

# The Enneagram

Slideshow by  
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[www.faesit.com](http://www.faesit.com)

# The Enneagram

The Drawing ~ Triangle & 6 Points = 9

The Arrows ~ Stress & Relaxation

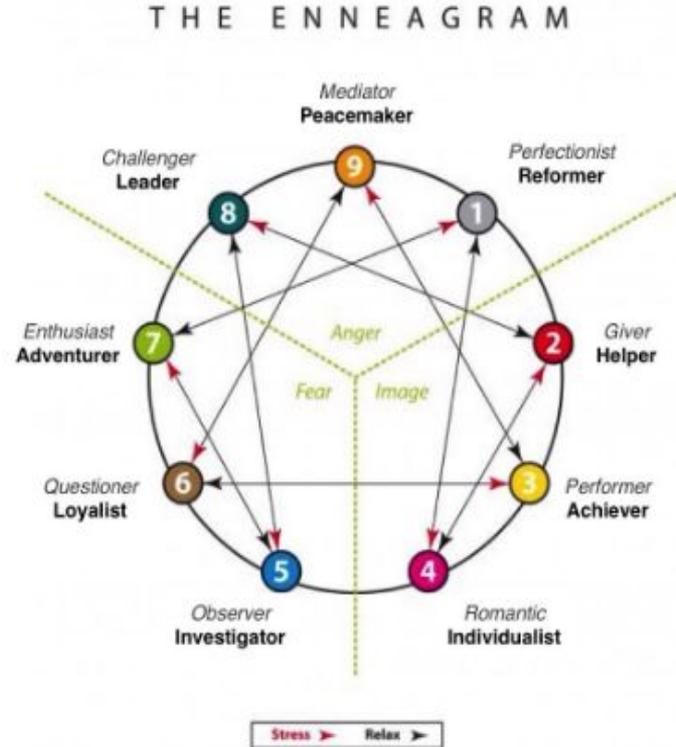
The Wings ~ Blend & Influence

The Types ~ 9 Personality Types

The Centers ~ 3 Body Centers



# The Arrows: Stress & Growth



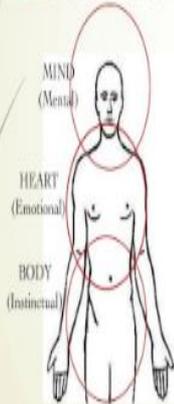
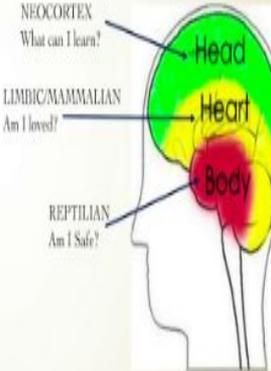


# The Centers

**The Enneagram: Today - Neurobiology**

Dr. David Daniels (1954 - 2017)  
Former Professor Psychiatry & Behavioral Science, Stanford University

There are three centers of Intelligence found in every human being, 3 Centered Brain. Brain is a pattern recognition machine.

NEOCORTEX  
What can I learn? → **Head**

LIMBIC/MAMMALIAN  
Am I loved? → **Heart**

REPTILIAN  
Am I Safe? → **Body**

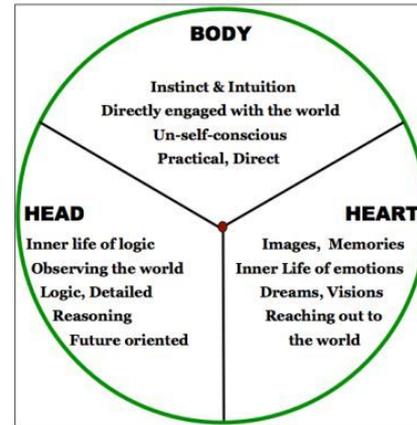
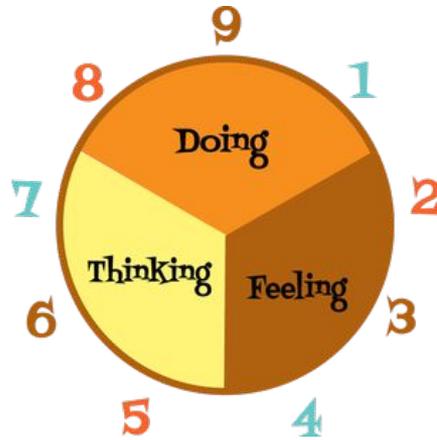
MIND (Mental)

HEART (Emotional)

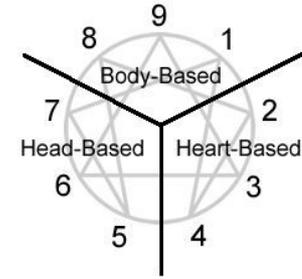
BODY (Instinctual)

- By developing the ability to stop and self-reflect, you gain the awareness to work with 3 centers.

DISCOVERY



# The Center: Heart, Head, Body



## **The Heart or Feeling Center (Image)**

Helpers (2) are interested in people and in nurturing. They want to present a loving image.

Achievers (3) like to be seen in a good light, according to socially agreed upon norms.

Romantics (4) have strong needs to express themselves and to be seen as original.

## **The Head or Thinking Center (Fear)**

Observers (5) rely on their own resources and find safety in knowledge.

Questioners (6) seek relief from fear through permission and approval of authority figures or through rebelling against authority.

Adventurers (7) are active and optimistic. They shun unpleasant emotions, including fear.

## **The Body/Gut or Instinct Center (Anger)**

Asserters (8) present a strong image and are not afraid to express anger

Peacemakers (9) are agreeable, accommodating, and can often be out of touch with their anger.

Perfectionists (1) see anger as a character flaw and try to hold it back. They follow standards of behavior closely and/or try to better the world.

# The 9 Personality Types

Type 1: Perfectionist/Reformer ~ the Need to be Right

Type 2: Helper/Giver ~ the Need to be Needed

Type 3: Achiever ~ the Need to Succeed

Type 4: Romantic/Individualist ~ the Need to be Special

Type 5: Observer/Investigator ~ the Need to Know

Type 6: Dutiful/Loyalist ~ the Need for Security & Certainty

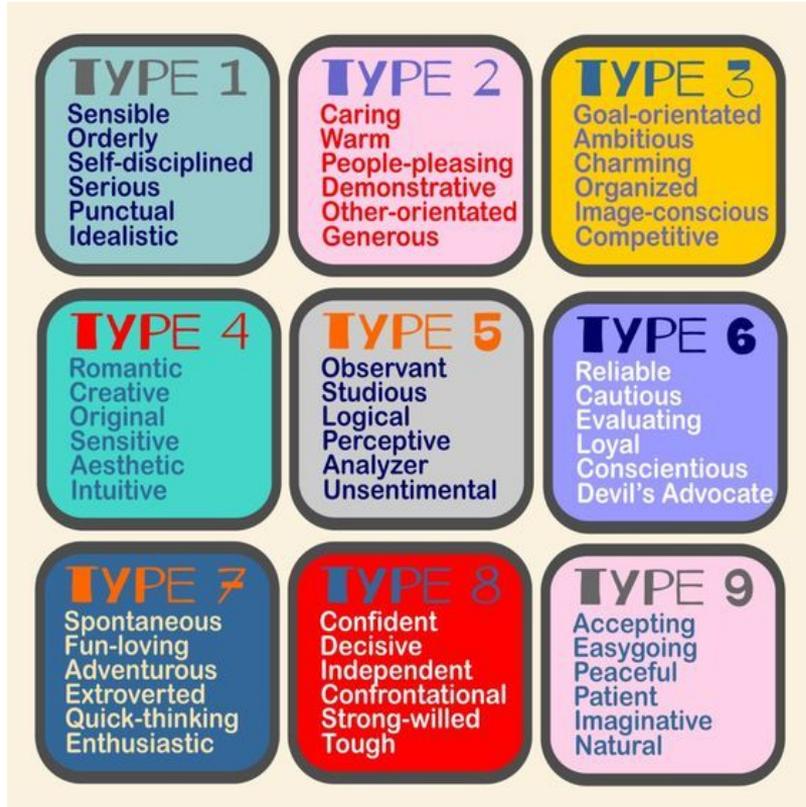
Type 7: Adventurer/Enthusiast ~ the Need to Enjoy Life

Type 8: Challenger ~ the Need to be Against

Type 9: Peacemaker ~ the Need to Avoid



# The 9 Personality Types



## CHEATSHEET

One - The Perfectionist, moralistic, contained, detail-oriented, judgemental, idealistic

Two - The Giver, people-pleasing, manipulative, helpful, warm, craves connection

Three - The Achiever, success-oriented, confident, seeks respect and attention

Four - The Romantic, moody, artsy, wants to be unique, craves depth

Five - The Observer, intellectual, reserved, isolated, curious, guarded

Six - The Loyalist, skeptical, scans environment, plans for worst-case scenarios, craves consistency/reliability/certainty

Seven - The Enthusiast, overscheduled, optimistic reframing, Fear of Missing Out, loves possibilities

Eight - The Boss, power-oriented, aggressive/strong, guarded, protecting those weaker than they are

Nine - The Mediator, calm, peaceful, conflict-averse, has a hard time changing patterns

# Type 1: The Reformer

**19** WING 

*the optimist*

**PLEASE DONT:**

1. INTERRUPT ME
2. HARSHLY CRITICIZE ME
3. OVERLOOK ME

**I WILL:**

CARE FOR MY COMMUNITY & PURSUE WHAT I BELIEVE IS RIGHT

**BASIC DESIRE:**

*to be good*

**I AM:**

*calm balanced judicial*

**BASIC FEAR:**

*being corrupt*

**WHAT I LOVE:**

1. VOLUNTEERING WITH A CHARITY
2. PERSONAL IMPROVEMENT
2. ADVOCATING FOR JUSTICE

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*truly my soul finds rest in god PSALMS 62:1*

**I AM** *empathetic*

**I WANT TO BE** *good*

**TYPE**

**1**

**WHAT I LOVE:**

1. MAKING PLANS IN ADVANCE
2. DOING THE RIGHT THING
3. SUPPORTING A CAUSE

**PLEASE DONT:**

1. ACCUSE OR MANIPULATE ME
2. FORGET TO APPRECIATE ME
3. PRESSURE ME TO DO WRONG

**THE REFORMER**

*fixer upper* 

**TRUSTWORTHY HONEST SENSIBLE IDEALISTIC**

*the intentional friend* 

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**12** WING 

*the activist*

**PLEASE DONT:**

1. CRITICIZE ME
2. TALK NEGATIVELY ABOUT ME
3. SAY I AM SELF-RIGHTEOUS

**I WILL:**

DO WHAT IS RIGHT & TRY TO MEET YOUR NEEDS

**BASIC DESIRE:**

*being upstanding*

**I AM:**

*empathetic calm principled*

**BASIC FEAR:**

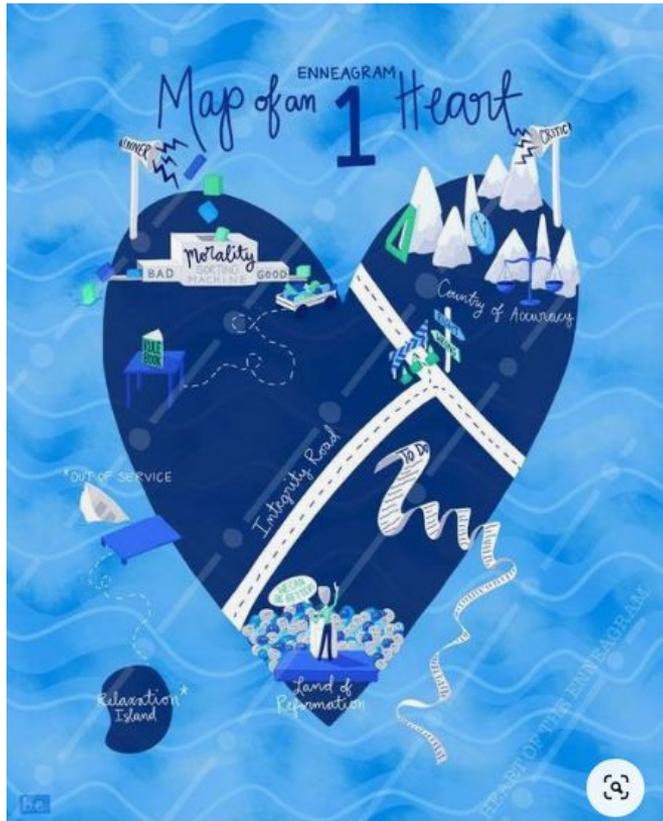
*being impure*

**WHAT I LOVE:**

1. WORKING FOR JUSTICE
2. COLLABORATING WITH OTHERS
3. SOLVING PROBLEMS

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# Type 1: Reformer



## TYPE 1

### *Gifts*

Logical  
Ethical  
Efficient  
Self-disciplined  
Organizational skills  
Detail oriented  
Self-sufficient  
High quality work  
Honest  
Discerning  
Commitment to excellence

### *Careers*

Lawyer  
Judge  
Social Worker (2w)  
Paralegal  
Missionary (9w)  
Lobbyist  
Political Activist  
Appraiser  
Estate Planner  
Carpenter  
Police Officer

# Type 2: The Helper



# Type 2: The Helper



## TYPE 2

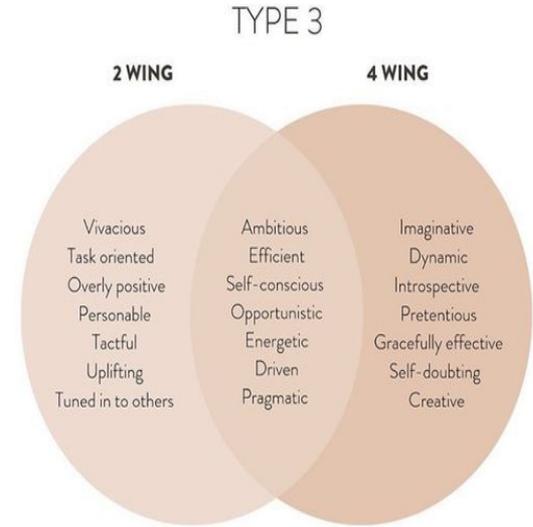
### *Gifts*

Generosity  
Thoughtfulness  
Provision  
Resourcefulness  
Empathy  
Greater listener  
Supportive  
Intuitive  
Motivating  
Availability  
Great advice giving

### *Careers*

Therapist  
Waitress  
Interior Designer  
Hospitality Worker  
Non-profit Worker  
Wedding Planner  
Teacher  
Physician  
Medical Care Provider  
Mental Health Supporter  
Life Coach

# Type 3: The Achiever



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# Type 3: The Achiever



## TYPE 3

### Gifts

Popular  
Successful  
Leadership skills  
Help others achieve  
Competence  
Disciplined  
Sticks to routine  
Focused  
Connection maker  
Resourcefulness  
Ready for anything

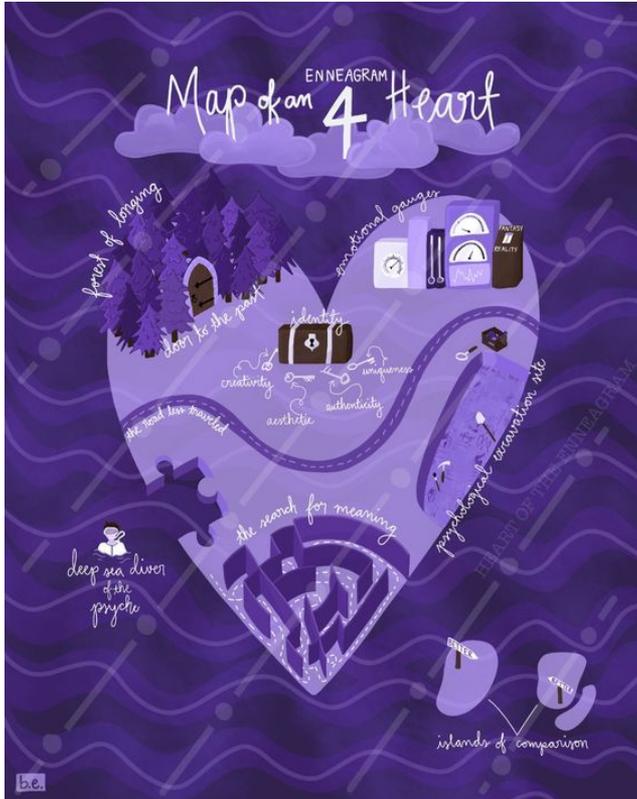
### Careers

Influencer  
Marketing Manager  
Social Media Manager  
Motivational Speaker (2w)  
Talk Show Host  
Makeup Artist  
Fashion Designer  
Dancer  
Model  
Singer  
Artist (4w)

# Type 4: Romantic/Individualist



# Type 4: Romantic/Individualist



## TYPE 4

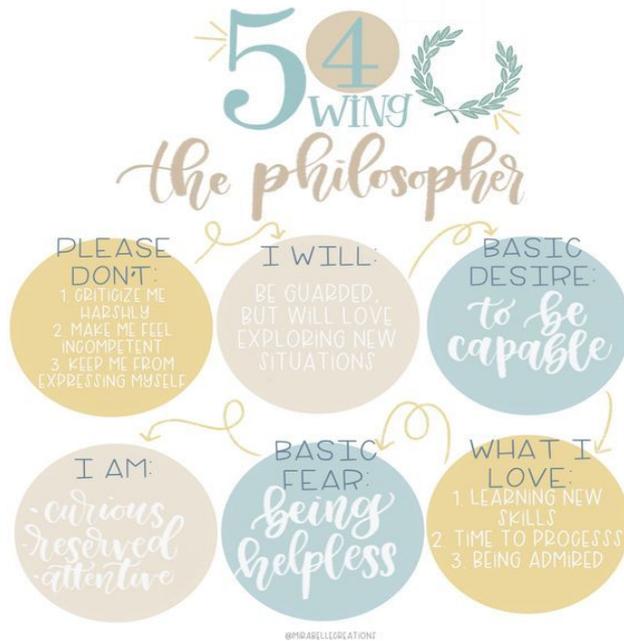
### Gifts

Finding deep meaning  
Purposeful  
Expressiveness  
Originality  
Inventiveness  
Inspiring  
Empathy  
Novelty  
Introspective  
Creatively expressive  
Space-holding

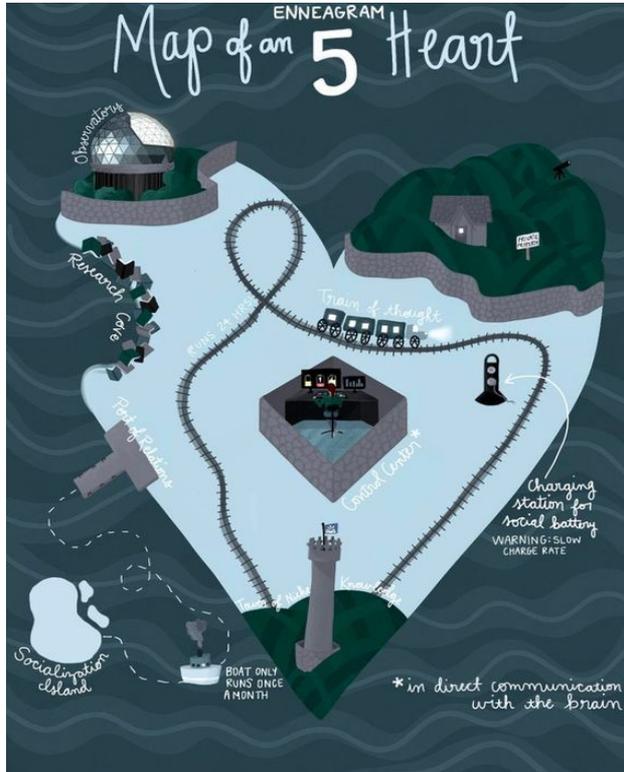
### Careers

Artist  
Designer  
Creative Job (stylist, etc.)  
Therapist  
Fiction / Non-Fiction Writer  
Life Coach  
Makeup Artist  
Crisis Line Operator  
Missionary  
Actor  
Yoga Instructor

# Type 5: The Investigator



# Type 5: The Investigator



## TYPE 5

### Gifts

Knowledgeable  
Truthful  
Fast learner  
Independent  
Financially secure  
Private  
Logical  
Reasonable  
Intellectual  
Open-minded  
Self-reliant

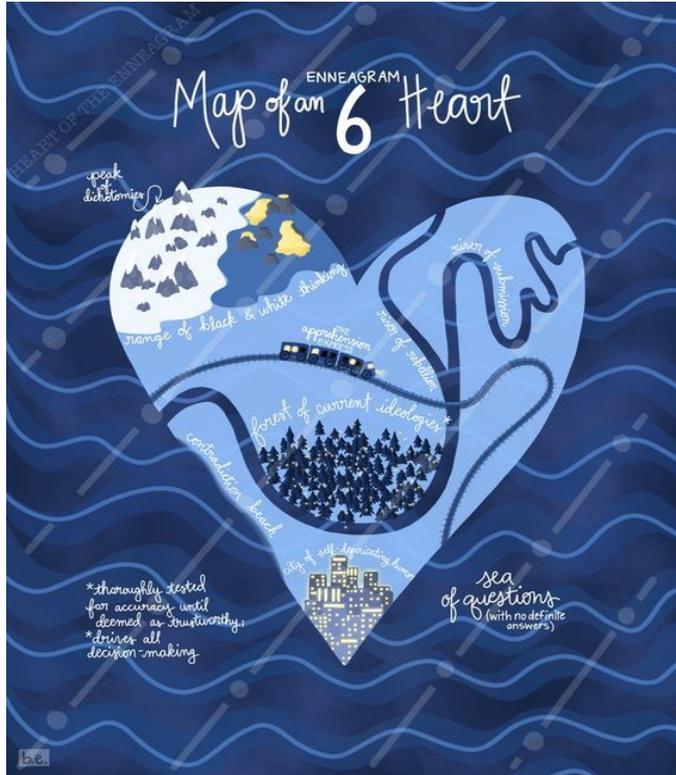
### Careers

Civil Engineer  
Engineer of any kind  
Researcher  
Poet / Novelist (4w)  
Forensic Anthropologist  
Biochemist  
Professor / PhD  
Pediatrician (6w)  
Astronaut  
Writer  
Analyst (6w)

# Type 6: The Loyalist



# Type 6: The Loyalist



## TYPE 6

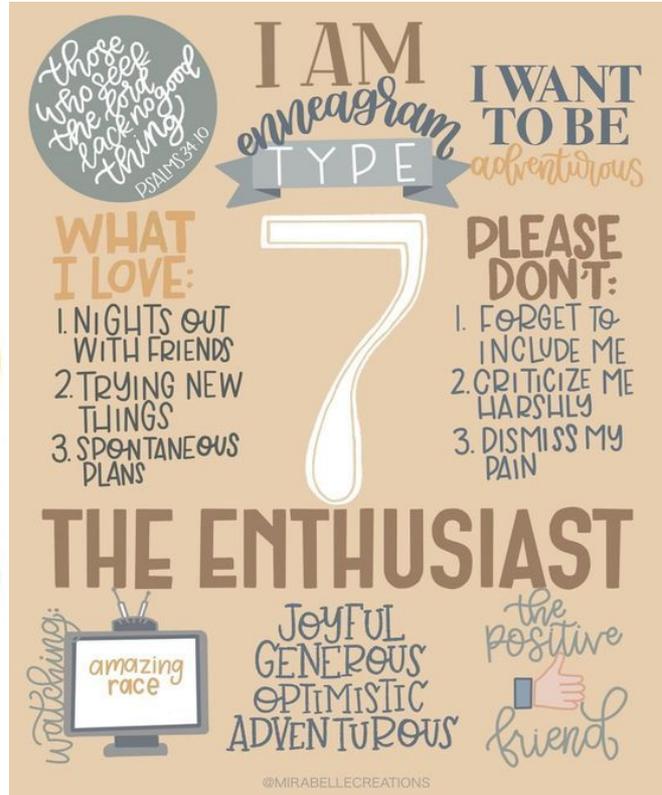
### Gifts

Loyal  
Supportive  
Honest  
Transparent  
Risk-managing  
Problem solver  
Good planner  
Analytical thinker  
Insightfulness  
Dependability  
Collaborating

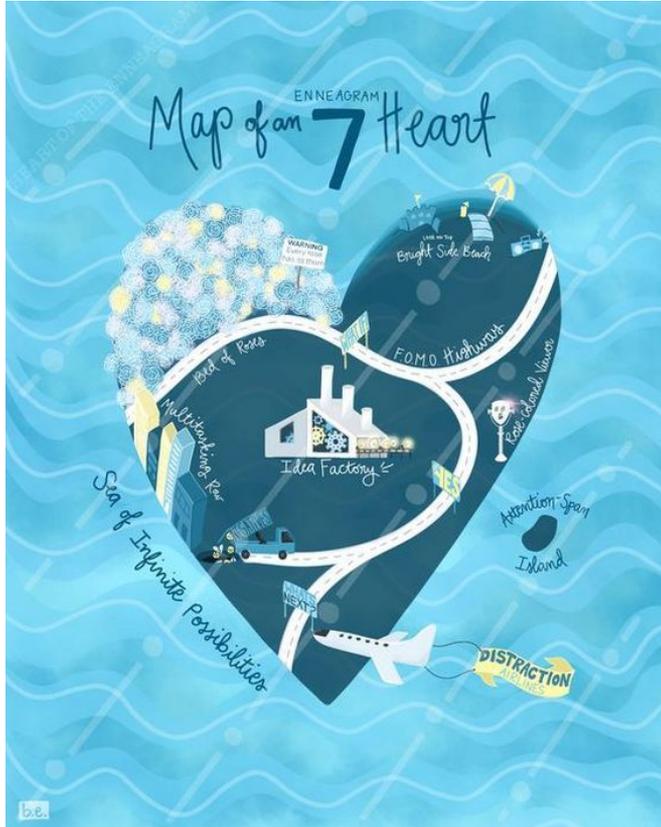
### Careers

Analyst  
Paralegal  
Professor  
Comedian  
Security Guard  
College Counselor  
Personal Assistant  
Health Inspector  
Banker  
Tech Support  
Insurance Agent

# Type 7: The Enthusiast



# Type 7: The Enthusiast



## TYPE 7

### *Gifts*

Independent  
Joyfulness  
Enthusiasm  
Quick learner  
Great sense of humor  
Friendly  
Positive thinking  
High energy  
Networker  
Resourcefulness  
Curiosity

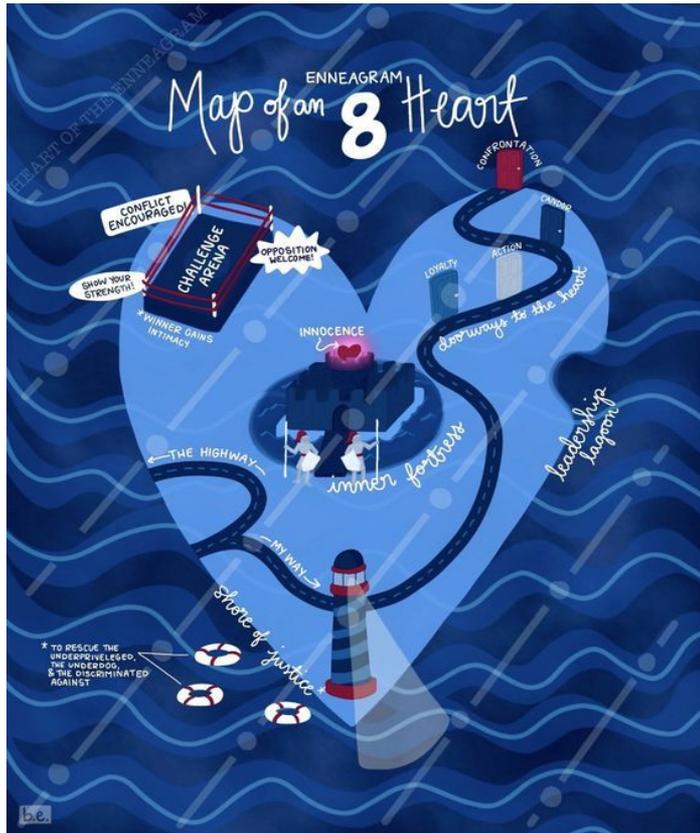
### *Careers*

Advertising  
Sales  
Marketing  
Firefighter (8w)  
Photographer  
TV Host  
Soul Cycle Instructor  
Fitness Coach  
Special Education (6w)  
Seasonal Tour Guide  
Cruise Ship Worker

# Type 8: The Challenger



# Type 8: The Challenger



## TYPE 8

### Gifts

Just  
Truthfulness  
Ability to influence  
Assertiveness  
Directness  
Clairty  
Organizing  
Identifying key issues  
Strength  
Responsibility  
Taking charge

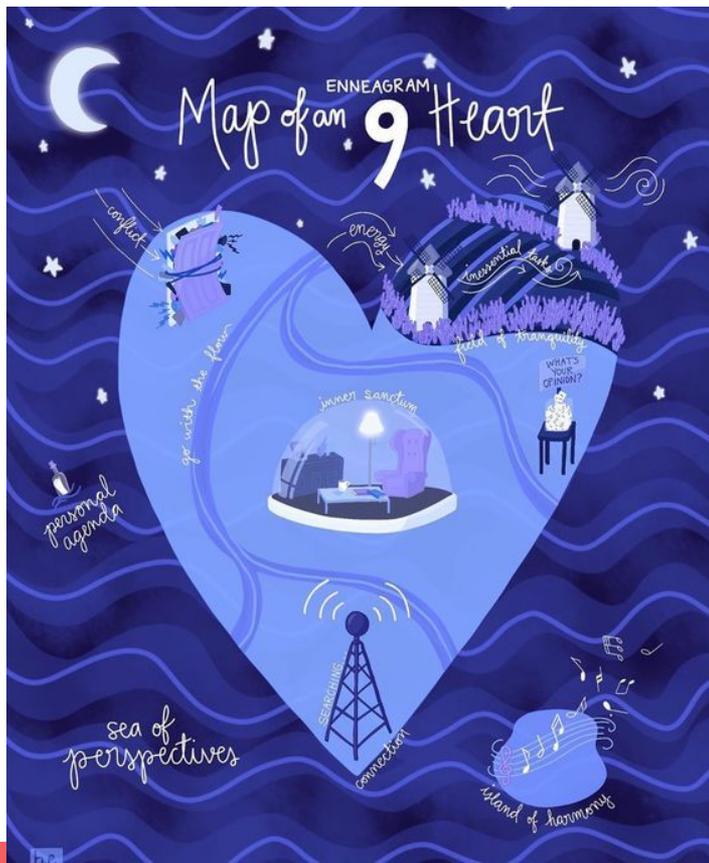
### Careers

Manager  
CEO / Leader of any kind  
Healthcare admin  
Market Strategist  
Real Estate Developer  
Career Counselor  
Marketing Executive  
Politician  
Financial Advisor  
President of US  
Non-Profit Organizer

# Type 9: The Peacemaker



# Type 9: The Peacemaker



## TYPE 9

### *Gifts*

Peacefulness  
Gentleness  
Kindness  
Imagination  
Creativity  
Cooperation  
Supportive of others  
Seeing the big picture  
Diplomacy  
Inclusiveness  
Seeing the good in others

### *Careers*

Librarian  
Teacher (1w)  
Spiritual Life Coach  
Florist  
Jeweler  
Social Worker (8w)  
Painter  
Guidance Counselor  
Blogger  
Pottery Creator  
Social Media Influencer

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# MBTI/Enneagram

MB Type	Enneagram Types
INFJ	Four, One, Five
INTJ	Five, One
ENFP	Seven, Two, Three, Eight
ENTP	Three, Eight, One
INFP	Nine, Four, Six
ISFP	Two, Nine, Four
ENFJ	Two, One, Three/Four, Seven
ESFJ	Two, Three, Six
INTP	Five, Six/Seven
ISTP	Five, Nine, Seven, Two
ENTJ	Eight, One, Three
ESTJ	Eight, Three, One, Six
ISTJ	One, Five, Six, Eight
ISFJ	Three/Nine/One, Two, Six
ESTP	Three, Seven, Eight, Nine
ESFP	Seven, Eight, Two