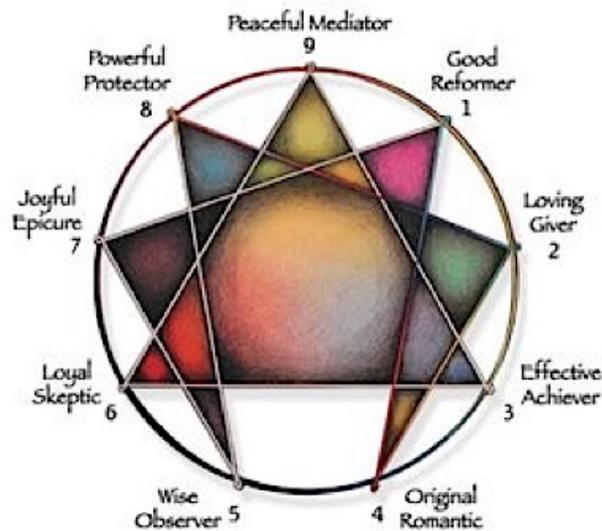


The Enneagram in Coaching



Creating a Powerful

Individualized Coaching Program (ICP)

By Sandy Hogan, PCC

“Evoking in others the highest in themselves.”

Fifth Edition

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Terms Used

Essence qualities: Person lives for this and coach helps cultivate

Strengths: Default and natural way of being that is beneficial

Growth edge: Weakness, or areas to develop

Basic fear: Underlying motive to react against life

Coping Mechanism: Default reactionary setting – resulting from basic fear

Healing Motto: Affirmation towards wellness

Pathology: DSM diagnosis, extreme disintegration

The Coaching Benefits

The Enneagram is an extraordinarily effective and inspiring client self-awareness tool and personal evolution resource. It will equip you as a coach to make well-informed, skillful use of the Enneagram in your professional work with clients.

The Enneagram enables you to:

- Attune swiftly and skillfully to the heart of what's needed.
- Offer client interventions that are powerful and potent.
- Complete initial client intake, assessment or evaluation sessions more comprehensively, in less time.
- Design client coaching programs that are more fully connected to your client's core motivations and deepest needs.
- Define purpose and outcome statements that are aligned and shaped by your client's greatest gifts and highest potential.
- Create client self-observations, practices and exercises that naturally move your client toward what's possible, achievable and most impactful.
- Optimize the contact time you have with your clients.

~ Adapted from Bea Chestnut, Ph.D. and Uranio Paes

How to Practice

DO's and DON'Ts

DO: The wisest use of the Enneagram as coaching tool is to:

1. Get to the heart of the matter quickly and work at the archetypal, and therefore, transformational, level with your client
2. Allow the Enneagram's innate wisdom to foster within you a deeper respect and compassion for your client's struggles and for their humanity
3. Understand that we all have a conditioned, predictable, reactive system in place when we are operating unconsciously through the lower levels of our type
4. Use the tendencies of Types, their stuck places, and their developmental paths as powerful information around which to design transformational coaching programs
5. Use the Type to foster a common understanding and language between you and your client
6. Use powerful questioning to discover more about the different Types, and why they respond as they do – including your own.
7. Help your client identify and assess internal obstacles that stand in their way of growth, integration and self-actualization
8. Above all, ask questions to check out your assumptions about the client's behaviors, rather than assuming that you know the motivation behind the behaviors.

DON'T: What to Avoid: As with any development tool there are pros and cons. When used with positive intention and skill, a tool can be an asset. If used unconsciously, there will be limitations and breakdowns, making the tool into a liability. When you use the Enneagram as a coaching tool, **please don't:**

1. "Diagnose" anyone else's Enneagram Type. It is an internal felt sense, identified by the clients themselves
2. Allow anyone else to "diagnose" other peoples' Enneagram Types. (Same reason as above)
3. "Weaponize" Enneagram information against the client, or anyone else, by judging them, dismissing them, or by making assumptions about their behavioral motives
4. Box people in to limitation rather than developing them towards their essential qualities of pure potential and wholeness
5. Assume that every client has all the "typical" Type reactions
6. See a person as their Type rather than as a unique person contending with conditioned, and often unconscious, reactions. A rose may be a rose, but each rose is its own unique version of a rose

As Mark Twain quipped, "If the only tool you have is a hammer, everything looks like a nail." Instead, apply the Enneagram in concert with other powerful integrative coaching tools to design the most effective transformational coaching programs.

The Names

Different traditions have brought about different names, all reflective of the essence of the type. Finding a name that feels most empowering to your client is helpful.

1. The Perfectionist, The Reformer, The Purist, The Good Person
2. The Helper, The Altruist, The Loving Person
3. The Achiever, The Producer, The Effective Person
4. The Individualist, The Romantic, The Original Person
5. The Investigator, The Observer, The Wise Person
6. The Loyalist, The Trooper, The Loyal Person
7. The Adventurer, The Enthusiast, The Joyful Person
8. The Advocate, The Challenger, The Protector, The Powerful Person
9. The Peacemaker, The Healer, The Mediator, The Peaceful Person

Type One: The Perfectionist

“We shall never have friends,
if we expect to find them without fault.”
Thomas Fuller



Integrates/Disintegrates:	Positive aspects of The Adventurer (7) / Negative aspects of The Individualist (4)
Essence Qualities:	Integrity, right alignment, dignity, rightness, justice
Strengths:	Ethical, reliable, productive, idealistic, modest, honest, orderly
Growth Edge:	Judgmental, inflexible, dogmatic, perfectionist, critical, overly serious
Basic Fear / Basic Desire:	Fear of being bad, corrupt, evil or defective / To have integrity.
Coping Mechanism: Instinctive – Body Type	Competency (puts aside personal feelings, strive to be objective) ~ Strategize to be right, strive to hold high standards
Healing Motto:	“A mistake is just a mis-step. I can’t get it perfect. I can ask for a do-over.”
Pathology:	Obsessive / Compulsive (emphasis on obsessive)

Type Two: The Helper

“We cannot love ourselves unless we love others,
and we cannot love others unless we love ourselves.”

Thomas Merton



Integrates/Disintegrates:	Positive aspects of <i>The Individualist</i> (4) / Negative aspects of <i>The Challenger</i> (8)
Essence Qualities:	Sweetness, heart connection, to show love, to be of value
Strengths:	Loving, caring, adaptable, insightful, generous, tuned to others
Growth Edge:	Martyr like, indirect, manipulative, possessive, overly accommodating
Basic Fear / Basic Desire:	Fear of being unworthy of being loved. / To be loved.
Coping Mechanism: Feeling - Heart Type	Positive Outlook (strive to stay feeling good) ~ self-sacrifice, place others needs above your own
Healing Motto:	“I shall do unto myself as I do unto others.”
Pathology:	Co-dependency, martyr, somatization

Type Three: The Achiever

“The toughest thing about success
is that you've got to keep on being a success.”

Irving Berlin



Integrates/Disintegrates:	Positive aspects of The Loyalist (6) / Negative aspects of The Peacemaker (9)
Essence Qualities:	Value, confidence, self expression, being real, success
Strengths:	Confident, industrious, efficient, self-propelled, charming
Growth Edge:	Deceptive, narcissistic, vanity, competitive, superficial, vindictive
Basic Fear / Basic Desire:	Fear of being worthless or without inherent value. / To be valuable.
Coping Mechanism:	Competency (put aside personal feelings, strive to be objective)
Feeling - Heart Type	~ compete to be the best
Healing Motto:	“I replace “I do, therefor I am.” with “I am, therefor I do.”
Pathology:	Narcissism, work-a-holic, Type-A

Type Four: The Romantic

“Never be blah.”



Integrates/Disintegrates:	Positive aspects of <i>The Reformer</i> (1) / Negative aspects of <i>The Helper</i> (2)
Essence Qualities:	True identity, emotional depth, uniqueness, poetry, creativity
Strengths:	Expressive, poetic, creative, introspective, compassionate
Growth Edge:	Moody, depressed, withdrawn, moralistic, stubborn, self-absorbed
Basic Fear / Basic Desire:	Fear of being without identity or personal significance. / To be oneself.
Coping Mechanism: Feeling - Heart Type	Reactive (seek emotional response in others to mirror them) ~ withholding love
Healing Motto:	“Someday my savior will come! Oh, it is !!”
Pathology:	Bi-polar, narcissism

Type Five: The Investigator

“To be master of any branch of knowledge, you must master those which lie next to it;
and thus to know anything you must know all.”

Oliver Wendell Holmes



Integrates/Disintegrates:	Positive aspects of <i>The Challenger</i> (8) / Negative aspects of <i>The Adventurer</i> (7)
Essence Qualities:	Wisdom, truth, illumination, assimilation of truths, innovation
Strengths:	Perceptive, sensitive, analytical, wise, persevering
Growth Edge:	Arrogance “I know this already”, stingy, stubborn, distant, unassertive, negative
Basic Fear / Basic Desire:	Fear of being useless, incapable or incompetent. / To be competent.
Coping Mechanism:	Competency (put aside personal feelings, strive to be objective)
Thinking – Head Type	~ go into thinking cave, minimize hassles, looks like a 9-Peacemaker
Healing Motto:	“It is safe to connect, share and emerge. It is safe.”
Pathology:	Schizotypal (social reclusion), schizoid (chronic indifference)

Type Six: The Loyalist

“The good thing about a skeptic
is that they consider all things possible.”
Thomas Mann



Integrates/Disintegrates:	Positive aspects of <i>The Peacemaker</i> (9) / Negative aspects of <i>The Achiever</i> (3)
Essence Qualities:	Responsive, attentive, dutiful, honorable
Strengths:	Loyal, practical, responsive, compassionate, likable
Growth Edge:	Hyper vigilance, controlling, unpredictable, paranoid, defensive, rigid
Basic Fear / Basic Desire:	Fear of being without support or guidance. / To be secure.
Coping Mechanism: Thinking – Head Type	Reactive (seeks emotional response in others to mirror them) ~ phobic / counter-phobic
Healing Motto:	“My inner guidance is safe to follow.”
Pathology:	Anxiety, borderline

Type Seven: The Enthusiast

“You only live once,
but if you work it right once is enough.”
Joe Lewis



Integrates/Disintegrates:	Positive aspects of The Investigator (5) / Negative aspects of The Reformer (1)
Essence Qualities:	Freedom, joy, creativity, aliveness, openness, unboundedness
Strengths:	Fun, spontaneous, imaginative, quick, confident, curious
Growth Edge:	Narcissistic, impulsive, unfocussed, undisciplined, manic, restless
Basic Fear / Basic Desire:	Fear of being deprived or trapped in pain. / To be happy.
Coping Mechanism:	Positive Outlook (strive to stay feeling good)
Thinking – Head Type	~ minimize and avoid problems
Healing Motto:	Replace: “So many things, so little time” to “The most important things, quite enough time.”
Pathology:	Narcissism, mania

Type Eight: The Advocate

“Power is confident, self-assuring, self-starting and self-stopping.
When you have it, you know it.”

Ralph Ellison



Integrates/Disintegrates:	Positive aspects of The Helper (2) / Negative aspects of The Investigator (5)
Essence Qualities:	Aliveness, vividness, vitality, gusto, confidence, real, solidity
Strengths:	Direct, loyal, energetic, protective, confident, authoratative
Growth Edge:	Controlling, aggressive, insensitive, domineering, self-centered
Basic Fear / Basic Desire:	Fear of being harmed or controlled by others. / To protect oneself.
Coping Mechanism: Instinctive – Body Type	Reactive (seek emotional response in others to mirror them) ~ to feel in control, impose will onto others
Healing Motto:	“I move from me to we.”
Pathology:	Homicidal, Anti-social disorder

Type Nine: The Peacemaker

“There is a price which is too great to pay for peace,
and that price can be put in one word. One cannot pay the price of self-respect.”

Woodrow Wilson



Integrates/Disintegrates:	Positive aspects of The Achiever (3) / Negative aspects of The Loyalist (6)
Essence Qualities:	Balance, inner-peace, well-being, dignity, grace
Strengths:	Pleasant, peaceful, generous, patient, receptive, open-minded, empathic
Growth Edge:	Spaced-out, stubborn, apathetic, passive-aggressive, minimization, slow
Basic Fear / Basic Desire:	Fear of loss of connection, or fragmentation. / To be at peace.
Coping Mechanism:	Positive Outlook (strive to stay feeling good)
Instinctive – Body Type	~ don't rock the boat, go unnoticed
Healing Motto:	“I do have an opinion. It is safe and beneficial to share.”
Pathology:	Passive-aggressive disorder, Schizotypal (social reclusion)

Individual Coaching Program

The Four Steps to Creating a Coaching Program
Developed by Sandy Hogan, PCC

1) TESTING

Purpose: Have the client locate their core Enneatype, creating a short-cut to self-understanding and defining a clear path for self-actualization.

Steps:

- Have the client take the QUEST or RHETTI Test.
- Using their inner-felt sense, help the client identify their dominant EnneaType.
- Have the client read more about their dominant EnneaType's personality so that they get a solid feel for their own "human operating system".

2) LEVELS OF DEVELOPMENT

Purpose: Locate their place in their self-development process.

Steps: Use the *Wisdom of the Enneagram*, by Riso / Hudson

1. Ask the client to number a blank sheet of paper, along the left column, from 9 at the top, leaving a few lines in between, then 8, and so on to number 1 near the bottom of the page.
2. Without telling the client what you're reading, read the client's EnneaType's Levels of Development, from the bottom up, (from Level 9 at the bottom, to level 1 at the top) and have the client write down any key words or phrases.
3. On their sheet, ask the client to circle the number of the paragraph that feels like their "high water mark," where they mostly inhabit their life in the present. What level of development do they identify for themselves? (Many clients identify between Level 4 and Level 3)

3) TRANSFORMATIONS

Purpose: Locate specific stuck-points to move the client towards their integration.

Steps: See section on Enneagram Transformations for instructions (p. 17).

4) PURPOSE & OUTCOMES

Purpose: To create the overall reason for their coaching program and identify specific outcomes the coaching will help move them towards.

Steps: Use the client's answers to help them further design their Coaching Purpose & Outcomes Statements.

Enneagram Transformations

The Enneagram Transformations were originally developed by Don Riso in his book *Enneagram Transformations*. These have been adapted from Riso's book as a client assessment tool.

To use the Transformations as a client assessment tool, follow these steps:

1. Have client take out piece of paper and number 1-25 on the left-hand column.
2. Explain these directions to your client: "I will read 25 lines to you. Please circle any number of the line that stands out as being very true for you, even if it's embarrassing. If you are uncertain, place a question mark next to that number and we will come back to it."
3. Starting with the number of the line, please read each line out loud slowly to the client.
4. After the client has circled the numbers that are true for them, re-read the statements that were circled with the client, including any statements in question.
5. Have the client identify which statements are his/her top three priorities. In other words, which ones are the most problematic for the client right now?
6. Create an exercise, practice or self-observation around each of the client's priorities.
7. Give the client a copy of the Transformations page for their Enneagram Type, with the date on it.
8. Keep this exercise, with their initial results, on hand to refer back to as the client progresses.
9. You may wish to use this information to help the client create their Purpose & Outcomes statement when they are ready.
10. Redo the exercise in 6-12 months. Note any progress made. Note their new top three priorities and fold these into their next coaching program.

Transformations for Type One: The Perfectionist

What I need to let go of:

1. I often hold myself and others to impossible standards.
2. I fear losing control and becoming irrational.
3. I fear being condemned for being wrong.
4. I am refusing to look at my own contradictions.
5. I rationalize my own behavior.
6. I obsess about things I cannot change.
7. I carry bitterness and disappointment with the world.
8. I feel that other people's beliefs and values threaten mine.
9. I often believe that I am in a position to judge others.
10. I strive to drive myself and others to be perfect.
11. I am good at ignoring my own emotional and physical distress.
12. I often feel angry, impatient, and easily annoyed.
13. I can fear and disown my body and my feelings.
14. I have a strong desire for order and efficiency to control my life.
15. I automatically focus on what is wrong with things.
16. I often feel that it is up to me to fix everything.

What I need to do more of:

17. I readily allow myself to relax and enjoy life.
18. I realize that the best I can do is good enough.
19. I embrace that I am grateful that others have many things to teach me.
20. I understand that I can make mistakes without condemning myself.
21. I trust that my feelings are legitimate and that I have a right to feel them.
22. I regularly treat others with tenderness and respect.
23. I am gentle and forgiving of myself.
24. I am compassionate and forgiving of others.
25. I believe that life is good and unfolding in miraculous ways.

Transformations for Type Two: The Helper

What I need to let go of:

1. I harbor feelings of rage and resentment toward others [for not giving back to me].
2. I will attempt to justify my aggressive feelings [if I have them].
3. I feel attached to feeling victimized and abused.
4. I [deeply] fear that I am unwanted and unloved.
5. I [catch myself making] attempts to force others to love me.
6. I tend towards making others feel guilty for not responding sufficiently to my needs.
7. I often abuse food and/or medications to make up for my loneliness.
8. I [dread] feeling that others owe me for the things I have chosen to do for them.
9. I believe that no one willingly takes care of me.
10. I expect others to repay my help in the way I want.
11. I [often experience] physical ailments, aches, and complaints.
12. I [go out of my way to] call attention to what I have done for others.
13. I often feel possessive of loved ones.
14. I will do things for others to make myself needed.
15. I will flatter others to make them feel good about me.
16. I do not like to acknowledge my negative feelings.

What I need to do more of:

17. I can own all of my feelings without fear.
18. I feel clear and conscious of my motives.
19. I realize I am lovable for who I am.
20. My happiness does not depend on pleasing others.
21. I can let go of loved ones.
22. I nurture my own growth and development.
23. I love others without expecting anything in return.
24. I allow [my own] joy and warmth to fill up my heart.
25. I carry gratitude for all that others have given me.

Transformations for Type Three: The Achiever

What I need to let go of:

1. I become obsessed by my hostile feelings toward others.
2. I believe that sabotaging other will make things better for me.
3. I catch myself feeling jealous of others and their good fortune.
4. I deeply fear failing and being humiliated.
5. I fear being inadequate and that I will be rejected.
6. I feel that I must conceal my mistakes and limitations.
7. I tend to close down my feelings in order to function.
8. I often betray my own integrity to get the admiration of others.
9. I make attempts that misrepresent myself and my abilities.
10. I place grandiose expectations on myself.
11. I crave constant attention and affirmation.
12. I often will use arrogance to compensate for my own insecurity.
13. I deeply desire to impress others with my performance.
14. I conceal my true-self behind masks.
15. I [regularly] compare myself to others.
16. I drive myself relentlessly to be the best.

What I need to do more of:

17. I [realize my] value regardless of my achievements.
18. I am centered and emotionally available.
19. I am [actively] caring and have a good heart.
20. I take in the love others give me.
21. I am responsible to those who look up to me.
22. I am happy to work for the good of others.
23. I develop my true talents by accepting who I am.
24. I delight in the accomplishments and successes of others.
25. I can reveal my real self without being afraid.

Transformations for Type Four: The Individualist

What I need to let go of:

1. I turn my anger and aggressions against myself.
2. I harbor self-hatred and self-contempt.
3. I often harbor feelings of hopelessness and despair.
4. I have self-sabotaging thoughts and actions.
5. I feel that I am inadequate and defective.
6. I fear that I am unimportant and undesirable.
7. I feel shameful and misunderstood by others.
8. I am often distraught, fatigued, and inhibited.
9. I feel that people always let me down.
10. I carry unrealistic expectations of myself and others.
11. I claim I need to be treated differently.
12. [It is easy to become] self-indulgent in my emotions and behavior.
13. I feel deep self-doubt and emotional vulnerability.
14. I want to protect myself by withdrawing from others.
15. I harbor wasteful fantasies and romantic longings.
16. I often dwell on the past and this prolongs my feelings.

What I need to do more of:

17. I realize that I am not defined by my feelings.
18. I realize that only the feelings I act on [truly] express who I am.
19. I open myself up to people and the world.
20. I use all of my experiences to grow.
21. I see the goodness in my life, my friends, and myself.
22. I love myself and treat myself gently.
23. I am free of the damage of my past.
24. I am [gratefully] transforming my life into something higher.
25. I acknowledge that I am bringing something good and beautiful into the world.

Transformations for Type Five: The Investigator

What I need to let go of:

1. I harbor fearfulness of the world around me.
2. I tend to feel powerless and hopeless.
3. I fear being violated or overwhelmed by others.
4. I have dark and destructive fantasies.
5. I isolate myself by rejecting others.
6. I often believe that no one can be depended on.
7. I desire to antagonize others and ruin their peace of mind.
8. I fall into being cynical and contemptuous of the normalcy of others.
9. I fear that others will exploit me.
10. I feel that I am a misfit in life.
11. I tend to be secretive and hide from people.
12. I will postpone my emotional needs [without realizing it].
13. I can neglect my physical health and appearance.
14. I [hate] the agitation and restlessness of my mind.
15. I feel that I always need to know more before I do anything.
16. I avoid my life by escaping into my mind.

What I need to do more of:

17. I feel secure and grounded in the reality of my own life.
18. I appreciate the strength and wonder of my body.
19. I see the value of my inventiveness and sense of humor.
20. I easily accept uncertainty and ambiguity.
21. I see that my life and struggles are meaningful and rewarding.
22. I have faith in the future and in human beings.
23. I reach out to others confidently as an equal.
24. I find serenity in being compassionate toward others.
25. I support others from the fullness of my heart.

Transformations for Type Six: The Loyalist

What I need to let go of:

1. I have a [deeper] fear of being abandoned and alone.
2. I tend to have self-defeating, self-punishing tendencies.
3. I tend to harbor feelings of dread about the future.
4. I often feel persecuted, trapped, and desperate.
5. I can tend to overreact and exaggerate my problems.
6. I take out my fears and anxieties on others.
7. I am suspicious of others and [tend to wonder] the worst about them.
8. I feel inferior and incapable of functioning on my own.
9. I deep down feel cowardly and unsure of myself.
10. I will act "tough" to disguise my insecurities.
11. I fear and dislike of those who are different from me.
12. I catch myself blaming others for my own problems and mistakes.
13. I tend to be evasive and defensive with those who need me.
14. I have a tendency to be negative and complaining.
15. I fear of taking responsibility for my mistakes.
16. I look to others to make me feel secure.

What I need to do more of:

17. I am independent and capable.
18. I keep my own identity in groups and in relationships.
19. I have faith in myself, my talents, and my future.
20. I meet difficulties with clarity, calmness and confidence.
21. I am secure and able to make the best of whatever comes my way.
22. I recognize the kinship I have with every human being.
23. I am understanding and generous to all who need me.
24. I act courageously in all circumstances.
25. I find [and honor] the true authority within me.
26. Underneath my doubt is my clarity and I act from that clarity.

Transformations for Type Seven: The Enthusiast

What I need to let go of:

1. I have reckless and destructive impulses.
2. I fear feeling that I will be overwhelmed by anxiety.
3. I [suffer from] compulsions and addictions.
4. I tend to burn myself out by trying to satisfy all of my desires.
5. I run away from the consequences of my actions.
6. I catch myself insulting or abusing others to vent my frustrations.
7. I allow my insecurities to drive me into dangerous situations and behavior.
8. I tend to sacrifice my health and happiness for instant gratification.
9. I can be demanding and impatient with others.
10. I fear that there will not be enough for me.
11. I always feel that I need more.
12. I want every moment to be exciting and dramatic.
13. I escape from myself through distractions and constant activity.
14. I allow my lack of self-discipline ruin my opportunities.
15. I overextend myself with more than I can do well.
16. I often believe that external things will make me happy.

What I need to do more of:

17. I am happiest when I am calm and centered.
18. I can say no to myself without feeling deprived.
19. I [am grateful] that there will be enough for me of whatever I need.
20. I am resilient in the face of setbacks.
21. I find [deep] satisfaction in ordinary things.
22. I stay with projects until I complete them.
23. I care deeply about people and am committed to their happiness.
24. There is a spiritual dimension to my life.
25. I am profoundly grateful to be alive.

Transformations for Type Eight: The Challenger

What I need to let go of:

1. I carry anger, rage, and/or violence in life.
2. I can dehumanize myself by violating others in any way.
3. I catch myself being verbally or physically abusive.
4. I believe that taking vengeance will free me from my own pain.
5. I have hardened my heart against suffering.
6. I carry a fear of ever being vulnerable or weak.
7. I believe that I do not need others.
8. I have been told I bully people to get my way [or I have caught myself doing this].
9. I have a fear that others will [try to] control me [so I take a strong stance].
10. I feel [the burden] that I must only look after myself.
11. I harbor fears of losing to anyone.
12. I feel that I must never be afraid [and must stand strong].
13. I attempt to control everything in my life.
14. I allow my pride and ego to ruin my health and relationships.
15. I think that anyone who does not agree with me is against me.
16. I am often hard-boiled and deny my need for affection.

What I need to do more of:

17. I [actively] believe in people and [demonstrate] care about their welfare.
18. I am big-hearted and let others share the glory.
19. I [believe I] am honorable and therefore worthy of respect.
20. I am most fulfilled by championing others.
21. I have tender feelings and [act on my] good impulses.
22. I can be gentle without being afraid.
23. I master myself and my own passions.
24. I [am realizing] that there is an authority greater than me.
25. I love others [openly] and ask for their love in return.

Transformations for Type Nine: The Peacemaker

What I need to let go of:

1. I struggle taking an active interest in my own life.
2. It is easy for me to turn away from whatever is unpleasant or difficult.
3. I often feel that there is nothing [or little] I can do to improve my life.
4. I have been told I'm numb and emotionally unavailable.
5. I have been told I refuse to see my own aggressions.
6. I tend to ignore problems until they become overwhelming.
7. I have a co-dependency and fear of being on my own.
8. I can get caught-up in wishful thinking and giving up too soon.
9. I often neglect myself and my own legitimate needs.
10. I seek quick and easy "solutions" to my problems.
11. I feel threatened by significant changes in my life [and try to ignore them].
12. It is easy for me to lose myself in comforting habits and routines.
13. I often feel that most things are just too much trouble [and give up too soon].
14. I tend towards inattentiveness and forgetfulness.
15. I often find I'm going along with others to keep the peace.
16. I realize I have been living through others and not developing myself.

What I need to do more of:

17. Realize that I am confident, strong, and independent.
18. Develop my mind and think things through.
19. Become awake and alert to the world around me.
20. Be proud of myself and my abilities.
21. Be steadfast and dependable in difficult times.
22. Look deeply into myself without fear.
23. Get excited about my future.
24. Be a powerful, healing force in my world.
25. Actively embrace all that life brings.



THE ENNEAGRAM OVERVIEW

Type	Other Names	Horneyan Group	Coping Style	Triad Self	Imbalance	Basic Fear	Basic Desire	Ego agenda (Distortion)	Gifts	Development Work
1-Perfectionist	Good Person Reformer Activist	Dutiful/Compliant	Competency Based	Body	Resentment	Being defective/bad	Be right/good	Perfection	Mission driven Integrity Discerning	Embracing "grey" Discern not judge
2-Helper	Loving Person Caretaker Lover	Dutiful/Compliant	Positive Outlook	Heart	Martyr	Being loveless	Be loved	Be needed	Open-hearted Generous Loving	Love self as I love others
3-Achiever	Successful Person Motivator "The Best"	Assertive	Competency Based	Head	Vanity	Being worthless	Be valuable	Chasing success	Motivating Confident Productive	Be authentic Value self over action
4-Dreamer	Creative Person Individualist Tragic Romantic	Withdrawn	Reactive	Heart	Envy	Being ordinary	Be me	Self-indulgence	Sensitive Creative Empathetic	Value in the ordinary
5-Investigator	Wise Person Observer Expert	Withdrawn	Competency Based	Head	Avarice	Being incompetent	Be expert	Arrogance	Innovative Visionary Wise	Giving/teaching
6-Loyalist	Loyal Person Doubter True Believer	Dutiful/Compliant	Reactive	Head	Doubt	Being unsafe	Be secure	Paralysis	Trustworthy Self-reliant Courageous	Trust in thyself
7-Adventurer	Joyful Person Enthusiast Connoisseur	Assertive	Positive Outlook	Body	Gluttony	Being trapped	Be delighted	Escapism	Playful Fun Productive	Prioritize what matters
8-Challenger	Powerful Person Protector Advocate	Assertive	Reactive	Body	Control	Being controlled	Be protected	Challenging	Heroic Passionate Protective	Move from me to we
9-Peacemaker	Peaceful Person Healer Comforter	Withdrawn	Positive Outlook	Heart	Sloth	Fragmentation	Be peaceful	Neglect	Embracing Peaceful Healing	Step up and out in the world