



THE ENNEAGRAM

"The enneagram helps us develop a deeper understanding of others and recognize our own goals, motivations and patterns of behaviors." @doitfortheenneagram

WEEK ONE

Understanding the Enneagram as a tool for personal and spiritual growth.

CREATED BY GOD

Psalm 139

¹³ For You formed my inward parts; You covered me in my mother's womb.

¹⁴ I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, And that my soul knows very well.

Ephesians 2

¹⁰ For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.

Colossians 1

¹⁶ For by Him all things were created that are in heaven and that are on earth, visible and invisible, whether thrones or dominions or principalities or powers. All things were created through Him and for Him.

GROWTH RESPONSIBILITY

Romans 12

² And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

2 Corinthians 5

¹⁷ Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

Ephesians 4

¹⁹ They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. ²⁰ But that is not the way you learned Christ!— ²¹ assuming that you have heard about him and were taught in him, as the truth is in Jesus, ²² to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, ²³ and to be renewed in the spirit of your minds, ²⁴ and to put on the new self, created after the likeness of God in true righteousness and holiness.

A TOOL FOR GROWTH

WHAT IS THE ENNEAGRAM?

"Enneagram is basically a psychological system that helps explain why we do what we do, and links together our thinking, feeling, instincts, and motivations," - Susan Olessek



The Enneagram gives you a type, numbered one through nine. The numbers are shown on a circle and they are connected to the other types, which helps us understand how we may shift under different circumstances.

The Enneagram isn't your average personality test. A better way to explain it is a character test. But more than that, it doesn't put us in to a box, but rather, shows us our motivations and the ways we can get outside our boxes in order to grow, change and adapt to the good, bad, & ugly of a life in this world. It shows us the areas we need to change and the path to get there. The first step to learning more about ourselves is the knowing the why behind what we do, and that's the Enneagram. Learning the *why*, so we can change the *what*.

The

Enneagram is not:

- A box to put yourself in. You are more than your personality, habits, tendencies & autopilot reactions.
- A weapon to belittle, mock, stereotype, or judge others.
- A shield of self-justification, a reason to avoid self-reflection or excuse behaviors.
- A hierarchy. All types are equally different. No one type is better than another.
- The Gospel. It does not supersede the Bible. It's only a tool. We cannot change on our own efforts and merit. We need the help of Jesus.

(Eddy, pg 8)

WHY? VS WHAT?

Altering the way we look at our actions to successfully make long term change.

"I watch more TV than I'd like to."

That means I'm lazy.

I should wake up at 5 am tomorrow and workout.

Hits snooze button and misses workout.

"I'm so lazy."

"I watch more TV than I'd like to."

Why do I watch TV?

I'm too tired to do anything else.

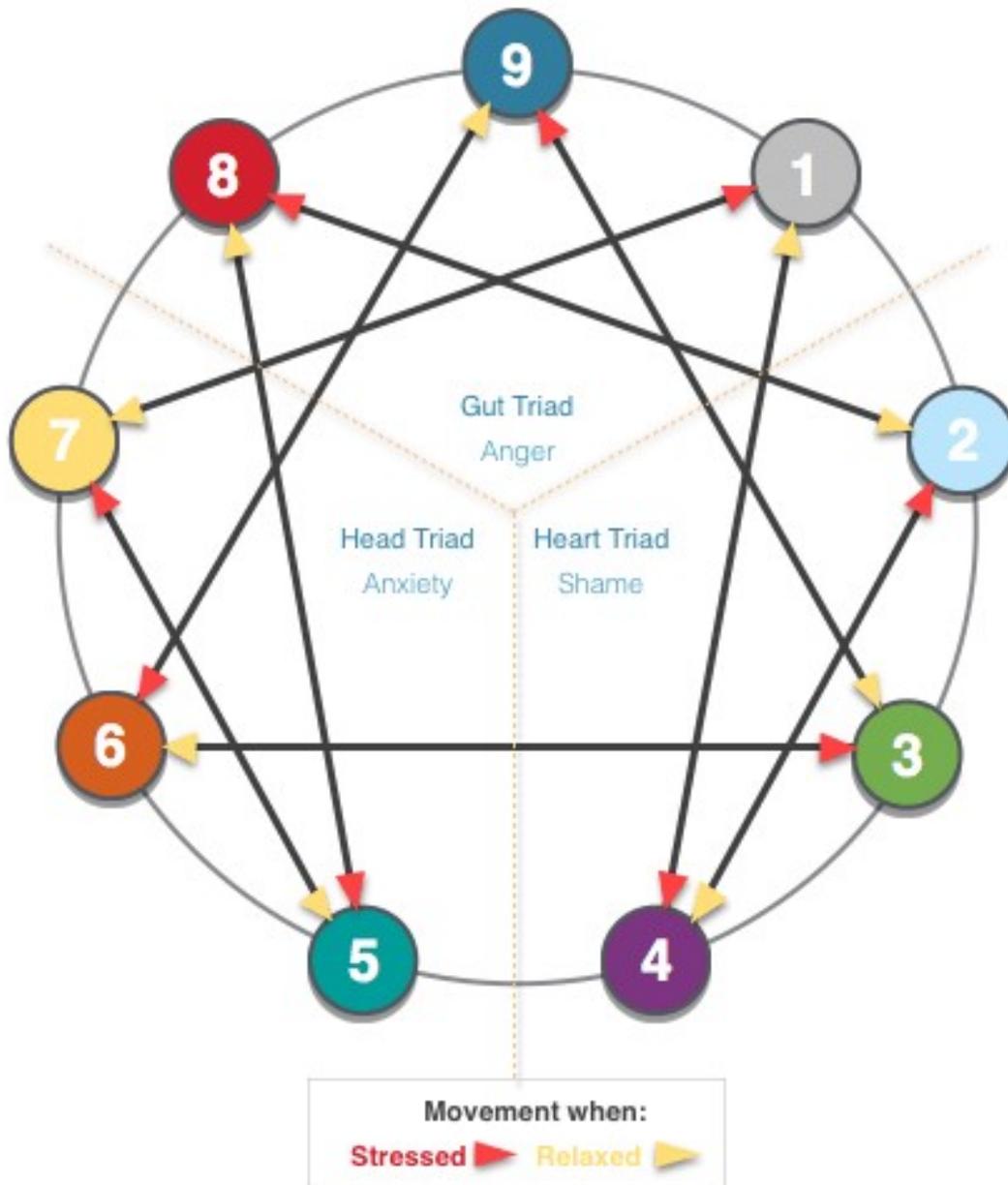
Why am I so tired?

I spent all day thinking about other people's needs and trying to make them happy.

What would it feel like if tomorrow I did my best to not give my energy away to other people?

(Case, pg 23)

ENNEAGRAM AT A GLANCE



(themindsjournal.com)

The diagram of the nine types is organized in a circle of nine numbers. Each number represents a character type. The numbers are connected by lines which represent our growth and stress numbers. The circle is split into three triads, each one representing the way we perceive, process, and react to the world:

THE THREE TRIADS

Feeling

The feeling triad (also referred to as heart center) is made up of types 2, 3 & 4. They react to life first and mostly with their emotions and can struggle with shame and a desire to be significant. Types in the feeling triad are very aware of how they're perceived by others and play out their emotion either by externalizing them, internalizing them or suppressing and trying to forget them. These types may have trouble asking for help and believe that relational connection is incredibly important.

Thinking

The thinking triad (also referred to as head center) is made up of types 5, 6 & 7. They react to life first and mostly with their thoughts and can struggle with anxiety and a desire for security.

Types in the thinking triad often make mental connections that others can't see and have quick minds that are hard to quiet. These types can be suspicious of other's motives and may not be aware that anxiety is something they experience (instead seeing it as troubleshooting, problem-solving, or making plans).

Instinctive

The instinctive triad (also referred to as gut center) is made up of types 8, 9 & 1. They react to life first, mostly from their gut instinct, and can struggle with anger and a desire for justice. Types in the instinctive triad often try to control their outer environments and inner world- either through self-control, aggressiveness, or self-suppression. These types are most likely to follow a hunch even if their thoughts and feeling don't support it, and can convert many emotion into anger.

(Eddy, pg 16)

WHAT TYPE AM I?

QUEST: Quick Enneagram Sorting Test

GROUP I

A. I have tended to be fairly independent and assertive: I've felt that life works best when you meet it head-on. I set my own goals, get involved, and want to make things happen. I don't like sitting around – I want to achieve something big and have an impact. I don't necessarily seek confrontations, but I don't let people push me around, either. Most of the time, I know what I want, and I go for it. I tend to work hard and to play hard.

B. I have tended to be quiet and am used to being on my own. I usually don't draw much attention to myself socially, and it's generally unusual for me to assert myself all that forcefully. I don't feel comfortable taking the lead or being as competitive as others. Many would probably say that I'm something of a dreamer—a lot of my excitement goes on in my imagination. I can be quite content without feeling I have to be active all the time.

C. I have tended to be extremely responsible and dedicated. I feel terrible if I don't keep my commitments and do what's expected of me. I want people to know that I'm there for them and that I'll do what I believe is best for them. I've often made great personal sacrifices for the sake of others, whether they know it or not. I often don't take adequate care of myself—I do the work that needs to be done and relax (and do what I want) if there's time left.

GROUP II

X. I am a person who usually maintains a positive outlook and feels that things will work out for the best. I can usually find something to be enthusiastic about and different ways to occupy myself. I like being around people and helping others be happy— I enjoy sharing my own well-being with them. (I don't always feel great, but I generally try not to show it!) However, keeping a positive frame of mind has sometimes meant that I've put off dealing with my own problems for too long.

Y. I am a person who has strong feelings about things—most people can tell when I'm upset about something. I can be guarded with people, but I'm more sensitive than I let on. I want to know where I stand with others and who and what I can count on—it's pretty clear to most people where they stand with me. When I'm upset about something, I want others to respond and to get as worked up as I am. I know the rules, but I don't want people telling me what to do. I want to decide for myself.

Z. I am a person who is self-controlled and logical—I don't like revealing my feelings or getting bogged down in them. I am efficient—even perfectionistic, about my work, and prefer working on my own. If there are problems or personal conflicts, I try not to let my feelings influence my actions. Some say I'm too cool and detached, but I don't want my private reactions to distract me from what's really important. I'm glad that I usually don't show my reactions when others "get to me."

Instructions:

Read paragraphs A, B, and C in GROUP I. Circle the letter of the paragraph that most describes you.

Read paragraphs X, Y, and Z in GROUP II. Circle the letter of the paragraph that most describes you.

Then match the letters from Group I and Group II to the 2-digit code on the table below. On the back of this sheet, read the paragraph of the Type that describes the personality style that you've identified. Does this feel like a match to you?

(NB: This test does not indicate your wing or the relative importance of the other types in your personality.)

2-digit code	Type
AX	7
AY	8
AZ	3
BX	9
BY	4
BZ	5
CX	2
CY	6
CZ	1

(www.enneagraminstitute.com)

Other test resources

Riso-Hudson Enneagram Type Indicator (Rheti) (\$12)

Truity (<https://www.truity.com/test/enneagram-personality-test>) (Free & Paid versions)

Eclectic Energies (<https://www.eclecticenergies.com/enneagram/dotest>) (Free)

QUICK OVERVIEW OF EACH TYPE

Type One: THE PERFECTIONIST

Ethical, dedicated and reliable, they are motivated by a desire to live the right way, improve the world, and avoid fault and blame.

Type Two: THE HELPER

Warm, caring and giving, they are motivated by a need to be loved and needed, and to avoid acknowledging their own needs.

Type Three: THE ACHIEVER

Success-oriented, image-conscious and wired for productivity, they are motivated by a need to be (or appear to be) successful and to avoid failure.

Type Four: THE INDIVIDUALIST

Creative, sensitive and moody, they are motivated by a need to be understood, experience their oversized feeling and avoid being ordinary.

Type Five: THE INVESTIGATOR

Analytical, detached and private, they are motivated by a need to gain knowledge, conserve energy and avoid relying on others.

Type Six: THE LOYALIST

Committed, practical and witty, they are worst-case-scenario thinkers who are motivated by fear and the need for security.

Type Seven: THE ENTHUSIAST

Fun, spontaneous and adventurous, they are motivated by a need to be happy, to plan stimulating experiences and to avoid pain.

Type Eight: THE CHALLENGER

Commanding, intense and confrontational, they are motivated by a need to be strong and avoid feeling weak or vulnerable.

Type Nine: THE PEACEMAKER

Pleasant, laid back and accommodating, they are motivated by a need to keep the peace merge with others and avoid conflict. (Cron, Stabile, Pg 25 & 26)

RESOURCES

The Holy Bible: English Standard Version. (2016). Wheaton, IL: Crossway Bibles.

The New King James Version. (1982). Nashville: Thomas Nelson.

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The Honest Enneagram. Sara Jane Case. (2020). Kansas City, MO: Andrews McMeel Publishing.

The Road Back to You. Ian Morgan Cron & Suzanne Stabile. (2016). Downers Grove, IL: InterVarsity Press.