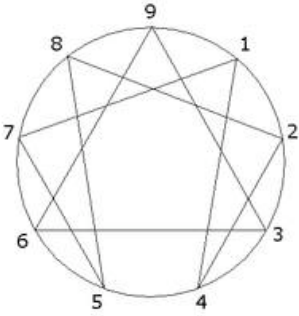


# The Enneagram (Any-a-gram)



*“Self-knowledge is tied with inner work, which is both demanding and painful. Change occurs amid birth pangs. It takes courage to walk such a path. Many avoid the path of self-knowledge because they are afraid of being swallowed up in their own abysses. But Christians have confidence that Christ has lived through all the abysses of human life and that he goes with us when we dare to engage in such confrontation with ourselves.”*

-Andreas Ebert

*“The Enneagram number you find is not for the sake of mere self categorization, it is for the enlightenment of the person, by helping them to recognize their own addictive pattern of seeing and thinking.”*

– Richard Rohr

*“If you know the Myers-Brigg (the Jungian based personality typing approach), you’ll see it doesn’t light a candle to the archetypal truth that is involved in the Enneagram.”*

- Richard Rohr

## Introduction

- Richard Rohr brings a Christian Perspective to the Enneagram, an ancient personality system. Rohr explains how Christians can benefit from it without adopting non-Christian ideas. Rohr identifies the root sin of each type, and how God can redeem that sin into a beautiful gift. He believes the enneagram is a “tool for discernment and a gift of the Spirit which can help transform lives, lead people to God and release the. great giftedness in us.”
- Rohr and Ebert show that the Enneagram was developed in Egypt by the Desert Fathers and rediscovered by a Franciscan missionary to the Moslems at the turn of the 14th century.
- The Enneagram predates Jung by 1500 years, because it originates in the Desert Fathers analysis of the “capital sins” and then was refined for centuries in the Sufi schools of spiritual direction, finally reaching the West through the Jesuits and others.

## Background on Richard Rohr and Andreas Ebert

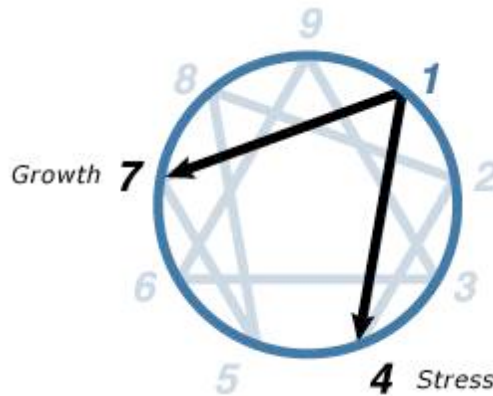
- Richard Rohr is an internationally known retreat master, speaker and writer. Presently, he is the Director of the Center for Action and Contemplation in Albuquerque, New Mexico. Rohr has been working with the Enneagram for over 30 years.
- Andreas Ebert is a Lutheran minister and hymn writer.

## Why the Enneagram?

- In Christianity, redemption from the false self is understood as a gift of God’s grace.
- “Work out your own salvation with fear and trembling. It is God, for his own loving purpose who puts the will and the action into you.” Phil 2:12-13
- Cosmetic piety takes away our anxiety about God and about ourselves, but it does not address the real and subtle ways that we “lose our souls.”



# The Perfectionist Type One The Need to Be Perfect



The Rational, Idealistic Type:  
Principled, Purposeful, Self-Controlled, and Perfectionistic

**Basic Fear:** Of being corrupt/evil, defective

**Basic Desire:** To be good, to have integrity, to be balanced

**Enneagram One with a Nine-Wing:** "The Idealist"

**Enneagram One with a Two-Wing:** "The Advocate"

**Motivation:**

Ones are motivated by the need to live their life the right way, including improving themselves and the world around them.

**At their best....**

- Ethical
- Reliable
- Productive
- Wise
- Idealistic
- Fair
- Honest
- Orderly
- Self-disciplined

**At their worst...**

- Judgmental
- Inflexible
- Dogmatic
- Obsessive-compulsive
- Critical of others
- Overly serious
- Controlling
- Anxious
- Jealous

**Relationships**

- Ones at their best in relationship are loyal, dedicated, conscientious, and helpful. They are well balanced and have a good sense of humor.
- Ones at their worst in relationship are critical, argumentative, nit-picking, and uncompromising. They have high expectations of others.

**Careers**

- Ones are efficient, organized and always complete the task. The more analytical and tough-minded Ones are found in management, science, and law enforcement. The more people-oriented Ones are found in health care, education and religious work. Since they do things in a professional, honest and ethical manner, you would do well to have Ones as your car mechanic, surgeon, dentist, banker and stockbroker.

## Overview

- Ones are idealists, motivated and driven on by longing for a true, just, and moral world.
- They are often gifted teachers who strive to go forward, setting a good example. They have a hard time accepting imperfections—other people's and, above all, their own.
- From an early age, ones try to be model children. Starting back in their tender youth they internalized the voices that demand: "Be good! Behave yourself! Try hard! Don't be childish! Do it better!"
- Ones try to be good so they won't be punished. They want at all cost to stop their "conscience" from condemning them.

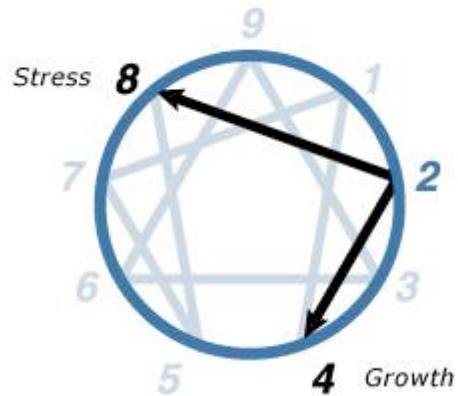
## Dilemma

- The search for perfection rules the lives of ones and is their specific **temptation**.
- Ones are conscious of duty and responsibility and are often compulsively punctual. They feel pressured by time, they stick to a precise schedule and they often keep a detailed diary.
- Ones are serious people and seldom tell jokes – or else they forget the punch line. They allow themselves relaxation and recreation only when they have thoroughly and completely finished their tasks.
- Ones are inclined to deny and punish themselves and to repress or even kill off their needs and feelings.
- Without the help of mediation and prayer ones can become obnoxious faultfinders.
- Anger is the **root sin** of the one. Ones are angry because the world is so imperfect.
- Their **sin and avoidance** coincide. They avoid admitting the vexation that motivates and drives them. Internally, they are boiling with anger because the world is so damned imperfect, but they do not articulate these aggressions as such.
- The **defense mechanism** that ones develop in order not to show their anger is reaction control. Instead of reacting immediately and directly, within fractions of a second, a process of censorship takes place with them that decides what they'll express and how.
- Immature ones sometimes try to solve their dilemmas differently. They can get to the point where they lead a double life. In public, where they are known and observed, they always, behave correctly, morally and blamelessly. But when they feel themselves unobserved in a foreign environment, the repressed shadow shows itself. It can happen that they live out all the things that they otherwise deny themselves (and others). This applies to, among other things, their repressed sexual wishes.
- The special gift or fruit of the spirit that marks mature persons of any type is always the reverse of the root sin. The **fruit of the spirit** of the One is cheerful tranquility.
- When ones discover their unacknowledged and repressed anger, they can deal with it better than all the other types.
- When ones can let go of the voices of duty and responsibility and let themselves drop down into God, the perfect lover, they are immediately lead to love.
- Immature ones have a hard time making important decisions, because in the process they might make mistakes.
- All ones live close to the edge of self-righteousness.
- The **pitfall** that unredeemed ones have to be liberated from is their hypersensitivity. They must learn to accept themselves and others without passing judgment.
- Ones are inclined to understand themselves as white knights who set forth into the world to save it.
- In relationships, a one's energy can cause great complications. A one is glad to fall in love with a person who seems to be perfect. As soon as the first scratches show and the lacquer starts peeling off, the one begins to harp about the other in order to change him or her.
- The **color** of ones is silver. Silver is a cool, sober and clear color. It represents moonlight, which gets its brightness from the sun.

## Conversion and Maturation

- Ones have to learn that there isn't just one right way, but that many roads lead to Rome. That is why they have to make friends with their anger and acknowledge it, before they pass judgment on themselves and others.
- Unredeemed ones are continually looking for suitable screens onto which they can project their negative feelings and moods.
- Deep inside ones live the ideal of the good, the true, and the beautiful.
- Ones need to stop wanting all or nothing. They want the perfection that can be found only in God.
- The special invitation that ones hear and have to make their own is hidden in the word "growth". Whatever grows in not yet perfect, but it's on the way. The perfect God has patience and gives us time to grow.
- Among the **lifetime tasks** of ones is to learn occasionally to ignore duty, order and the improvement of the world, and instead to celebrate and enjoy life.

# The Helper Type Two “The Need to be Needed”



The Caring, Interpersonal Type:  
Generous, Demonstrative, People-Pleasing, and Possessive

**Basic Fear:** Of being unwanted, unworthy of being loved

**Basic Desire:** To feel loved

**Enneagram Two with a One-Wing:** "Servant"

**Enneagram Two with a Three-Wing:** "The Host/Hostess"

Twos are motivated by the need to be loved and valued and to express their positive feelings toward others. Traditionally society has encouraged two qualities in females more than males.

### Twos at their BEST

Loving  
Caring  
Adaptable  
Insightful  
Generous  
Enthusiastic  
Tuned into how people feel

### Twos at their Worst

Martyrlike  
Indirect  
Manipulative  
Possessive  
Hysterical  
Overly accommodating  
Overly demonstrative (the more extroverted Twos)

### Relationships

- Twos at their best in a relationship are attentive, appreciative, generous, warm, playful, and nurturing. Twos make their partners feel special and loved.
- Twos at their worst in a relationship are controlling, possessive, needy and insecure. Since they have trouble asking directly, they tend to manipulate to get what they want.

### Careers

- Twos usually prefer to work with people, often in the helping professions, as counselors, teachers, and health workers. Extroverted Twos are sometimes found in the limelight as actresses, actors, and motivational speakers. Twos also work in sales and helping others as receptionists, secretaries, assistants, decorators, and clothing consultants.

## Overview

- Twos employ their gifts for the needs of others and care for their health, nourishment, education, and welfare.
- Twos desperately want to be liked and have an exaggerated need for validation.
- Many twos had a childhood that seemed gray and sad to them. Real security and a feeling of having a home were sometimes lacking, or less than they needed. Other twos report that they have experienced only conditional love. The love of important persons in their life had to be bought by good behaviors.
- Twos are continually holding the thermometer in the air to measure the social temperature and wind direction, because they base their identity on how others are disposed toward them and react to them.
- Twos cry easily because they are sensitive and emotional. They are teddy bears; they like to cuddle and pet. Twos like to talk about relationships and love. They long to be loved, to love with their whole hearts, and to be allowed to live for their beloved.
- Twos usually have a large circle of acquaintances and tend to label people as their “friends” very quickly. They guard their relationships jealously and want to be especially important for all their friends.

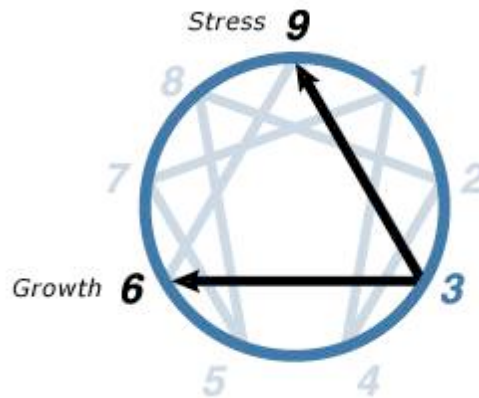
## Dilemma

- The **great temptation** of twos is continually to help others and in this way to evade themselves. The identity of twos lies, as it were, in the wishes and needs of other people, which means outside of themselves. This often leads to a chaotic emotional life. Immature twos have a hard time finding their own center.
- Twos have a tendency to seduce other people. In thoroughly neurotic cases this can lead to abuse. The helplessness and neediness of children can appeal to a two. Often it’s enough just to make the helpless child into a substitute object of its own needs. They direct toward the object all the love they want for themselves but for some reason can’t get.
- In a partnership, twos can be very possessive. Sometimes they look for partners who are weak and dependent. A classic constellation is the partnership between a two (usually female) and an addict. Twos often struggle with codependency and invest all her energy in an addict so that he needs her and won’t abandon her.
- When immature twos are hurt, they can suddenly stop being sweet and compliant and show their claws.
- Twos may be everybody’s garbage disposal, but they shy away from really depending on others.
- The **root sin** of twos is their pride. Pride is different from conceit or narcissism; it is an expression of a “puffed-up self,” or an “inflationary ego.”
  - *“I’m more loving and sensitive than all of you; my love will save the world. I will see to it that it saves you. I will make my love so indispensable to your life and your system that you won’t be able to get along without me.”*
- Pride makes it hard for twos to find unbarred access to themselves and to God. Real self-knowledge, awareness of their hidden self-interest, is harder for them than for others.
- Twos also have a difficult time building up a heartfelt relationship with God. At bottom they don’t need God, because they are loving and energetic themselves.
- The **avoidance strategy** of twos consists in suppressing their own needs and projecting them onto others.
- Twos hide the fact that they are so needy. They are afraid of what could happen if their immense need for warmth, love and intimacy got out of control.
- Their needs are sensory-emotional in nature: tenderness, sex, and attachment. Other sensual needs can easily be turned into replacements: eating, drinking, shopping till they drop. Some twos are chocoholics. After they have spent the whole day satisfying the needs of other people and repressing their own, Twos say in the evenings, “I’ve earned this, I have to reward myself for doing all sorts of things that I actually didn’t want to do.” A strikingly large number of twos have weight problems.
- The **defense mechanism** of twos is repression. Twos repress negative impulses and feelings, especially in the realm of aggression and sexuality.
- The **pitfall** of unredeemed twos is obligingness or flattery. They deny themselves in order to “please” others.
- The **fruit of the spirit** of twos is humility, the reverse of pride. When twos reach the point where they recognize their real motives, there comes a sobering more profound moment than can be imagined. When twos dare to endure this insight, to chew it, taste it, and digest it, then transformation and healing are possible.
- The color of Twos is red. It symbolizes life, power, and passion. Red is the color of love and martyrdom.
- Mary Magdalene, Martha and John (the beloved disciple\_) are the symbolic figures of twos from the Bible.

## Conversion and Maturation

- The invitation that redeems a two is the call to freedom. Real freedom, for which the two longs for, ends the game of manipulation and false love, of dependency and violent attempts at self-liberation. Twos find their ways to freedom only when they can have and accept the experience of unconditional love.
- One of the lifelong tasks of twos consists in achieving a certain degree of objectivity and freeing themselves from gossip, flattery, false intimacy, sentimentalism and the continual quest for reinforcement.
- A redeemed two is very capable of love. Anyone who has the good fortune to be loved by a mature, integrated two has a tremendous beloved, a wonderful lover, and an enviable friend.

# The Achiever Type Three The Need to Succeed



The Success-Oriented, Pragmatic Type:  
Adaptable, Excelling, Driven, and Image-Conscious

**Basic Fear:** Of being worthless

**Basic Desire:** To feel valuable and worthwhile

**Enneagram Three with a Two-Wing:** "The Charmer"

**Enneagram Three with a Four-Wing:** "The Professional"

Threes are motivated by the need to be productive, achieve success, and avoid failure.

### Threes at their Best are

Optimistic  
Confident  
Industrious  
Efficient  
Self-propelled  
Energetic  
Practical

### Threes at their Worst are

Deceptive  
Narcissistic  
Pretentious  
Vain  
Superficial  
Vindictive  
Overly competitive

### Relationships

- Threes at their best in a relationship value and accept their partners. They are playful, giving, responsible, and well regarded by others in the community.
- Threes at their worst in a relationship are preoccupied with work and projects. They are self-absorbed, defensive, impatient, dishonest, and controlling.

### Careers

- Threes are hardworking, goal-oriented, organized, and decisive. They are frequently in management or leadership positions in business, law, banking, the computer field, and politics. Being in the public eye, as broadcasters and performers, is also common. The more helping-oriented threes tend to go into teaching, social services, or the health field. They also become homemakers who put tremendous energy into their responsibilities.

## Overview

- The special talents of threes often cause them to radiate an ease and assurance that inspires confidence. This allows them to spread a good atmosphere around them.
- They have an easy time getting jobs done efficiently and competently, aiming for and achieving personal goals, as well as inspiring and motivating other people and making it possible for them to get ahead too.
- Threes have a “sixth sense” for sizing up tasks and for understanding the dynamics of work groups.
- As children, threes were often loved not for their own sake but were praised and rewarded when they were successful and had special achievements to show for it. When they came home with good marks or won a football game, their mother or father said, “You’re a good boy. We’re proud of you.”
- Threes draw energy from their successes. Threes are show people, achievers, careerists, status-seekers and handle each of their roles better than their true self, which they scarcely know.
- Threes can work really hard and pour all their energy into a project. They are often highly competent in their field and strike others as more competent still.
- Many threes are also physically attractive. Frequently, they were handsome even as children. They were “super-kids” and heard people say again and again, “You can do it. You can make it.”
- Threes are often attractive, successful types who go through the world smiling and for whom everything they want apparently drops into their lap.

## Dilemma

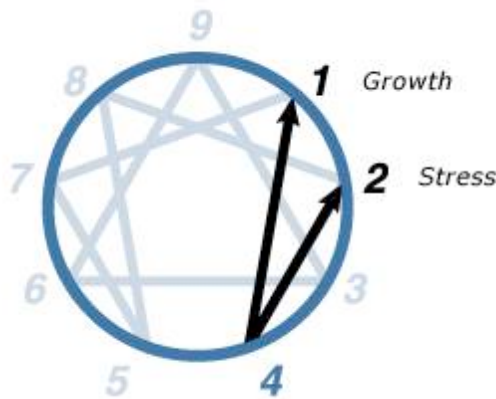
- Efficiency is the three’s greatest temptation. The capitalist system, which dominates the world economy, is based on the dogma: “Those who exert themselves enough can work their way up.”
- The **defense mechanism** of threes is identification. Threes protect themselves from threats by becoming fully involved in their projects, and they are reluctant to accept criticism of their group or company.
- Failure is the term that describes three’s avoidance. There is nothing more tragic than an unsuccessful three, because it’s traumatic for a three to have to deal with failing, falling short or losing.
- Unredeemed threes avoid, fear and hate defeat like the plagues.
- Unredeemed threes are capable of immensely overestimating themselves. They have been so spoiled by success that in the end they themselves believe that everything they do is good and great.
- The pressure to succeed that threes are under leads to their **root sin**, untruth or deceit. In order to win, threes tend to deal generously with the truth. They create an image that looks good, can be sold and finally will win.
- The bad thing is that you often blindly trust even a truly dishonest three. Threes look so self-confident; they seem to know what they are doing.
- The **pitfall** in which the immature threes are caught is vanity. By vanity, we mean that secondary, external things (packaging, clothing, outside impact) are more important than essentials (substance, person, content).
- Threes are trapped in themselves; they live as if they weren’t in their own body and in their own soul, but were standing alongside and watching themselves perform.
- The **fruit of the spirit** is the reverse of their sin; truthfulness or honesty.
- Threes find the way to their gifts only when they take the painful path of self-knowledge and look at their life lies, big and little, in the face and refuse to gloss over them anymore.
- The color of the three is traffic-light yellow. Yellow catches the eye; it strikes us as urgent, dynamic and eccentric. It is radiant.

## Conversion and Maturation

- The **invitation** to threes is the call to hope. Only a hope that goes beyond ostensible successes can help a three acquire depth and put up with momentary failure.
- Hope means not basing life on one’s own goals, but anchoring it in God’s will and the comprehensive goals of God’s reign.
- To be healed, threes, like twos, have to learn to be alone. Both need a place of silence and seclusion where there is no public feedback, no applause, and no admiration.” Contemplative prayer and silent mediation are the appropriate “prescriptions.”
- In silence, all threes must encounter their self critically and their desire to succeed.
- Finally, threes long, sometimes without knowing it, not only for praise and recognition, but for real love. They get so much applause for their successes that in the end they think that’s all they want.
- One of the **life tasks** of threes is to listen more frequently and carefully to the voice of their own feelings instead of doing what promises them recognition from the outside.
- Threes must confront the secret of the cross, which is the secret of failure; out of our defeats God makes his victories-not ours!



# The Romantic Type Four The Need to be Special



**Basic Fear:** That they have no identity or personal significance

**Basic Desire:** To find themselves and their significance (to create an identity)

**Enneagram Four with a Three-Wing:** "The Aristocrat"

**Enneagram Four with a Five-Wing:** "The Bohemian"

Fours are motivated by the need to experience their feelings and to be understood, to search the meaning of life, and to avoid being ordinary.

## **Fours at their Best are**

Warm  
Compassionate  
Introspective  
Expressive  
Creative  
Intuitive  
Supportive  
Refined

## **Fours at their worst are**

Depressed  
Self-conscious  
Guilt-ridden  
Moralistic  
Withdrawn  
Stubborn  
Moody  
Self-absorbed

## **Relationships**

- Fours at their best in a relationship are empathetic, supportive, gentle, playful, passionate, and witty. They are self-revealing and bond easily.
- Fours at their worst in a relationship are too self-absorbed, jealous, emotionally needy, moody, self-righteous, and overly critical. They become hurt and feel rejected easily.

## **Careers**

- Fours can inspire, influence and persuade through the arts (music, fine art, dancing) and the written or spoken word (poetry, novels, journalism, and teaching). Many like to help bring out the best in people as psychologists or counselors. Some take pride in the small businesses they own. Often fours accept mundane jobs to support their creative pursuits.



## Overview

- Fours put their gifts to work to awaken a sense of beauty and harmony in their surroundings.
- They are highly sensitive and almost always artistically gifted; they can express their feelings in dance, music painting, the theater, or literature.
- Everything with vital energy attracts them; they grasp the moods and feelings of other people and the atmosphere of places with seismographic precision.
- They have the gift of helping others to develop an eye for the beautiful and the world of dreams and symbols.
- Fours draw their energy from others. Their life question is: "What do you think of me? Do you notice me? Do I catch your eye?" Fours strive to be aesthetically attractive, to be exceptional, to be creative, or, in some cases, to appear esoteric, eccentric, extravagant, or exotic.
- Fours have often had the experience of the present being unbearable and meaningless. Quite often this was connected with a very painful experience of loss. This loss can be real (death of parent, illegitimate birth, divorce, moving and being uprooted, an undependable parent, another child is born or preferred to them) or it can have been felt "only" emotionally.
- At times, the anger over a loss that has been suffered is so deep that it cannot be tolerated.
- Unredeemed fours direct their anger against themselves. They believe that for some reason they are themselves guilty for experiencing rejection and privation, and so they consider themselves, "bad." Many fours report that they are ruled by a hidden shame.
- Fours trapped in themselves will repeatedly cultivate their "badness" and thereby keep producing situation in which they are rejected or abandoned. Scandalous behavior exercises a certain charm on them; what is dark and forbidden and has a peculiar power of attraction.
- Fours are easy to recognize. First, they have a tendency to wear odd clothes. Almost all fours demonstrate their melancholy side with a preference for colors such as black and violet. Many are vegetarians, animal rights, activists, feminists, and adherents to eccentric ideas about health.
- Possession brings fours little joy. Longing is more important than having.
- Fours revere great authorities; important poets, musicians, gurus, counselors, who have something "deep" about them or are something "special."

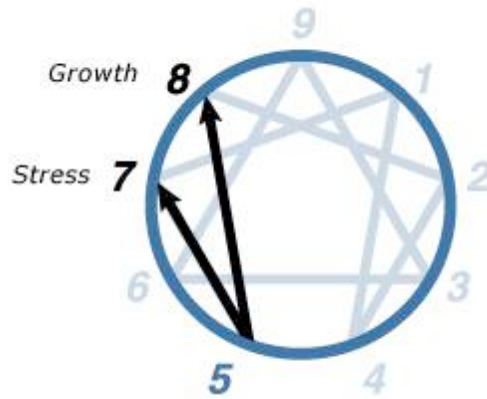
## Dilemma

- Fours face the **temptation** to strive frantically for authenticity. Children, nature, and everything that radiates originality awakens in them the longing for simplicity and naturalness that they lost at some point.
- The specific **defense mechanism** of fours is artistic sublimation.
- Feelings are not expressed directly, but indirectly through symbols, rituals, and dramatic styling.
- Many fours like to have long conversations at night over tea or red wine.
- The **root sin** is envy. They see immediately who has more style, more class, more taste, more talent, more unusual ideas, and more genius than they do.
- Fours often live in fear that somebody else could be more attractive, original, and interesting as partner.
- Self-conscious fours have an internal child that is struggling with feelings of inferiority, "I don't deserve to be loved. I have to make an impression so that I'm not overlooked and abandoned again."
- Fours avoid ordinariness; everything that is current, conventional, and normal. The requirement of being like everyone else can unleash downright panic among them.
- The **pitfall** of fours is a "sweet sadness" that lies over their whole lives like a fog. Fours have to be depressed and suffer from time to time in order to be happy.
- Fours often have an affinity with death, perhaps because it means the ultimate lament, the definitive longing or also because only death can make beauty eternal.
- Fours need friends and partners who will bear with them without letting themselves be drawn into the mood shifts that fours have. They need to experience a loyalty that stands firm.
- The gift or **fruit of the spirit**, of redeemed fours is balance. At twenty-five, fours have already lived through all emotional spaces and experiences from agony to ecstasy. They know all the nuances of feeling and understand the human soul better than anyone else.
- Healthy fours are capable of a depth of feeling that most of us have no access to.
- The color of fours is the bright violet of hollyhock. Their shading is not precisely determined, shimmering and extraordinary, melancholic and mystical, conflicting. Violet is the liturgical color of Passiontide, the time of fasting and penance, of transformation through pain and death.

## Conversion and Maturation

- If fours can admit that they live "in God" and God "in them" their soul will come to the rest and balance they have yearned for.
- Among the **life tasks** of fours is to develop a healthy realism and direct their longing toward reachable goals.
- Fours have to work at seeing that their attention remains in the present and doesn't continually digress into the past or future. For redemption, fours need to confront the real experience of loss in their lives, they have to admit the rage they feel against the person in question, and they have to stop adulating him or her in the wake of that loss.

# The Observer Type Five The Need to Perceive



The Intense, Cerebral Type:  
Perceptive, Innovative, Secretive, and Isolated

- Basic Fear:** Being useless, helpless, or incapable
- Basic Desire:** To be capable and competent
- Enneagram Five with a Four-Wing:** "The Iconoclast"
- Enneagram Five with a Six-Wing:** "The Problem Solver"

Fives are motivated by the need to know and understand everything, to be self-sufficient, and to avoid looking foolish.

### Fives at their Best are

- Analytical
- Persevering
- Sensitive
- Wise
- Objective
- Perceptive
- Self-Contained

### Fives at their Worst are

- Intellectually arrogant
- Stingy
- Stubborn
- Distant
- Critical of others
- Unassertive
- Negative

### Relationships

- Fives at their best in a relationship are kind, perceptive, open-minded, self-sufficient, and trustworthy.
- Fives at their worst in relationship are contentious, suspicious, withdrawn, and negative. They are on guard against being engulfed.

### Careers

- Fives are often in scientific, technical, or other intellectually demanding fields. They have strong analytical skills and are good at problem solving. Those with a well-developed Four wing are more likely to be counselors, musicians, artists or writers. Fives usually like to work alone and are independent thinkers.

## Overview

- The **special talents** of fives consist in their being open and receptive to new facts and impressions. Fives are discoverers of new ideas, researchers, and inventors, who are interested in exploring things in detail.
- They can be original minds, provocative, surprising, unorthodox, and profound.
- They are good listeners, because they pay close attention.
- They can help others to perceive the truth more soberly and objectively.
- There are fives who possess strong contemplative gifts.
- Redeemed fives link their knowledge to a search for wisdom and strive for sympathetic knowledge of the heart.
- They have a quiet inner power and are tenderly emotional, loving, polite, hospitable and gentle.
- The primary experience of fives is a sort of emptiness. Hence, they long for fulfillment.
- Some have had “experiences” in the womb before birth, that “I am not wanted.”
- There are fives who have psychically or physically intrusive parents or who grew up in very cramped surroundings. Their inner world was their only free space where they could move undisturbed. Others experienced the apparent opposite; as children they received little tenderness and intimacy.
- Thus, their own capacity to show their feelings of homelessness and loneliness can lead to creeping inside themselves like an animal that plays dead when danger approaches.
- Many fives go through life filling up their inner vacuum.
- Fives’ passion for collecting is often directed to thoughts, ideas, knowledge, silence and space.
- Fives need a closed-off and protected private sphere. They long for a fortress in which they won’t be watched and where they can think, “My home is my castle.”
- Fives often wear glasses. Their eyes already show signs of wear before they are twenty. Their eyes are like vacuum cleaners.
- Fives often feel more connected to those who are absent than to those who are present. Fives can cherish very warm feelings from distant people.
- Fives generally try to avoid anything that could draw attention to them.
- Many fives hate words like “share” or “communicate.” As soon as the demand is made in a group to exchange views spontaneously, most fives let down the shades and think how they can neatly and unobtrusively pull out of the whole business.

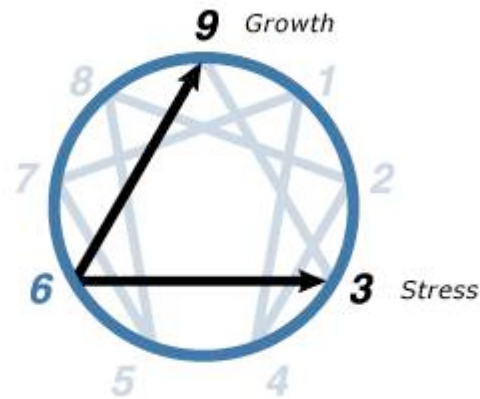
## Dilemma

- The **temptation** of fives is knowledge. For fives, knowledge is power. Immature fives think they can secure their lives by being informed about everything in as much detail as possible.
- Fives may have managed to shine all their lives with intellectual superiority: “I know more than other people. I understand the world better than other people. I’m above the sentimentality and emotional affectation of others.”
- One of the **defense mechanism** that fives like to use is withdrawal. Fives are afraid of nothing so much as emotional engagement.
- On occasion, fives can strike other people as snobbish and arrogant.
- The second **defense mechanism** of fives is compartmentalization. Many fives divide their lives into a number of segments or departments that exist in practical independence from one another.
- The **root sin** of fives is avarice. Fives aren’t givers. They tend to hoard both their intellectual as well as their material possessions.
- The **pitfall** of fives is emotional stinginess. They are stingy about themselves. They often feel that if they share themselves they might lose themselves.
- Fives avoid emptiness. While outsiders often consider them mysterious and “deep,” fives themselves are usually afraid that they are of little value and have little real wealth in them.
- The **gift or fruit of the spirit**, of mature fives is objectivity. Fives can be outstanding counselors. They can follow the monologues of others for a long time.
- Detachment is at once the gift and sin of the five.
- The symbolic **color** of fives is blue. Blue is the color of introversion, repose, and distance, more receptive than radiant.

## Conversion and Maturation

- The **invitation** to fives is wisdom. Wisdom is a deep knowledge of the connections of the world and life that must be won from thought, but at the same time from real-life experience.
- Among the **life tasks** of fives is learning commitment and action. Fives have to fall in love passionately. Love is a drama for a five because in erotic attraction the longing for nearness crashes up against the at least equally strong – for them – wish for distance.
- It can happen that a five falls head over heels in love, but during the encounter with the beloved person he or she goes numb and doesn’t know how to behave.
- Although fives appear self-sufficient, they need the experience of secure love in the inner world (the experience of God) and in the outer world (love from fellow human beings).
- Fives have to be on their guard against arrogance and conceit, either toward others or toward God.

# The Questioner Type Six The Need for Security



The Committed, Security-Oriented Type:  
Engaging, Responsible, Anxious, and Suspicious

**Basic Fear:** Of being without support and guidance

**Basic Desire:** To have security and support

**Enneagram Six with a Five-Wing:** "The Defender"

**Enneagram Six with a Seven-Wing:** "The Buddy"

Sixes are motivated by the need for security. Phobic Sixes are outwardly fearful and seek approval. Counterphobic Sixes confront their fear. Both of these aspects can appear in the same person.

### Sixes at their Best are

Loyal  
Likable  
Caring  
Warm  
Compassionate  
Witty  
Practical  
Helpful  
Responsible

### Sixes at their worst are

Hyper-vigilant  
Controlling  
Unpredictable  
Judgmental  
Paranoid  
Defensive  
Rigid  
Self-defeating  
Testy

### Relationships

- Sixes at their best in a relationship are warm, playful, open, loyal, supportive, honest, fair, and reliable
- Sixes at their worst in a relationship are suspicious, controlling, inflexible, and sarcastic. They either withdraw or put on a tough act when threatened.

### Career

- Though sixes can be found in almost any career, they are often attracted to the justice system, the military, the corporate world, and academia.

## Overview

- People who belong to the six category have tremendous gifts: they are cooperative and reliable team players.
- In relationships, one can count on their fidelity
- Their friendships are marked by warmhearted and deep feelings.
- They do their utmost, give body and soul, for the people they love.
- Redeemed sixes know how to combine holding on to sound traditions with the readiness to take new paths.
- Sixes easily succumb to self-doubt. That makes them look fearful and mistrustful. They continually sense danger.
- Sixes have the view, “the world is dangerous; you have to be on the lookout.”
- Some sixes report that they could never develop primal trust because they had uncontrolled, unpredictable, violent, or cold parents. Many were punished or beaten without evident reason, because the parents worked off their conflicts in this way.
- Sixes long for certainty and often look for a book or an institution with reliable answers.
- Many sixes report breaks in their life history; they couldn't complete their studies or training. They are often overcome by a paralyzing fear of failure shortly before the examination.
- Many sixes produce situations in which they lose in the end.
- Most sixes have a hard time accepting praise because they suspect there's a trick behind it.
- Phobic sixes are by nature, careful hesitant and mistrustful.
- Contraphobic sixes, on the other hand, can do great damage to themselves and other people. They may feel drawn by aggressive and radical movements.

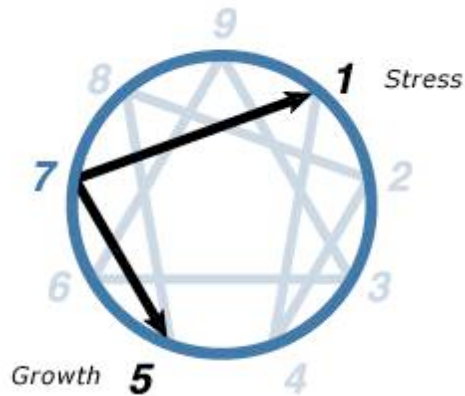
## Dilemma

- The **temptation** of sixes is their exaggerated striving for security. For this reason they love orthodox, closed systems.
- Immature sixes search for hierarchies, authority and security.
- The primary **defense mechanism** for sixes is projection. Sixes often anticipate the worst. Their mistrust leads to their tendency to project hostility, hatred and negative thoughts onto other people.
- The **root sin** of a six is fear, a sort of primal anxiety.
- Sixes **avoid** inappropriate behavior, and also see to it that no one breaks fixed agreements.
- The **pitfall** of phobic sixes is cowardice; the **pitfall** of contraphobic sixes is taking foolish risks.
- Every community or group that has sixes in its ranks can depend on his or her loyalty, self-sacrifice and readiness to assume responsibility.
- The **fruit of the spirit** of the sixes is their courage. In moment of crisis, sixes can overcome their fear more easily than anyone else. Sixes have had to grapple with fear all their lives.
- A further gift of many sixes is their well-developed sense for what is “in the air.”

## Conversion and Maturation

- The **invitation** to sixes is faith. Faith in the biblical sense does not mean maintaining that certain assertions are true, rather it is a relationship of trust between humans and God.
- Among the **life tasks** of sixes is learning to break free from external direction by authorities and taking over responsibility for their lives and their feelings.
- By nature sixes will prefer a form of spirituality and piety that is structured, ordered and controlled from the head: “Am I saying the right prayers?”
- A spiritual life that helps sixes to free themselves from their compulsions should be setup up in such a way that a person's trust in God and in oneself is strengthened.
- Humor and the ability to laugh at one's exaggerated fears can also contribute to driving fear away.
- Sixes need places of security, free from fear, where they don't need to defend themselves, where they sense they are accepted as they are.

# The Adventurer Type Seven The Need to Avoid Pain



The Busy, Variety-Seeking type:  
Spontaneous, Versatile, and Scattered

**Basic Fear:** Of being deprived and in pain

**Basic Desire:** To be satisfied and content—to have their needs fulfilled

**Enneagram Seven with a Six-Wing:** "The Entertainer"

**Enneagram Seven with an Eight-Wing:** "The Realist"

Sevens are motivated by the need to be happy and plan enjoyable activities, to contribute to the world, and to avoid suffering and pain.

### Sevens at their best are:

Fun-loving  
Spontaneous  
Imaginative  
Productive  
Enthusiastic  
Quick  
Confident  
Charming  
Curious

### Sevens at their worst are:

Narcissistic  
Impulsive  
Unfocused  
Rebellious  
Undisciplined  
Possessive  
Manic  
Self-destructive  
Restless

### Relationships

- Sevens at their best in a relationship are lighthearted, generous, outgoing, caring and fun. They introduce their friends and loved ones to new activities and adventures.
- Sevens at their worst in a relationship are narcissistic, opinionated, defensive, and distract. They are often ambivalent about being tied down to a relationship.

### Careers

- Many sevens have several careers at once or jobs where they travel a lot (pilots, flight attendants, or photographers for example).



## Overview

- Sevens are people who radiate joy and optimism. They can feel childlike astonishment and experience life as a gift.
- In their immediacy, they give the impression that there's enough of everything beautiful and good, that there's nothing superfluous.
- Relaxed, full of good humor, imaginative, sunny, playful, with a disarming kind of charm- until one day they notice that all that all this also serves to protect them from anxiety and pain.
- In the course of their development, many sevens have had a traumatic experience. In order to avoid the repetition of this pain in the future, they have evolved a double strategy:
  - First, they repressed or whitewashed their negative and painful experiences. Many sevens paint their life story in positives colors.
  - Second, they've gone into their heads and begun to plan their lives so that every day will promise as much "fun" and as little pain as possible.
- There are sevens with a "permanent smile." Sevens are Mary Poppins type: everything is wonderful
- Sevens are curious. It's as if what they already know or have is never enough. They need change, stimulation and new experiences.
- Sevens are not specialists, but "generalists". They always have several irons in the fire, because they always want to leave all their options open and avoid committing themselves too deeply to a thing or person.
- They often have a hard time tying themselves down to one career. They don't mind carrying out several interesting jobs at the same time.

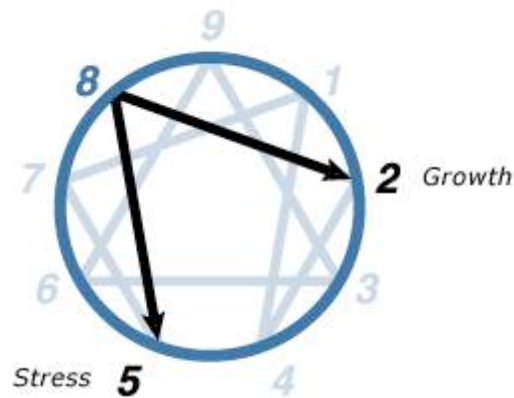
## Dilemma

- The **temptation** of sevens is idealism. It has several aspects. Sevens must be sure that they are working for a good cause, one that brings joy to them and other people.
- One of the most frequent **defense mechanisms** is rationalization. A seven can repress injustices of the world economic system, arguing that it wouldn't make the poor any happier if we gave up our money and possibilities.
- The death of a family member can become more bearable if you tell yourself it was a "blessing," that the person achieved many fine things.
- Under certain circumstances, sevens can live for years without sensing the dark side of life and they can label the people who place their fingers on sore points as whiners or "cultural pessimists."
- Sevens **avoid** pain. Their method is amazing simple: "I want to be cheerful instead of sad. I want to enjoy life."
- Sevens have difficulty dealing with emotional problems – their own and other peoples.
- Sevens are unhappy when others are unhappy. They need to have "good vibrations" around them.
- Sevens can exaggerate everything; more eating, more drinking, more working, beginning more projects, seeking more recognition, living in more and more beautiful places.
- Like twos, sevens often have to struggle with weight problems. Sevens are often on a diet-which they hate, because it's connected with deprivation and "suffering."
- Sevens are epicureans.
- Sevens try to imagine a life where there is not Good Friday and it is Easter all the time.
- The gift or **fruit of the spirit** of sevens is joy.
- The **color** of sevens is green and it symbolizes vitality, health and well-being.

## Conversion and Maturation

- The **invitation** to sevens is cooperation with God.
- Unredeemed sevens think that they are not the fashioners of their own happiness and so they continually plan new ways of optimizing their lives.
- The **fruit of the spirit** of redeemed sevens is sober joy that can be authentic and deep if it doesn't lose itself in superficial addiction and pain.
- The **life task** of sevens is to get wise to their overhasty rationalizations.
- Sevens have to learn to overcome an exaggerated fear of physical and psychological pain.
- Someone who loves sevens must help them to eat, chew, swallow and digest their pain. Sevens have to perceive their dark side, slow down their lives, stop the continual chatter and accept the part of life that is hard, not beautiful.

# The Asserter Type Eight The Need to Be Against



The Powerful, Dominating Type:  
Self-Confident, Decisive, Willful, and Confrontational

**Basic Fear:** Of being harmed or controlled by others

**Basic Desire:** To protect themselves (to be in control of their own life and destiny)

**Enneagram Eight with a Seven-Wing:** "The Maverick"

**Enneagram Eight with a Nine-Wing:** "The Bear"

Eights are motivated by the need to be self-reliant and strong and to avoid feeling weak or dependent.

### Eights at their best are

Direct  
Authoritative  
Loyal  
Energetic  
Protective  
Self-confident

### Eights at their worst are

Controlling  
Rebellious  
Insensitive  
Domineering  
Self-centered  
Skeptical  
Aggressive

### Relationships

- Eights at their best are loyal, caring, positive, playful, truthful, straightforward, committed, generous, and supportive.
- Eights at their worst in a relationship are demanding arrogant, combative, possessive, uncompromising, and quick to find fault.

### Careers

- Eights are good at taking the initiative to move ahead. They want to be in charge. Since they want the freedom to make their own choices, they are often self-employed.

## Overview

- Eights impress us as strong and mighty; they are capable of imparting a feeling of strength to others as well.
- They have a second sense for justice and truth.
- They instinctively know when something “stinks,” whenever injustices or dishonesty is at work.
- They can be a rock of reliability for others and develop a tremendous sense of responsibility.
- When they commit themselves to a cause, they can bring enormous energies to bear on it.
- Eights want to be bad boys and bad girls: “Good girls go to heaven; bad girls go everywhere!”
- As children, many eights had the experience of being repressed or pushed around. They could trust no one but themselves.
- Some eights also report that their parents rewarded strengths: “Don’t take it! Hit back! Show the other guys whose boss!”
- Some eights have developed their attitude as a counter reaction to parents who were too liberal or indulgent.
- Outsiders often confuse them with ones because both seem to be governed by aggressions.
- Eights can deal very harshly with themselves and punish themselves.
- The basic experience of eights is that life is threatening or hostile, and that you simply can’t trust others until there is evidence to the contrary.
- Eights seek conflict or come right out and create it.
- Fortunately, eights like to take the side of the weak. Eights will not put up with high-handed authorities. Their passion for justice and truth often lead them to side with the oppressed and defenseless.
- More than any other type, well-developed eights have the gift of leading other people to their real potential such as Martin Luther King Jr.
- Eights sometimes seem positively to enjoy experiencing hatred and rejection. They are not ashamed of playing the bull in the china shop.
- Eights avoid helplessness, weakness and subordination.
- They often treat their co-workers as doormats. Because eights see their own strengths and immediately see the weaknesses of others, they elevate themselves above other people and often construct false, unfounded hierarchies.
- The actual energy of eights is not anger or rage, although sometimes it can seem that way...rather it is a passion and total commitment to truth, life and justice.
- The greatest mistake you can make with eights is to let yourself be intimidated by them and to give ground when they exert pressure in a more or less noisy fashion.
- Eights protect the weak but they despise cowardice and softness.

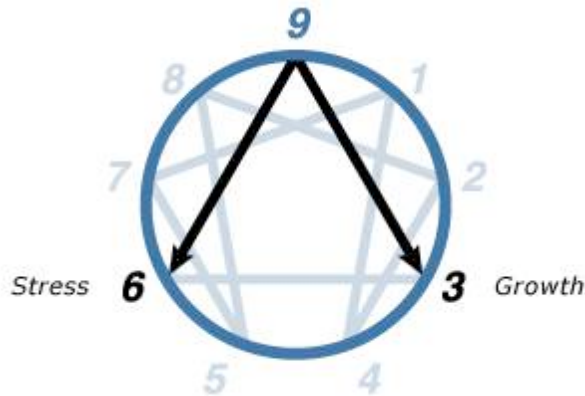
## Dilemma

- The struggle for justices is not only their strength, but also the temptation of eights. This can lead them to appointing themselves as avengers and retaliators to balance out injustices.
- The **pitfall** of eights is revenge and retaliation as their way of getting the scales of justice back in life.
- The **defense mechanism** of eights is denial. Under certain circumstances eights can deny anything that doesn’t fit into their own concept of truth and justices. Above all they can deny and repress their own weaknesses and limits of their power.
- The **root sin** of eights is shamelessness. An immature eight has no respect for the vulnerability or dignity of another person.
- Unredeemed eights can make very high moral demands on others without holding themselves to them.
- Eights can enjoy power and have the need to stake their claim to it and expand it where possible.
- The **fruit of the spirit** of eights is innocence. It characterizes the little child in the eight, which is unprotected and can trust.
- The colors of eight are black and white, eights want clarity. They reject intermediate tones and compromises, because they look weak.

## Conversion and Maturation

- The **invitation** to eights is mercy. Unredeemed eights are merciless toward themselves and others. Only the encounter with the truth can set them free and enable them to see and accept their own weakness.
- Because eights are afraid of the “soft core,” they are seldom ready to do therapy, to work on their inner life, or meditate regularly.
- Among the **life tasks** of eights is to confront the question of power. Power is not in itself bad; it can become a blessing or a curse.
- Redeemed eights can protect others with their power and vitality instead of dominating them.
- Female eights have it especially hard. Women eights sometimes have problems with accepting their femaleness or anything “maternal” or “soft” about them.

# The Peacemaker Type Nine The Need to Avoid



The Easygoing, Self-Effacing Type:  
Receptive, Reassuring Agreeable, and Complacent

**Basic Fear:** Of loss and separation

**Basic Desire:** To have inner stability "peace of mind"

**Enneagram Nine with an Eight-Wing:** "The Referee"

**Enneagram Nine with a One-Wing:** "The Dreamer"

Nines are motivated by the need to keep the peace, to merge with others, and to avoid conflict. Since they, especially, take on qualities of the other eight types. Nines have many variations in their personalities, from gentle and mild-mannered to independent and forceful.

### Nines at their Best are

Pleasant  
Peaceful  
Generous  
Patient  
Receptive  
Diplomatic  
Open-minded  
Empathetic

### Nines at their Worst are

Spaced-out  
Forgetful  
Stubborn  
Obsessive  
Apathetic  
Passive-aggressive  
Judgmental  
Unassertive

### Relationships

- Nines at their best in a relationship are kind, gentle, reassuring, supportive, loyal and nonjudgmental.
- Nines at their worst in a relationship are stubborn, passive-aggressive, unassertive, overly accommodating, and defensive.

### Careers

- Nines listen well, are objective, and make excellent mediators and diplomats. They are frequently in helping professions.

## Overview

- Nines are peacemakers. Their gift of accepting others without prejudice makes people feel understood and accepted.
- Nines can be unbiased arbitrators, because they can see and appreciate the positive aspects of both sides.
- Their sense of fairness may make them committed fighters for peace and justices. They express harsh truths calmly and so matter of factly that it's easy for others to "swallow" these truths.
- In the presence of a nine, many feel it's easy to come to rest.
- Nines have a hard time understanding their own nature. First, they have to find out what they actually want and become conscious of who they are. The consequence is that they are, so to speak, "everywhere and nowhere."
- They master something of everything, but nothing totally. They lack focus and determination.
- Sometimes nines lack courage, or they don't consider themselves important enough to display their talents in front of other people, so they can fade themselves in and out of everything without being noticed.
- Many nines report that their childhood was overlooked or somehow, "lost." They were ignored or rejected if they expressed their own opinion. The interest of their parents or their siblings seemed to take precedence over theirs.
- They learned that not even their outbursts of rage were registered.
- Nines are "easy to care for;" one simply has to like them.
- Sometimes however, they seem so hard to put your finger on; they're "blurry" as persons.
- They like to put off important responsibilities and avoid everything that is too hard and takes too much energy.
- They often consider themselves simple and uncomplicated and present themselves accordingly.

## Dilemma

- The **temptation** of nines consists in belittling themselves – especially in their own eyes.
- At first glance, nines seem humble, but in reality they often conceal false modesty and fear of revealing themselves.
- The **defense mechanism** of nines is narcosis, or numbing. Because they often don't feel adequate to the many strains and challenges of life, they take refuge more than other types do in some sort of addiction. Nines seek stimulants and strong sensations from outside because they find it difficult stimulating themselves.
- Nines sometimes give the impression of being absent-minded or slightly befuddled. If nothing is happening around them, they can even suddenly fall asleep in broad daylight.
- In distressing situations nines often withdraw. They don't want to burden other people and they don't take into account that someone may understand them and be able to help them.
- The **root sin** of nines is laziness.
- Immature nines are comfortable and have weak instinctual drives. They have problems with taking the initiative, developing projects and perspectives, taking jobs and carrying them through.
- The **pitfall** of nines is lethargy and comfort. The attitude of many nines is, "The thing isn't worth the effort. Why should I stand when I can sit?"
- Parents who are nines sometimes have problems actively attending to their children. This can easily give children the false impression that their parents don't care about them.
- Nines **avoid** conflict. Aside from stubbornness and sleep they have at least two other possibilities of indirectly communicating their displeasure, without exposing themselves to violent emotions: sitting it out or retreating.
- Nines can persistently refuse to contribute anything toward changing a situation.
- It will take a long time before nines directly express their rage.
- In partnership, nines often find that they are torn back and forth between strong wishes for fusion (symbiosis) and a deep-seated need for autonomy.
- Nines themselves often have no clear standpoint. They are capable of shifting to and accepting any standpoint whatsoever.
- The color of nines is gold, the color of gods, kings, and saints. Nines have to seek for their gifts and bring them to light.

## Conversion and Maturation

- The **invitation** to nines is (unconditional) love. Nines need the experience of being wanted, of being important, of having something to give.
- The **fruit of the spirit** of a nine is action.
- Among the **life tasks** of nines is overcoming their secret cynicism. Nines have to learn to believe that there is a golden kernel in them and that they have an energy source that makes them capable of acting purposefully and decisively.
- It helps nines when they consciously struggle to find their own standpoint instead of orienting themselves toward others.
- Statements like the following read like the profession of faith of a redeemed Nine: "Patience and rest, these are two beautiful qualities. To be always busy and not to suffer from haste, this is a piece of heaven on earth. Apart from the will of God there is nothing interesting to me."