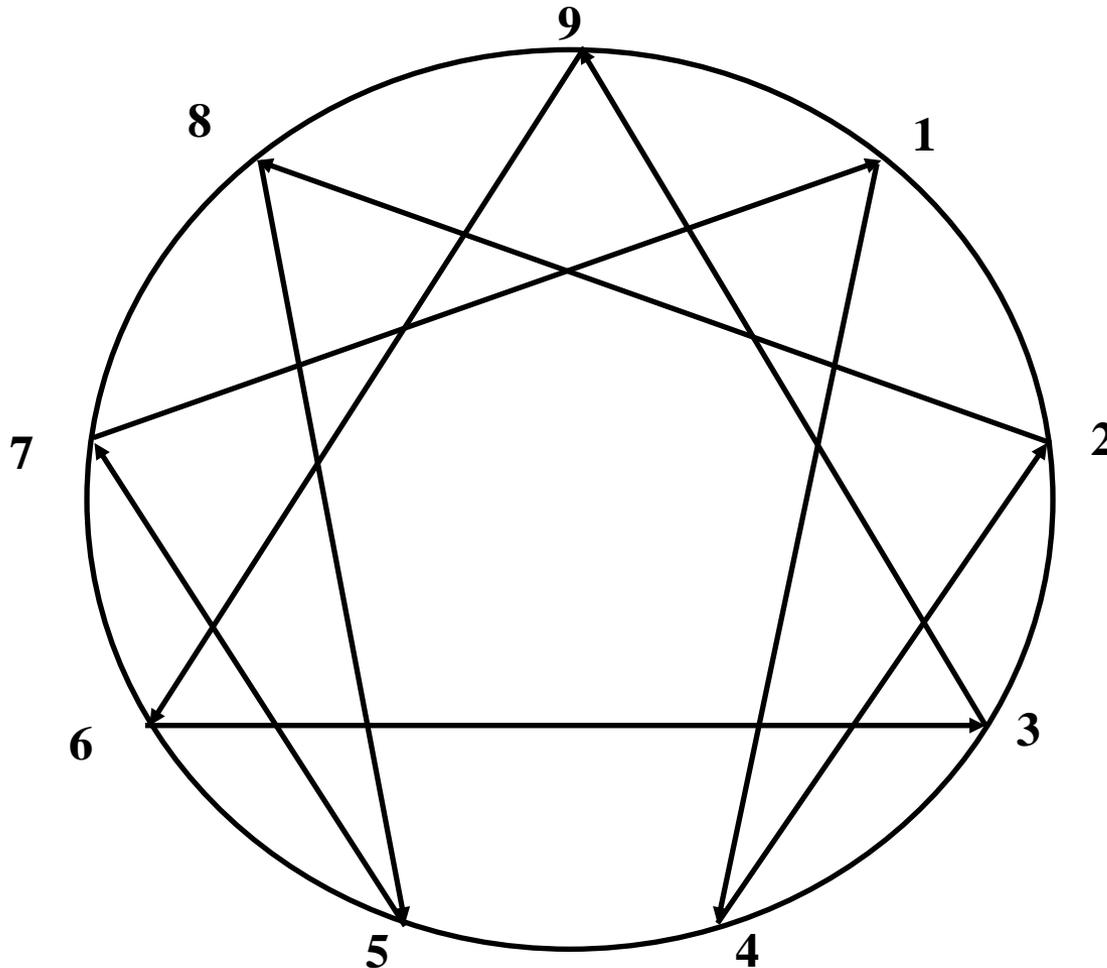
# Nine

## The Peacemaker

- **Basic fear:** Of loss and separation
- **Basic desire:** To have peace of mind and wholeness
  
- **At their best:** Self-possessed, accepting, good-natured, reassuring
- **Average:** Self-effacing, complacent, compliant, disengaged
- **Worst:** Passive, ineffectual, resigned, numb
  
- **Sense of self:** “I am a peaceful, easygoing person.”
- **Superego message:** You are good or okay as long as those around you are good or okay.
- **Wrong turn/wake-up call:** Outwardly accommodating themselves to others; Resist being affected by their experiences
  
- **Key motivations:**
  - To repress the self in order to be more receptive and accommodating to others
  - To live in stable union with another
  - To maintain peace
  
- **Likely Famous Nines:** Abraham Lincoln, Carl Jung, Walt Disney, Whoopi Goldberg, George Lucas, Gerald Ford, Audrey Hepburn, Garrison Keilor, Walter Cronkite, Kevin Costner, Queen Elizabeth II, Jim Henson, Ron Howard, Norman Rockwell, “Mister Rogers”

# The Dynamic Enneagram

Moving "with" and "against" the arrows



# The Enneagram and Spiritual Practice

Identifying your Enneagram type and deepening your understanding of its dynamics. Then:

- 1. Becoming present and aware as much as possible throughout the day**
- 2. Seeing your personality in action**
- 3. Not acting out your impulses**

# More Information...

- ***The Wisdom of the Enneagram; The Complete Guide to Psychological and Spiritual Growth for the Nine Personality Types, Riso & Hudson (1999).***
- ***Understanding the Enneagram; the practical guide to personality types, Riso & Hudson (2000).***
- ***Personality Types; using the Enneagram for self-discovery, Riso & Hudson (1996).***
- ***The Enneagram Made Easy, Renee Baron and Elizabeth Wagele (1994).***
- **Web sites:**
  - [www.enneagramInstitute.com](http://www.enneagramInstitute.com)
  - [www.internationalenneagram.org](http://www.internationalenneagram.org)