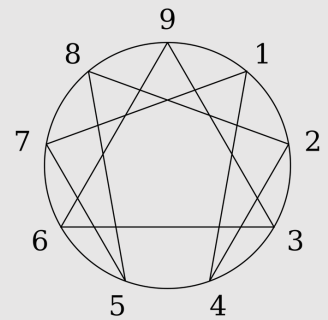


An Overview of the Enneagram and the Nine Types

An Overview of the Enneagram

- The Enneagram (*ennea* = 9, *gram* = drawing or diagram) describes 9 different and valid ways people look at the world.
- Just like colors, there are various "shades" to each type, depending on the level of health an individual displays at any given moment.
- "The Enneagram accurately and clearly describes **why** you think, feel, and behave in particular ways based upon your core fears and core desires." - Beth McCord
- The Enneagram not only describes your personality characteristics, "it also reveals how you change when you're growing, stressed, secure, unhealthy, healthy, etc." - Elisabeth Bennett
- The Enneagram is a tool people can use to point them in the direction of growth for their unique personality type and can signal when they're veering off their most healthy path.



Type 1

Conscientious, ethical, responsible, feel personally obligated to improve self and the world. Have an "inner critic" accusing them of not being good enough or worthy. Tough on self, striving to do what is right to silence this critic.

Reformers, focused on perfecting self or others. Responsible.

Core Fear: Being wrong, bad, evil, corruptible.

Core Desire: Having integrity, ethical, moral, being good, accurate and right

Core Weakness: *Resentment.*

Regressed anger leads to frustration with self and others.

Core Longing: "You are good."

Type 2

Prioritize relationships, making sure the people around them are cared for. Selfless, loving, giving, dependent, prideful, hostile. Can woo others. Can entice others to give them attention and make self needed by helping others.

Core Fear: Being rejected, unwanted, thought worthless or unworthy of love.

Core Desire: Being appreciated, loved and wanted.

Core Weakness: *Pride.* Denying own needs and emotions to focus on the needs of others. Confidently insert helpful support so others can be grateful for their care.

Core Longing: "You are wanted and loved."

Type 3

Optimistic, accomplished, and adaptable to achieve, excel and reach ambitious goals with apparent ease and confidence. Feel you must be successful in every area of life. It's all about image.

Prone to be a workaholic. Can hide vanity by being a good role model.

Core Fear: Being exposed, inefficient, failing to be (or seen as) successful.

Core Desire: Having high status and respect; being admired.

Core Weakness: *Deceit.* Believing you're only the image you present to others; embellishing the truth.

Core Longing: "You are loved for simply being you."

Type 4

Feel all your feelings. Deep down you have an idealized self that is highly creative. Always measure yourself up to this self and others and feel you come up short. Can keep emotions private and can conceal a lot of pain. Long-suffering and stoic.

Core Fear: Being inadequate, plain, mundane.

Core Desire: Being unique, special, authentic.

Core Weakness: *Envy*. Feeling something foundational is missing inside you and others possess the qualities you lack.

Core Longing: "You are seen and loved for exactly who you are - special and unique."

Type 5

Perceptive and innovative observers. Curious and craving to learn new things. You feel you lack inner resources and out of fear of depletions, you isolate yourself to recharge. Have a need to be in control of your boundaries. Can feel like you know the right way the world should be.

Core Fear: Being ignorant, invaded, obligated, incapable

Core Desire: Being capable, competent, knowledgeable

Core Weakness: *Avarice*. Feeling you lack inner resources and too much interaction will deplete your resources.

Core Longing: "Your needs are not a problem."

Type 6

Faithful, courageous, loyal, dutiful and committed. Have an "internal committee" of voices with contradictory thoughts with multiple possibilities, worst-case scenarios. Inner committee causes to second-guess and doubt self. Can press into fear and want to be prepared for any situation.

Core Fear: Fearing fear itself, being without support or security.

Core Desire: Having security, guidance and support.

Core Weakness: *Anxiety*. Trying to predict and prevent negative outcomes.

Core Longing: "You are safe and secure."

Type 7

Joyful, enthusiastic, social. Radiate optimism, love variety and eager to enjoy new experiences. Do not want to be limited, restricted or bored. Can serve others before fulfill own desires. Feel valued when you can express enthusiasm.

Core Fear: Being deprived, trapped in emotional pain, limited or bored.

Core Desire: Being happy, fully satisfied and content

Core Weakness: *Gluttony*. Feeling a deep emptiness inside and doing all the things to fill it up in hopes to feel satisfied and content.

Core Longing: "You will be taken care of."

Type 8

Have confident intensity, strength and determination to make things happen. Present self as strong and independent, but underneath is a tender heart. Serve others by protecting and supporting. Loyal. Concerned with injustices.

Core Fear: Being weak, powerless, harmed, controlled, vulnerable, left at the mercy of injustice.

Core Desire: Protecting themselves and those in their inner circle.

Core Weakness: *Lust/Excess*. Constantly desiring intensity, control and power.

Core Longing: "You will not be betrayed."

Type 9

Appear easy going, calm, willing to accommodate without strong preferences. Don't express desires or feelings to avoid conflicts. Struggle with knowing and pursuing own desires.

Core Fear: Being in conflict, tension or discord; feeling shut out or overlooked; losing connection with others.

Core Desire: Having inner stability and peace of mind.

Core Weakness: *Sloth*. Remaining in an unrealistic world to keep the peace; falling asleep to passions by merging with others.

Core Longing: "Your presence matters."



Mosaic
Coaching



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