

THE ENNEAGRAM

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

The Three Centers of Intelligence

Doing Center (8,9,1):

Values:

Feeling Center (2,3,4):

Values:

Thinking Center (5,6,7):

Values:

Process:

1. We take in and interpret information through the _____ center
2. After we've interpreted information, we have to process it or give it _____. We do this with only one of the other two centers (*i.e.* supporting center).
3. The third center is under-developed because it is _____
4. The goal would be to process information with all _____ centers.

Developing your repressed center is your life-long work because you can't achieve balance if two centers are doing the work of three.

Repressed Centers of Intelligence

Thinking-Repressed (1,2,6): This center struggles with thinking _____.

Dependent Stance: _____ what they need from other people

Orientation to Time:

ONEs

ONEs see and interpret the world through the _____ center.

Tips to develop productive thinking:

- 1.
- 2.
- 3.
- 4.

TWOs

TWOs see and interpret the world through the _____ center.

Tips to develop productive thinking:

- 1.
- 2.

SIXes

SIXes see and interpret the world through the _____ center.

Tips to develop productive thinking:

- 1.
- 2.
- 3.

Doing-Repressed (4,5,9): This center struggles with _____ doing/action.

Withdrawing Stance: They withdraw to get what they need

Orientation to Time:

FOURs

See and interpret the world through the _____ center.

Tips to develop productive doing:

- 1.
- 2.

FIVEs.

See and interpret the world through the _____ center.

Tips to develop productive doing:

- 1.

NINEs

NINEs see and interpret the world through the _____.

Tips to develop productive doing:

- 1.
- 2.

Feeling-Repressed (3,7,8): This center struggles with properly feeling a _____ of emotions

Aggressive Stance: _____ themselves to get what they need

Orientation to Time:

THREES

Threes see and interpret the world through the _____ center.

Tips to develop a fuller range of emotion:

- 1.
- 2.
- 3.

SEVENs

See and interpret the world through the _____ center.

Tips to develop a fuller range of emotion:

- 1.
- 2.
- 3.

EIGHTs.

See and interpret the world through the _____ center.

Tips to develop a fuller range of emotion:

- 1.
- 2.
- 3.

Additional Resources

Podcasts

- The Enneagram Journey (hosted by Suzanne Stabile)
- Typology (hosted by Ian Cron)
- Sleeping at Last: Enneagram songs (hosted by Ryan O'Neal)

Books

- The Road Back to You – Ian Cron and Suzanne Stabile
- The Path Between Us – Suzanne Stabile
- The Enneagram: A Christian Perspective – Richard Rohr
- The Wisdom of the Enneagram – Don Riso and Russ Hudson
- The 9 Types of Leadership – Beatrice Chestnut

Classes/Workshops

- Life in the Trinity Ministry (www.lifeinthetrinityministry.com)