



ENNEAGRAM THRIVING

Enneagram simply means drawing of 9. It is a personality typing system that points to the WHY behind our actions and behaviors. This sheet is meant to be a guide to better understand the 9 types.

THE 9 ENNEAGRAM TYPES

TYPE 1 - THE PERFECTIONIST

Core Desire // to have integrity and be right.

Core Fear // being wrong, defective or irresponsible.

Focus of attention // what's wrong and needs correction.

I want to know // I am good.

About the 1 // I have a strong inner critic.

When healthy I radiate // goodness and justice.

TYPE 2 - THE HELPER

Core Desire // to be wanted for the real me.

Core Fear // the real me not being wanted or loved.

Focus of attention // the needs of others.

I want to know // I am wanted.

About the 2 // I focus so much on the needs of others I forget I have needs.

When healthy I radiate // unconditional love and care.

TYPE 3 - THE ACHIEVER

Core Desire // to be valued without having to perform.

Core Fear // being exposed, unsuccessful/failing.

Focus of attention // tasks and goals.

I want to know // I am loved for being me.

About the 3 // I am very image conscious.

When healthy I radiate // hope & confidence.

THE 9 ENNEAGRAM TYPES

TYPE 4 - THE ARTIST

Core Desire // to find unique significance.

Core Fear // being ordinary or defective.

Focus of attention // what's missing.

I want to know // I am significant.

About the 4 // I feel my feelings deeply.

When healthy I radiate // creativity and depth.

TYPE 5 - THE INVESTIGATOR

Core Desire // to be capable and qualified.

Core Fear // being ignorant or having obligations.

Focus of attention // how the world works.

I want to know // My needs don't create problems.

About the 5 // I need lots of alone time to refuel.

When healthy I radiate // wisdom and ingenuity.

TYPE 6 - THE LOYALIST

Core Desire // to be secure, have guidance and support.

Core Fear // being alone, chaos.

Focus of attention // what could go wrong.

I want to know // I am safe and belong.

About the 6 // I live in worst-case-scenario thinking.

When healthy I radiate // faithfulness and courage.

TYPE 7 - THE OPTIMIST

Core Desire // to be content and satisfied.

Core Fear // pain, missing out.

Focus of attention // what's next.

I want to know // I will be taken care of.

About the 7 // My imagined future always seems better than the present.

When healthy I radiate // joy and abundance.

TYPE 8 - THE CHALLENGER

Core Desire // to protect myself.

Core Fear // being weak or powerless.

Focus of attention // taking charge.

I want to know // I will not be betrayed.

About the 8 // I make a great leader because I am bold.

When healthy I radiate // power and protection.

TYPE 9 - THE PEACEMAKER

Core Desire // inner stability and peace of mind.

Core Fear // being uncomfortable, conflict.

Focus of attention // other's contentment.

I want to know // My presence matters.

About the 9 // I will downplay myself to avoid conflict.

When healthy I radiate // peace and oneness.