

THE ENNEAGRAM

The best part of you is also the worst part of you.

“We have to be very careful that we see what IS. Lots of religious people don’t really experience any kind of transformation because they don’t know they need it.” - Fr. Richard Rohr

Change vs. Transformation

Awareness

“What you focus on determines what you miss.” - Brian McLaren

The Focus of Attention for each type:

ONEs

TWOs

THREEs

FOURs

FIVEs

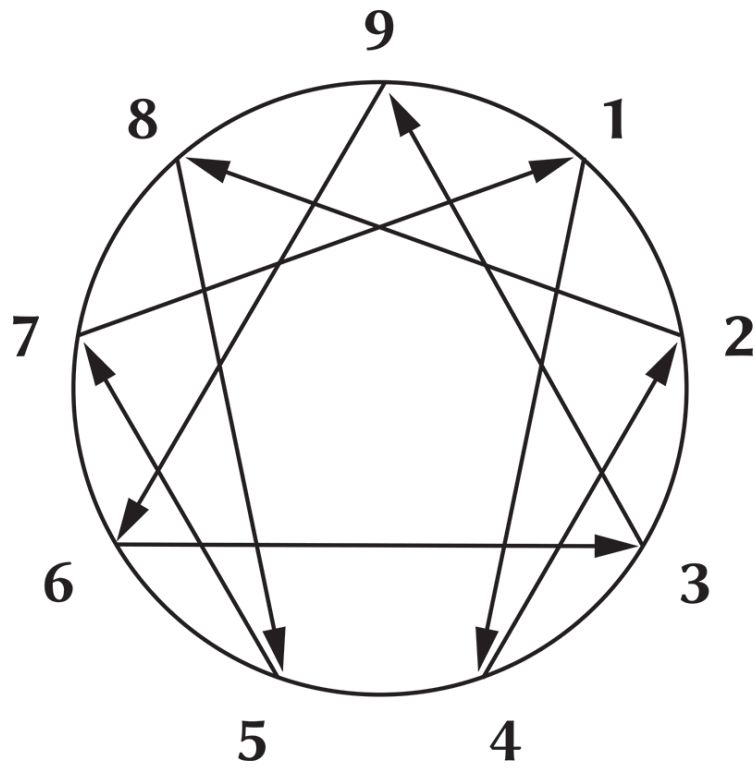
SIXes

SEVENs

EIGHTs

NINEs

Stress & Security



ONEs in stress  —
Low side:

High side:

TWOs in stress  —
Low side:

High side:

THREEs in stress  —
Low side:

High side:

FOURs in stress  —
Low side:

High side:

FIVEs in stress  —
Low side:

High side:

SIXes in stress  —
Low side:

High side:

SEVENs in stress  ____
Low side:


High side:

EIGHTs in stress  ____
Low side:

High side:

NINEs in stress  ____
Low side:

High side:

ONEs in security  ____
High side:


Trap door:

TWOs in security  ____
High side:

Trap door:

THREEs in security  ____
High side:

Trap door:

FOURs in security  —
High side:

Trap door:

FIVEs in security  —
High side:

Trap door:

SIXes in security  —
High side:

Trap door:

SEVENs in security  —
High side:

Trap door:

EIGHTs in security  —
High side:

Trap door:

NINEs in security  —
High side:

Trap door:

“When you effectively understand your wings and how they are contributing to your behavior, and you’re willing to work/move toward the high side of security, on your own and when you're willing to look at how badly you behave before you move to another space in stress and then use that energy, this content is life-changing. If you leave and don’t do anything with it, it isn’t. Until some things that are life-changing occur, transformation is not coming. This means at the end of your life you’ll be struggling with the exact same issues you struggled with in the middle of your life and in young adulthood. Who wants that? Who wants to continually do the things they don’t want to do?” – Suzanne Stabile