

Enneagram: A Tool For Self Awareness

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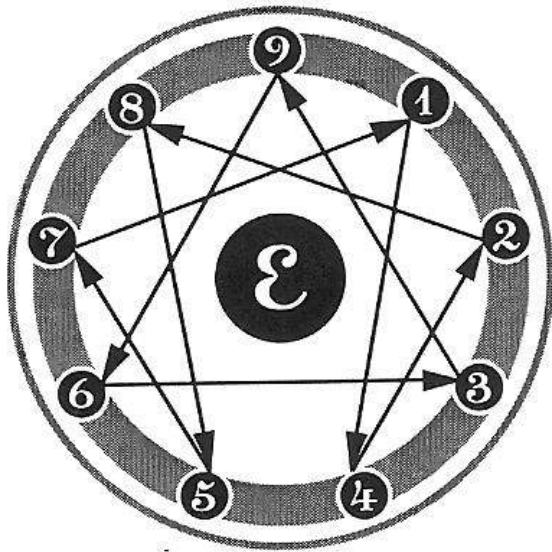


- “Understanding the Enneagram is like having a pair of special glasses that allows us to see beneath the surface of ourselves and other people with special clarity”
- (Riso and Hudson, 3).

Exploring the Enneagram: Origins

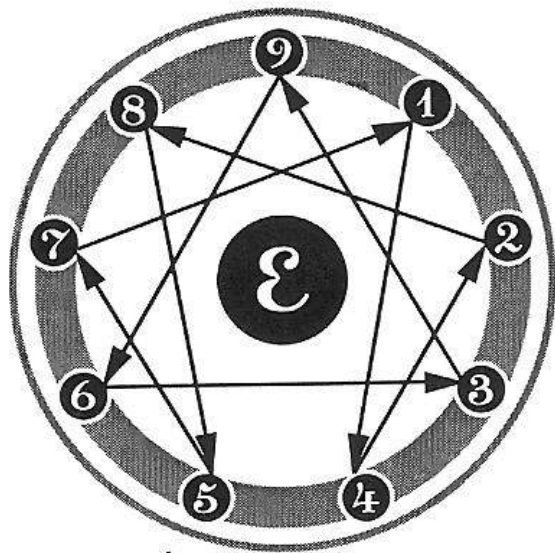
The WORD--*Greek*

- *Ennea*--Nine
- *Gram*--Something written or drawn
- It is a nine-points model.



The Enneagram is a geometric figure that originally represented natural processes within creation, and later came to delineate nine basic personality types of human nature and their complex interrelationships.

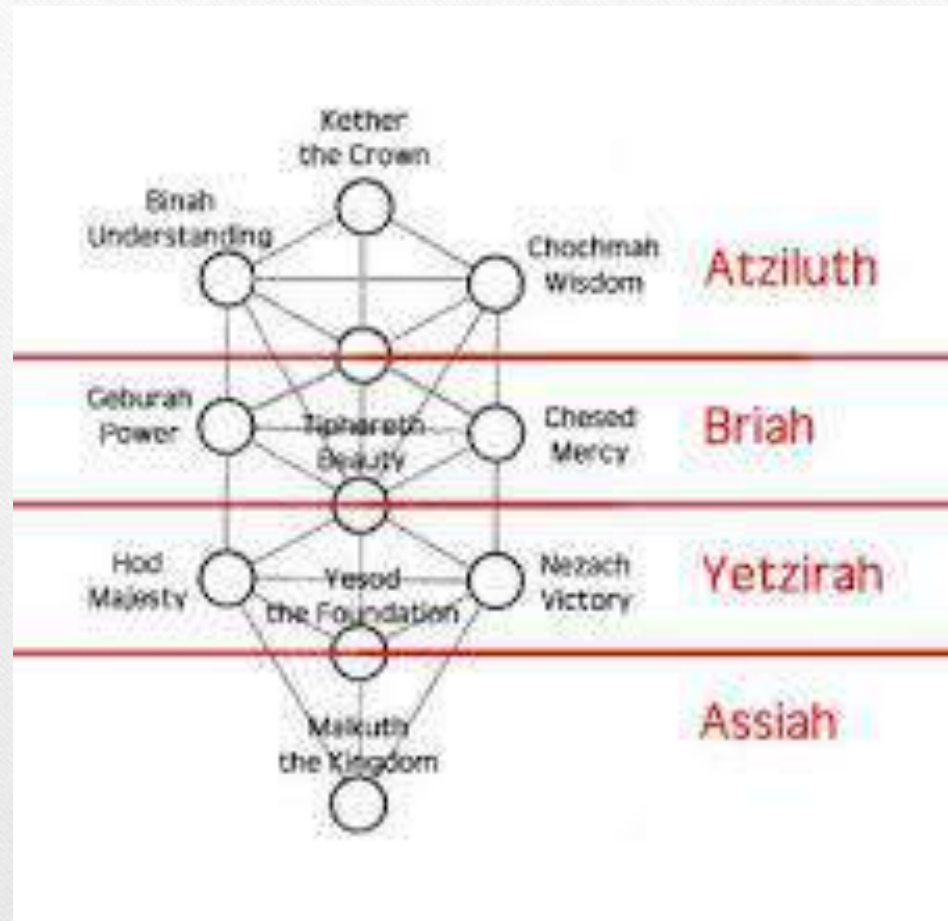
Exploring the Enneagram: Origins



The *symbol* may have ancient origins; it's underlying theory is found in Greek philosophy

Links have been made to ancient teachings of Kabbalah, Christianity, Islam and other traditions

KABBALISTIC TREE OF LIFE: 10 Sephirot



Exploring the Enneagram: Contemporary Development

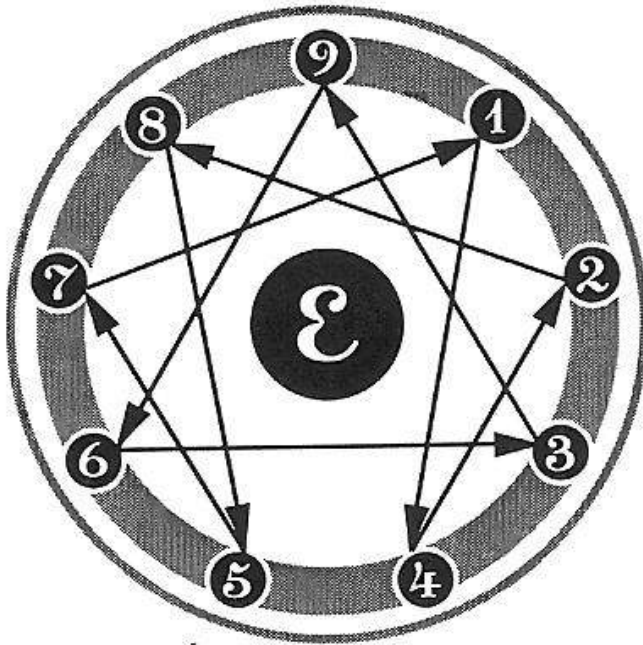
1910's: George Gurdjieff

1950's: Oschar Ichazo

1970's: Claudio Naranjo

1980's: Helen Palmer AND Stanford psychiatrist David Daniels developed Narrative Enneagram and founded International Enneagram Association

1990's: Don Riso and Russ Hudson developed RHETI questionnaire. Founded Enneagram Institute.



Exploring the Enneagram: Contemporary Development



Exploring the Enneagram: How It Works

**So
How
Do I
Know
My
Type?**



Typing oneself is a process that comes quickly for some, and takes much time and reflection for others

Read/Listen/Talk to others

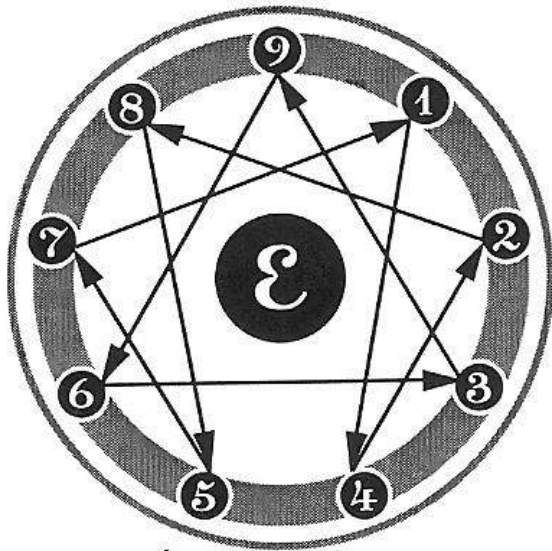
Witnessing/Self Observation

The motivations of the types are more important than the behaviors associated with it

Take Enneagram test

No one should type another person

Exploring the Enneagram: How It Works

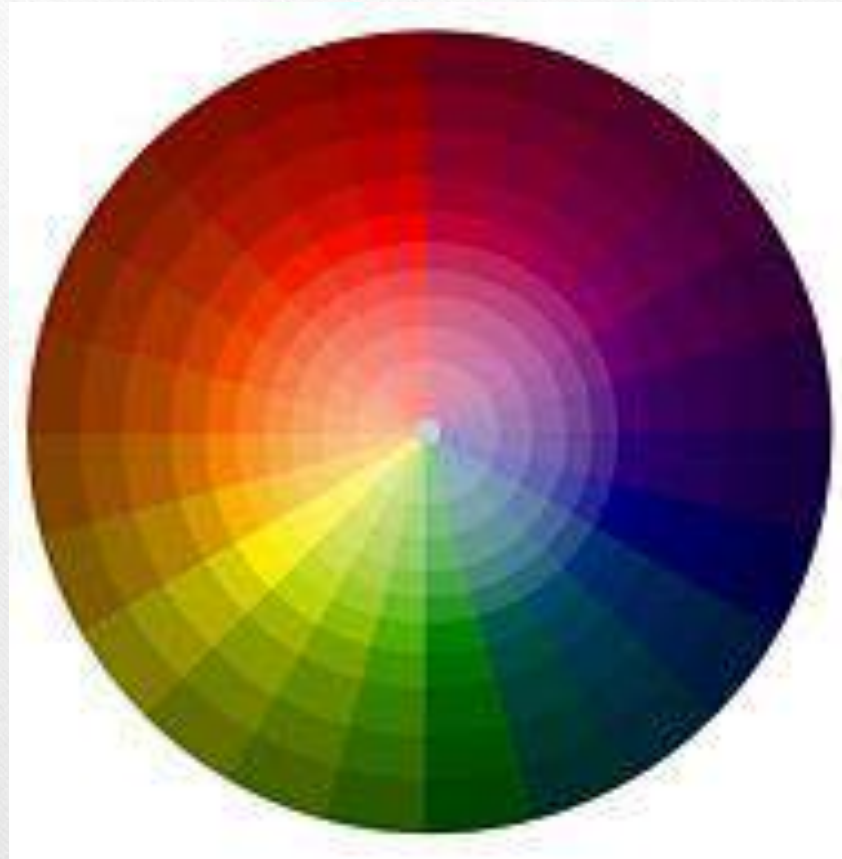


We can find ourselves reflected in the *whole* of it. The *whole* Enneagram is within us, yet one type will be our core personality.

People do not change from one basic type to another, though we grow to include more of the other types within us.

Not everything in a type's description will apply.

We are all **SHADES** and **VARIATIONS**
of our personality type





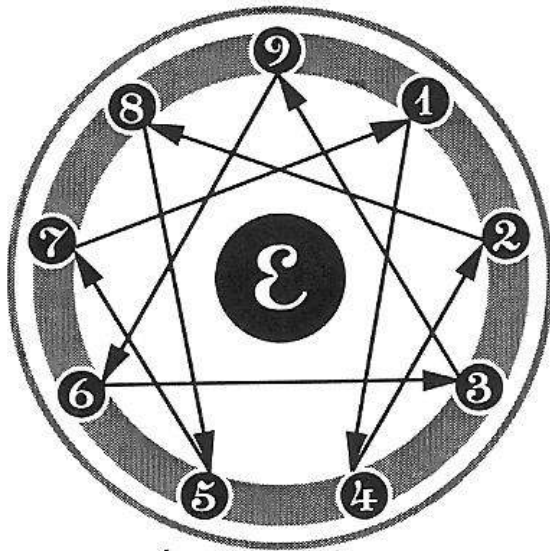
The intention is to gain clarity about the internal patterns, triggers, and motivations that drive us, to learn to observe them as they arise, to detach from them, and eventually set them aside when they do not serve us.

Exploring the Enneagram: How It Works

The system is a tool combining spirituality and psychology

Each type reveals the psychological mechanism by which we lose sight of our true nature – our Divine Essence

Personality is formed by a combination of our innate temperament, and the self images, strategies and behaviors that allowed us to cope with our environment



Exploring the Enneagram: How It Works



Your Type Offers Insight Into:

External behaviors

Underlying attitudes

One's characteristic sense of self

Conscious and unconscious motivations

Emotional reactions

Defense mechanisms

What we pay attention to

Our spiritual barriers and potentials

MEDIATOR

Attention goes to: conflict and discomfort.
Energy goes into other people and avoiding/
preventing conflicts.

PROTECTOR

Attention goes to: those who need
protection and to power and control.
Energy goes into being powerful, pro-
tecting and fighting.

PERFECTIONIST

Attention goes to: what is right and
wrong, being good. Energy goes into
trying to improve.

EPICURE 7

Attention goes to: what limits
and constraints. Energy goes into
interesting ideas and pleasurable
experiences.

2 GIVER

Attention goes to: the wants and
needs of others, being appreciated.
Energy goes in to giving & helping.

LOYAL SKEPTIC

Attention goes to: hazards and
potential worst-case scenarios.
Energy goes into becoming vigilant,
questioning or doubting.

PERFORMER

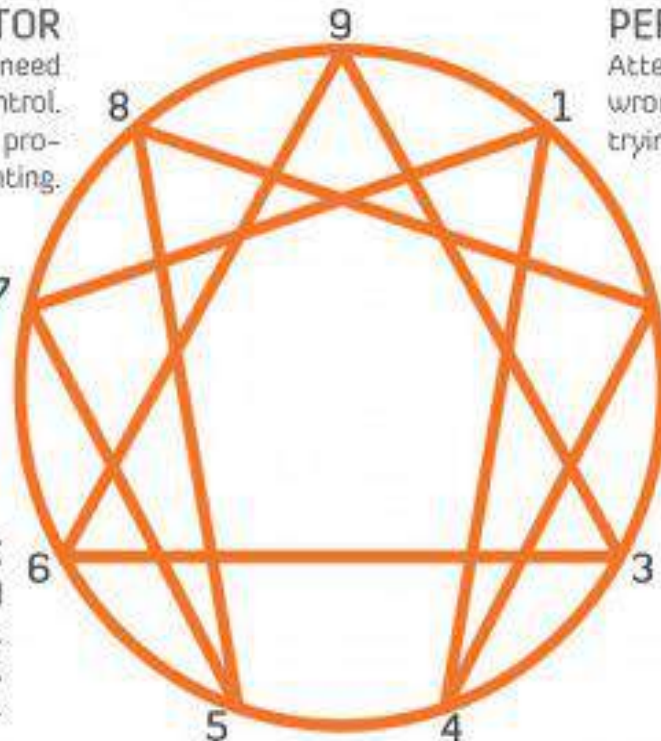
Attention goes to: what brings
success & gaining approval. Energy
goes into achieving goals, tasks and
prestige.

OBSERVER

Attention goes to: the expectations of
others. Energy goes into becoming private
and self-sufficient and acquiring knowledge.

ROMANTIC

Attention goes to: what is missing. Energy
goes into searching for the most unique,
special and fulfilling.



RUSS HUDSON DESCRIBES...

TYPE 1:

The Perfectionist

TYPE 4:

The

Romantic/Individualist

TYPE 7:

The Epicure/Enthusiast

SILLY CARTOON DESCRIBES...

TYPE 1:

The Perfectionist

TYPE 4:

The

Romantic/Individualist

TYPE 7:

The Epicure/Enthusiast

And now....

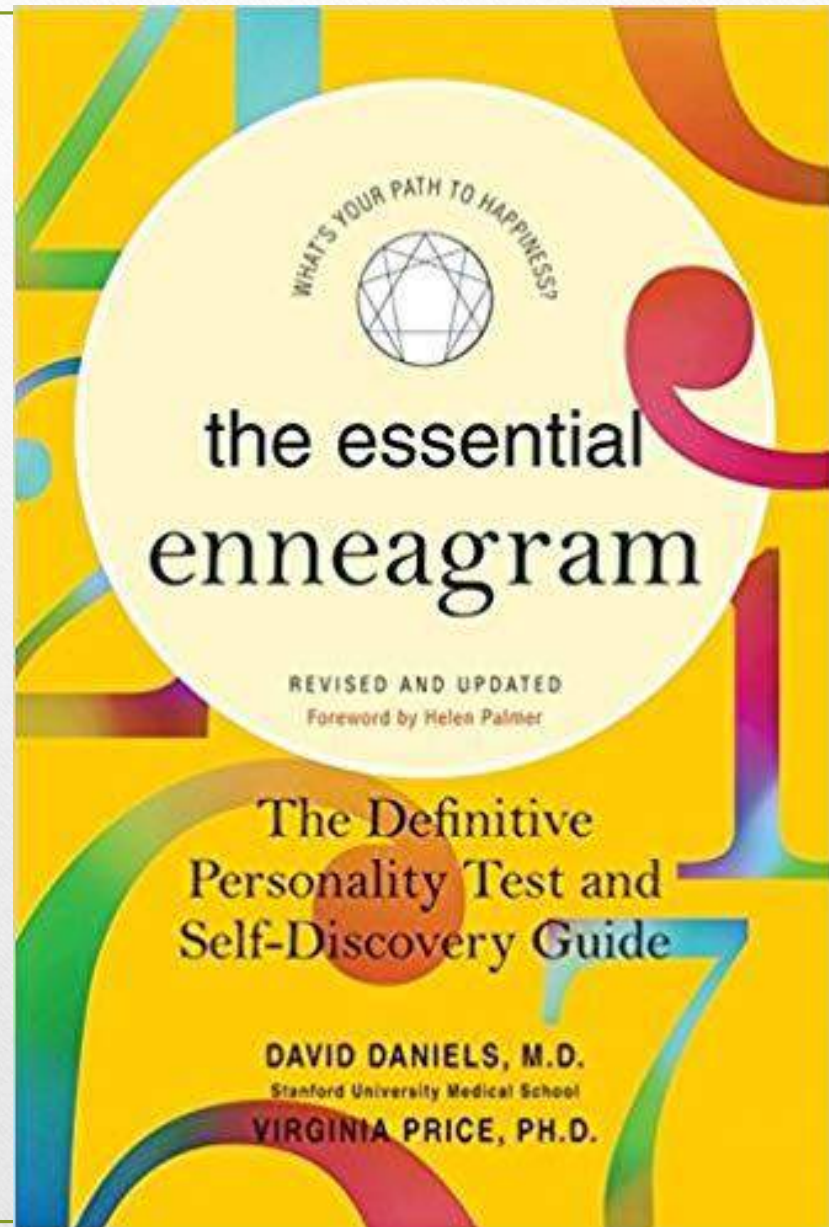
The moment you've been waiting for!

Complete the Essential Enneagram Test

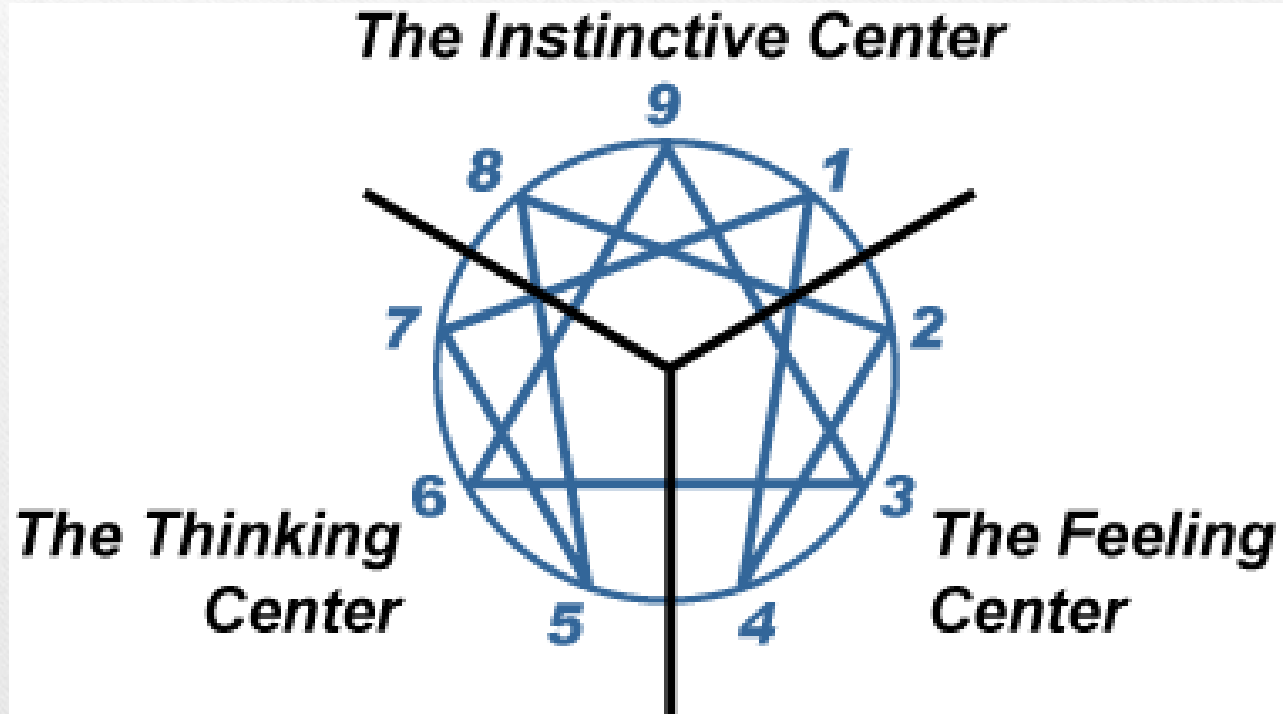
Review the Type Description of your first choice

Turn to someone else to discuss whether the type you chose seems to describe you. Why or why not?

Remember that finding your type may take time!



Exploring the Enneagram: There's Much More



Exploring the Enneagram: There's Much More

THREE INSTINCTS/ DRIVES

- 1.) **Self-Preservation**
- 2.) **Social**
- 3.) **Sexual/Bonding/Intimacy**

SOOOOO...

3 main instincts x 9 types, = 27 subtypes

Why Enneagram as a Tool for Chaplains?



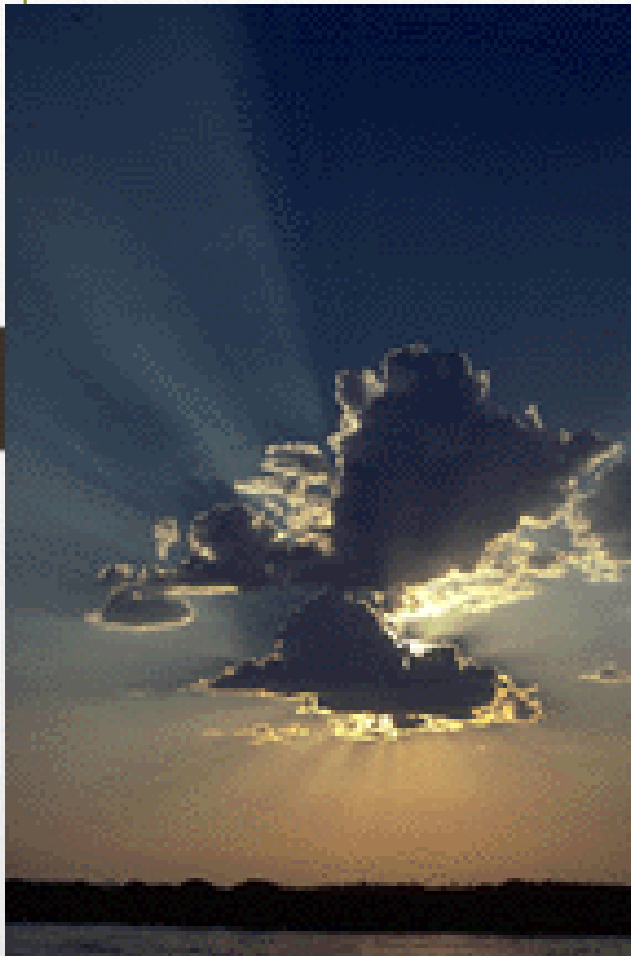
Potential for both Spiritual
and Psychological Growth

Psychological growth =
Ability to Function more
effectively

Spiritual growth =
Acceptance of self,
compassion for others

By utilizing the Enneagram one can begin to transform patterns of emotional and psychological rigidity and become more present to self and others, whether as a caregiver or in personal relationships





- The Key to Transformation...
 - Lies in our ability to be *present*
 - To abide in the here and now, with our minds, hearts, bodies, and spirits fully engaged
 - Our personality is *not at all interested in the here and now.*
 - Personality constantly draws us *somewhere else*--habitual thoughts, emotional reactions, fantasies about the future, and old stories about who we are and what others have done to us cloud our awareness.
 - Don Riso and Russ Hudson

SNAP!



S = Stop

N = Notice

A = Ask

P = Pivot

A PRACTICE TO HELP
PAY ATTENTION TO
OUR TYPE'S
PATTERNS, AND TO
LOOSEN THEM

CAUTION:

- Exploring the Enneagram is not about “fixing” ourselves but gaining access to our higher essential qualities.
 - Acceptance
 - Love
 - Authenticity
 - Forgiveness
 - Compassion
 - Courage
 - Joy
 - Strength
 - Presence
 - Gratitude



COMMENTS

QUESTIONS ???

DISCUSSION

CREDITS

Hudson, Russ and Riso, Don. *The Wisdom of the Enneagram: The Complete Guide to Psychological and Spiritual Growth for the Nine Personality Types*, New York, Bantam Books, 1999

Cron, Ian Morgan and Stabile, Suzanne, *The Road Back to You: An Enneagram Journey To Self Discovery*, InterVarsity Press, 2016

Daniels, David and Price, Virginia, *The Essential Enneagram: The Definitive Personality Test and Self Discovery Guide*, New York, Harper Collins, 2000

THANK YOU!