



A GUIDE TO FINDING YOUR

Enneagram Type

TYLER ZACH

Author, Pastor and Certified Enneagram Coach

Before you dive in, did you know I'm writing
a 40-day devotional just for your type?



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Hello, Friend!



What is the Enneagram?

The Enneagram is a motivation-based personality framework oriented around nine types. Whereas other personality inventories describe outward behavior, the Enneagram helps you to understand *why* you do what you do. It's also unique in that it is a "map" that helps chart a growth path. The goal is not to put someone in a box, but to help them find their way out of a box! Like every tool, it's not perfect and can be misused. Therefore, it's important not to use the Enneagram to label others, make assumptions, or make excuses for your own behavior.

In the early 90s, the Stanford Graduate School of Business launched its first course on the Enneagram entitled "Personality, Self-Awareness and Leadership" as a personnel tool for corporate America. Today, the U.S. Postal Service, Vatican, Chick-Fil-A, and even the CIA have made use of the Enneagram.

About Me



TYLER ZACH

- AUTHOR, PASTOR, AND CERTIFIED ENNEAGRAM COACH
- 18 YEARS OF LEADERSHIP/MINISTRY EXPERIENCE
- LIVES IN OMAHA, NEBRASKA
- CREATING A 40-DAY DEVOTIONAL FOR EVERY ENNEAGRAM TYPE (5,000+ COPIES SOLD ON AMAZON)
- 37,000 FOLLOWERS ON INSTAGRAM ACCOUNT @GOSPELFORENNEAGRAM

How to Use the Self-typing Guide

The Enneagram is based on underlying desires and fears, and most people aren't aware of the reasons behind their behaviors. That is why Enneagram tests are not 100% accurate.

Therefore, I created this self-typing guide to provide the inner-motivations of each type as well as a "constellation" of characteristics to help you get closer to identifying your type. Please read through all 9 types and rate (on a scale from 1-10) how much each type resonates with you. At the end, there's a space to record your results.

While going through the lists, you may experience many "aha" moments as you recognize your characteristics, both positive and negative. You may feel uncomfortable as you notice areas of growth, but should also feel encouraged as you view your best qualities.

If you prefer to watch my videos on each type, I've included a clickable video icon on every page that will take you directly to YouTube!



Type 1

MOTIVATIONS

FEAR | BEING BAD OR IMPERFECT
DESIRE | MORALLY GOOD AND RIGHT
FOCUS | WHAT NEEDS IMPROVING
AVOIDS | MAKING MISTAKES

WHAT IT'S LIKE TO BE A ONE



- I HAVE HIGH STANDARDS FOR MYSELF AND OTHERS.
- I CAN BE OVERLY CRITICAL AND JUDGMENTAL.
- I AM HARDER ON MYSELF THAN ANYONE ELSE COULD BE.
- I TEND TO SORT THINGS INTO GOOD/ BAD OR RIGHT/WRONG.
- DUTY USUALLY COMES BEFORE PLEASURE.
- I DON'T LIKE IT WHEN PEOPLE IGNORE OR BREAK THE RULES.
- I HAVE TROUBLE RELAXING. THERE'S ALWAYS SOMETHING TO FIX OR IMPROVE.
- I HAVE LOFTY IDEALS.
- DETAILS ARE VERY IMPORTANT TO ME.
- EXCELLENCE IS VITAL.
- I SOMETIMES FEEL LIKE I'M THE ONLY "ADULT" IN THE ROOM.
- IF I SAY I'LL DO IT, I'LL DO IT.
- I DO IT RIGHT THE FIRST TIME.
- IT'S HARD FOR ME TO LET GO OF RESENTMENT.
- I THINK IT IS MY RESPONSIBILITY TO LEAVE THINGS BETTER THAN I FOUND THEM.
- I HAVE A LOT OF SELF-DISCIPLINE.
- I'VE THOUGHT TO MYSELF, "IF I WANT SOMETHING DONE RIGHT, I HAVE TO DO IT MYSELF."
- I NOTICE IMMEDIATELY WHEN THINGS ARE OUT OF PLACE.
- I AVOID CRITICISM BY GETTING IT RIGHT OR DOING IT PERFECT.
- IT'S FRUSTRATING WHEN PEOPLE DON'T FOLLOW THROUGH.
- ERRORS AND MISTAKES JUMP OUT AT ME UNTIL THEY'RE FIXED.
- I DO MY BEST WHEN WORKING ON A PROJECT, AND I WISH OTHERS WOULD DO THE SAME.
- I'M TEMPTED TO REDO OTHERS' WORK.
- SOMETIMES I FEEL LIKE I'M THE ONLY ONE WHO CARES.
- I ALWAYS FINISH MY TO-DO LIST.
- I BELIEVE THERE IS A RIGHT WAY TO DO EVERYTHING.
- I LOVE BEING IN NATURE WHERE I CAN JUST "BE" WITHOUT ANY RESPONSIBILITIES.

TYPE 1

AT MY BEST

- Responsible
- Persevering
- Reliable
- Conscientious
- High Ideals
- Ethical
- Hardworking
- Dedicated
- Thorough
- Striving for excellence
- Honest

AT MY WORST

- Perfectionistic
- Moralistic
- Judgemental
- Opinionated
- Angry
- Impatient
- Strict
- Critical
- Overly serious
- Demanding
- Uptight

TYPE ONE SOUNDS LIKE ME

NOT ALL

SOMEWHAT

ALL THE WAY

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Type 2

MOTIVATIONS

FEAR | BEING REJECTED OR USELESS
DESIRE | LOVED AND WANTED
FOCUS | NEEDS OF OTHERS
AVOIDS | OWN NEEDS AND DESIRES

WHAT IT'S LIKE TO BE A TWO



- I BELIEVE IT IS MORE BLESSED TO GIVE THAN TO RECEIVE.
- I AM GENEROUS TO A FAULT.
- I'M ALWAYS THINKING ABOUT MY RELATIONSHIPS.
- I CARE A LOT ABOUT WHETHER PEOPLE LIKE ME OR NOT.
- I USUALLY THINK I KNOW WHAT OTHER PEOPLE NEED BEFORE THEY DO.
- I AM AN AFFECTIONATE PERSON.
- PEOPLE COUNT ON MY SUPPORT.
- I ADMIT I HAVE A NEED TO BE NEEDED.
- I GET ANGRY IF MY HELP AND CARE ARE NOT RECIPROCATED.
- I HAVE A HARD TIME ASKING FOR HELP.
- I WANT TO BE ACKNOWLEDGED FOR MY CONTRIBUTIONS.
- I FEEL MY LOVED ONES SHOULD ALREADY KNOW WHAT I NEED WITHOUT ME ASKING.
- I OFTEN FEEL LIKE PEOPLE TAKE ME FOR GRANTED.
- ALTHOUGH I CAN SENSE WHAT OTHERS NEED, I STRUGGLE TO KNOW WHAT I NEED.
- I GIVE GIFTS OR ENCOURAGEMENT TO GET LOVE.
- I THINK A LOT ABOUT WHETHER SOMEONE IS MAD AT ME OR NOT.
- I LOVE PLAYING THE ROLE OF BEST FRIEND.
- I CAN WIN ANYONE OVER WITH MY CHARM AND KINDNESS.
- I HAVE AN ADVANCED RADAR THAT PICKS UP THE FEELINGS OF OTHERS IN THE ROOM.
- I FEEL DRAWN TO GET VALIDATION FROM INFLUENTIAL PEOPLE.
- I LOVE HELPING PEOPLE BY GIVING ADVICE.
- I'M ALWAYS READY TO SHARE MY LIFE STORY WITH SOMEONE.
- I LOVE EXERCISING THE GIFT OF HOSPITALITY.
- I'VE STRUGGLED WITH CODEPENDENCY.
- I'VE RESCUED PEOPLE TOO MANY TIMES.
- WHEN PEOPLE ASK ME FOR HELP, I HAVE A HARD TIME SAYING NO.
- THERE ARE NO STRANGERS; ONLY FRIENDS I HAVEN'T MET YET.

TYPE 2

AT MY BEST

- Generous
- Listening
- Compassionate
- Hospitable
- Sympathetic
- Unselfish
- Caring
- Affirming
- Supporting
- Sacrificing
- Nurturing

AT MY WORST

- Possessive
- Intrusive
- Smothering
- Flattering
- Manipulative
- Jealous
- Passive-aggressive
- Martyr-like
- Overprotecting
- Rescuing
- Interfering

TYPE TWO SOUNDS LIKE ME

NOT ALL

SOMEWHAT

ALL THE WAY

1 2 3 4 5 6 7 8 9 10

Type 3

MOTIVATIONS

FEAR | FAILING OR BEING WORTHLESS
DESIRE | SUCCESS AND ADMIRATION
FOCUS | IMAGE AND GOALS
AVOIDS | FAILURE AND INEFFICIENCY

WHAT IT'S LIKE TO BE A THREE



- I WANT TO BE THE BEST AT WHAT I DO.
- I DON'T LIKE IT WHEN PEOPLE WASTE MY TIME OR SLOW ME DOWN.
- I WANT TO BE (OR LOOK) SUCCESSFUL.
- I AM COMPETITIVE WITH OTHERS (OR MY PAST SELF).
- IT'S HARD FOR ME NOT TO WORK ON VACATION.
- I AM A GO-GETTER WHO GETS STUFF DONE.
- I'LL TAKE A SHORTCUT IF IT GETS THE JOB DONE QUICKER.
- I LOVE GOAL-SETTING.
- I IDENTIFY WITH THE BELIEFS AND BEHAVIORS OF MY ROLE MODELS.
- I CAN SHAPE-SHIFT INTO WHO OTHERS NEED ME TO BE.
- I LET OTHERS KNOW ABOUT MY ACCOMPLISHMENTS OR SECRETLY HOPE THEY NOTICE AND SAY SOMETHING.
- I AVOID FAILURE AT ALL COSTS.
- SOMETIMES MY RELATIONSHIPS TAKE A BACK SEAT TO MY WORK.
- I LOVE EFFICIENCY. I TRY TO KILL TWO BIRDS WITH ONE STONE.
- I BELIEVE THINGS USUALLY WORK OUT FOR THE BEST.
- I LIKE TO INSPIRE OTHERS WITH HOPE AND A SENSE OF PURPOSE.
- PEOPLE TEND TO SEE ME AS "HAVING IT ALL TOGETHER" EVEN WHEN I FEEL INSECURE.
- I CAN COMPARTMENTALIZE MY FEELINGS SO THEY DON'T GET IN THE WAY.
- PEOPLE SEE ME AS DRIVEN AND CHARMING.
- I HAVE BEEN DRAWN TO ACTIVITIES WHERE THERE IS POTENTIAL FOR RECOGNITION.
- I HAVE BEEN TOO IMAGE-CONSCIOUS AT TIMES.
- I AM PROUD OF MY ABILITY TO ADAPT AND BE ALL THINGS TO ALL PEOPLE.
- I LOVE TAKING ON LEADERSHIP ROLES.
- I READ OR LISTEN TO BOOKS THAT HELP ME BE MORE PRODUCTIVE AT WHAT I DO.
- SOMETIMES I LET MY IDENTITY AND WORTH GET TOO WRAPPED UP IN WHAT I DO.
- I KNOW HOW TO TURN MY FAILURES INTO SUCCESS STORIES.

TYPE 3

AT MY BEST

- Productive
- Efficient
- Empowering
- Visionary
- Focused
- Hardworking
- Optimistic
- Practical
- Competent
- Successful
- Motivating

AT MY WORST

- Image-conscious
- Insensitive
- Deceptive
- Defensive
- Workaholic
- Cutting corners
- Overly competitive
- Self-promoting
- Mechanical
- Impatient
- Shape-shifting

TYPE THREE SOUNDS LIKE ME

NOT ALL ALL

SOMEWHAT

ALL THE WAY

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Type 4

MOTIVATIONS

FEAR | BEING FLAWED OR INADEQUATE
DESIRE | UNIQUE AND SPECIAL
FOCUS | ON WHAT'S MISSING
AVOIDS | THE COMMON AND ORDINARY

WHAT IT'S LIKE TO BE A FOUR



- I ENJOY BEING UNIQUE AND DIFFERENT.
- I SEEK TO EXPRESS MYSELF IN CREATIVE WAYS.
- I LOVE MELANCHOLY PLAYLISTS.
- SOMETIMES I FEEL LIKE A MISUNDERSTOOD MISFIT.
- I AM A KALEIDOSCOPE OF EMOTIONS. SOMETIMES I GET STUCK IN THEM.
- I CAN BE MELODRAMATIC WITH MY FEELINGS OR SUFFER BY STUFFING THEM DEEP INSIDE.
- IT'S ANNOYING WHEN PEOPLE TRY TO CHEER ME UP.
- I INSPIRE OTHERS TO CULTIVATE A PASSION FOR DEPTH AND MEANING.
- I TEND TO PULL PEOPLE IN AND THEN PUSH THEM AWAY WHEN I GET NERVOUS.
- I'VE STRUGGLED WITH FEELINGS OF SHAME AND ENVY.
- I'M MORE INTROSPECTIVE THAN MOST PEOPLE.
- I'VE SURVIVED A DARK NIGHT OF THE SOUL.
- I WORRY THAT MY EMOTIONS WILL BE TOO MUCH FOR OTHERS.
- I'M A DEEP-SEA DIVER OF THE HUMAN SOUL WHO LOVES RETURNING TO THE SURFACE TO SHARE WHAT I'VE FOUND.
- I FEEL LIKE I NEVER TRULY BELONG IN SOCIAL GROUPS.
- SOMETIMES I FEEL FLAWED, LIKE I CAME WITH MISSING PARTS OR MANUFACTURER DEFECTS.
- I AM PRONE TO NEGATIVE SELF-TALK.
- I LOVE SYMBOLS AND METAPHORS TO EXPLAIN THINGS TOO GREAT FOR WORDS.
- I PLACE A HIGH VALUE ON AUTHENTICITY—IN MYSELF AND OTHERS.
- I TUNE IN TO HOW CONNECTED OR DISCONNECTED I AM FROM SOMEONE ELSE; AND AM SENSITIVE TO THE SPACE BETWEEN.
- I CAN BE OVERLY-SENSITIVE OR MOODY.
- I FIND MYSELF FEELING EITHER NOSTALGIC OR DISAPPOINTED WITH THE PAST.
- I LONG FOR A PARTNER OR ROMANTICIZED IDEA THAT'S UNAVAILABLE TO ME.
- I AM COMPASSIONATE AND EMPATHETIC TOWARD THE UNDERDOG OR THOSE SUFFERING.

TYPE 4

AT MY BEST

- Authentic
- Creative
- Sensitive
- Compassionate
- Nostalgic
- Intuitive
- Refined
- Sincere
- Involved
- Aesthetic
- Expressive

AT MY WORST

- Moody
- Standoffish
- Overly-sensitive
- Depressive
- Self-absorbed
- Up and down
- Dramatic
- Possessive
- Snobbish
- Self-pitying
- Exaggerating

TYPE FOUR SOUNDS LIKE ME

NOT ALL ALL

SOMEWHAT

ALL THE WAY

1 2 3 4 5 6 7 8 9 10

Type 5

MOTIVATIONS

FEAR | BEING IGNORANT OR INVADED
DESIRE | CAPABLE AND COMPETENT
FOCUS | ACCUMULATING KNOWLEDGE
AVOIDS | UNINFORMED AND INTRUDED

WHAT IT'S LIKE TO BE A FIVE



- I CONSUME MORE KNOWLEDGE THAN THE AVERAGE PERSON.
- I AM PROUD OF MY INTELLECTUAL CURIOSITY.
- IT SEEMS TO ME THAT THOUGHTS ARE MORE RELIABLE THAN FEELINGS.
- IT'S IMPORTANT THAT THINGS MAKE LOGICAL SENSE.
- I'M A VERY PERCEPTIVE PERSON.
- I LIKE TO HAVE A LOT OF CONTROL OVER MY SCHEDULE.
- I ENJOY GOING DEEP AND BECOMING AN EXPERT IN MY AREAS OF INTEREST.
- I FEAR BEING INTRUDED ON.
- I AM A VERY INDEPENDENT PERSON.
- I HAVE GOOD BOUNDARIES AND EXPECT OTHERS TO RESPECT MINE.
- I FEEL A NEED TO PROTECT MY TIME, SPACE, ENERGY, AND OTHER RESOURCES.
- I DO NOT LIKE IT WHEN PEOPLE ASK ME FOR SOMETHING LAST MINUTE.
- I FEAR THAT OTHERS WILL DEplete ME.
- I WANT TO LEARN AS MUCH AS I CAN ABOUT HOW THE WORLD WORKS.
- I ENJOY INVESTIGATING COMPLEX ISSUES THAT NO ONE ELSE CARES ABOUT.
- I'M A SAVER, NOT A SPENDER. MONEY DOESN'T GROW ON TREES!
- I'D RATHER OBSERVE THAN PARTICIPATE.
- I STRUGGLE WITH SHARING MY FEELINGS.
- I USE EMOTIONAL DETACHMENT AS A COPING MECHANISM.
- MY MIND IS A GREAT RETREAT CENTER.
- I HAVE A RICH INNER-WORLD BUT CAN COME ACROSS AS DISTANT.
- I AM A TRUSTWORTHY LISTENER WHO CAN KEEP A SECRET.
- I HAVE A STRONG NEED FOR PRIVACY.
- I DON'T LIKE IT WHEN MY CONVERSATIONS OR MEETINGS GO LONGER THAN EXPECTED.
- I SOMETIMES FEEL SOCIALLY AWKWARD OR ANXIOUS IN GROUPS.
- I FEAR LOOKING INCOMPETENT.
- I ALWAYS FEEL LIKE I NEED TO DO MORE RESEARCH BEFORE PULLING THE TRIGGER.

TYPE 5

AT MY BEST

- Curious
- Insightful
- Interesting
- Witty
- Objective
- Observant
- Perceptive
- Thoughtful
- Respectful
- Rational
- Knowledgeable

AT MY WORST

- Withdrawn
- Reclusive
- Uncommunicative
- Obsessive
- Uncaring
- Cheap
- Heady
- Antagonistic
- Self-reliant
- Cynical
- Avoid commitment

TYPE FIVE SOUNDS LIKE ME

NOT ALL

SOMEWHAT

ALL THE WAY

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Type 6

MOTIVATIONS

FEAR | BEING WITHOUT SUPPORT AND GUIDANCE
DESIRE | SAFETY AND SECURITY
FOCUS | WHAT COULD GO WRONG
AVOIDS | UNCERTAINTY AND VULNERABILITY

WHAT IT'S LIKE TO BE A SIX



- I HOPE FOR THE BEST, BUT PLAN FOR THE WORST.
- PEOPLE TELL ME I'M A PESSIMIST BUT I'M ACTUALLY A REALIST.
- I AM EXTREMELY LOYAL TO MY FAMILY, FRIENDS, AND CAUSES.
- I OFTEN FEEL LIKE I HAVE LOW-GRADE ANXIETY.
- I NEED CLEAR-CUT GUIDELINES AND EXPECTATIONS.
- I AM CAUTIOUS AND TELL OTHERS THEY SHOULD BE TOO.
- I HONOR GOOD AUTHORITIES AND INSTITUTIONS (OR REBEL AGAINST THE BAD ONES).
- I TEND TO DOUBT MY DECISIONS AND ABILITIES.
- I ENJOY CONSISTENCY AND PREDICTABILITY.
- I TEND TO PLAY DEVIL'S ADVOCATE.
- I FORM ALLIANCES WITH OTHERS WHO WILL HAVE MY BACK.
- MY CONCERN FOR SECURITY CAN HOLD ME BACK FROM PURSUING SUCCESS.
- SOMETIMES I CAN BE A PROBLEM-SEEKER INSTEAD OF A PROBLEM-SOLVER.
- IT TAKES ME A WHILE TO TRUST PEOPLE.
- I STRIVE TO BE PREPARED FOR EVERY SCENARIO.
- I CRAVE SUPPORT, GUIDANCE, AND REASSURANCE.
- I'D RATHER BLEND IN THAN STAND OUT. I DON'T NEED TO BE IN THE SPOTLIGHT.
- I AM MORE DEPENDABLE THAN MOST PEOPLE.
- I SOMETIMES MAKE MOUNTAINS OUT OF MOLEHILLS.
- I'M ABLE TO FACE THE WORST CRISES WITH GRIT AND GRACE.
- SAFETY AND SECURITY ARE MY TOP PRIORITIES.
- I ASK QUESTIONS TO GET CERTAINTY IN ORDER TO RESOLVE MY ANXIETY.
- I OFTEN EXPERIENCE ANALYSIS PARALYSIS.
- I AM A CHAMPION AND PROTECTOR OF THOSE WHO ARE HELPLESS AND DEFENSELESS.
- I TEND TO PLACE MY WELL-BEING AND SECURITY IN THE HANDS OF OTHERS.
- I AM WATCHFUL AND DISCERNING.
- PEOPLE HAVE TOLD ME I AM FAITHFUL, HARD-WORKING, AND RESPONSIBLE.

TYPE 6

AT MY BEST

- Trustworthy
- Loyal
- Honorable
- Responsible
- Reliable
- Supportive
- Practical
- Protecting
- Prepared
- Cooperative
- Dedicated

AT MY WORST

- Anxious
- Assume the worst
- Reactive
- Controlling
- Overly suspicious
- Hyper-vigilant
- Blaming
- Rigid
- Indecisive
- Self-doubting
- Catastrophizing

TYPE SIX SOUNDS LIKE ME

NOT ALL ALL

SOMEWHAT

ALL THE WAY

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Type 7

MOTIVATIONS

FEAR | BEING DEPRIVED OR TRAPPED
DESIRE | HAPPY AND SATISFIED
FOCUS | WHAT'S NEXT
AVOIDS | PAIN AND SUFFERING

WHAT IT'S LIKE TO BE A SEVEN



- I AM A HIGHLY OPTIMISTIC PERSON.
- I SUFFER FROM FEAR OF MISSING OUT (FOMO).
- I GET BORED QUICKLY.
- I HAVE A LOT OF INTERESTS AND PURSUITS.
- I BELIEVE EVERY CLOUD HAS A SILVER LINING.
- I TEND TO THINK THE GRASS IS GREENER ON THE OTHER SIDE.
- I RARELY FEEL COMPLETELY SATISFIED.
- I AM FUN-LOVING AND SPONTANEOUS.
- PEOPLE HAVE TOLD ME I HAVE A SHORT ATTENTION SPAN.
- I CAN BE AN IMPULSIVE PLEASURE SEEKER.
- I'M ALWAYS PLANNING THE NEXT THING IN MY HEAD.
- I HAVE SOOO MANY GOOD IDEAS.
- I AM VERY QUICK ON MY FEET.
- I DON'T LIKE MAKING COMMITMENTS THAT COULD LIMIT MY OPTIONS LATER.
- I OFTEN GET WHAT I WANT BECAUSE I CAN BE VERY PERSUASIVE.
- I HAVE A REALLY HARD TIME HEARING "NO."
- I AM A TALENTED JACK OF ALL TRADES.
- I DON'T LIKE TO BE TOLD WHAT TO DO—OR TO TELL OTHERS WHAT TO DO.
- I CAN OUTFRAN PAIN AND ANXIETY BY STAYING POSITIVE AND MAKING PLANS.
- IT'S HARD FOR ME TO FINISH A PROJECT BEFORE STARTING A NEW ONE.
- I LOVE INTERESTING ACTIVITIES, STIMULATING IDEAS, FUTURE POSSIBILITIES, AND INTRIGUING PEOPLE.
- I AM VERY GOOD AT REFRAMING NEGATIVES INTO POSITIVES.
- I USUALLY FIND A WAY TO LIGHTEN THINGS UP WITH A JOKE OR FUNNY STORY.
- I WANT TO BE FREE OF ALL LIMITATIONS.
- I CAN RATIONALIZE ANYTHING.
- I BRING ENTHUSIASM AND JOY TO EVERYONE I MEET.

TYPE 7

AT MY BEST

- Optimistic
- Enthusiastic
- Spontaneous
- Charming
- Imaginative
- Versatile
- Entertaining
- Creative
- Appreciative
- Engaging
- Playful

AT MY WORST

- Scattered
- Reckless
- Naive
- Impulsive
- Superficial
- Hedonistic
- Restless
- Escapist
- Unreliable
- Excessive
- Childish

TYPE SEVEN SOUNDS LIKE ME

NOT ALL ALL

SOMEWHAT

ALL THE WAY

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Type 8

MOTIVATIONS

FEAR | BEING WEAK OR CONTROLLED
DESIRE | POWER AND PROTECTION
FOCUS | TAKING CHARGE
AVOIDS | WEAKNESS AND VULNERABILITY

WHAT IT'S LIKE TO BE AN EIGHT



- I AM SELF-CONFIDENT, ASSERTIVE, AND PROTECTIVE.
- I USE MY STRENGTH TO MAKE A WAY FOR OTHERS TO BE SUCCESSFUL.
- I DESIRE TO BE INDEPENDENT AND IN CONTROL OF MY ENVIRONMENT.
- I CAN BE STUBBORN AND HEADSTRONG.
- I HAVE BEEN TOLD I CAN BE BLUNT OR BOSSY.
- UNDER MY TOUGH EXTERIOR IS A VERY TENDER HEART.
- I DON'T LIKE IT WHEN OTHERS BEAT AROUND THE BUSH.
- I DON'T MIND STIRRING THE POT WHEN CHANGE IS NEEDED.
- I HAVE BEEN TOLD MY STRONG PRESENCE CAN COME ACROSS AS INTIMIDATING.
- I THINK ACTIONS SPEAK LOUDER THAN WORDS.
- I'M NOT AFRAID OF CONFLICT, CONFRONTATIONS, OR BULLIES.
- I FEAR BEING CONTROLLED, HURT, OR BETRAYED.
- I TELL PEOPLE WHAT I THINK, EVEN IF IT IS HARD TO HEAR.
- BEING VULNERABLE AND SHOWING MY SOFTER SIDE HAS BEEN A CHALLENGE.
- TOO MUCH AFFIRMATION FEELS LIKE MANIPULATION.
- IT TAKES ME A LONG TIME TO TRUST PEOPLE, BUT I'LL FIGHT TO THE DEATH FOR THOSE IN MY INNER-CIRCLE.
- IT'S HARD TO RESPECT PEOPLE WHO DON'T STAND UP FOR THEMSELVES.
- I CAN SENSE WHO HOLDS THE POWER IN THE ROOM.
- I DEFEND MYSELF AND OTHERS FROM INJUSTICE.
- I DON'T DO THINGS HALFWAY.
- I AM COURAGEOUS, PERSEVERING, AND RESILIENT.
- I ENJOY TAKING ON BIG CHALLENGES AND DON'T BACK DOWN FROM DIFFICULT DECISIONS.
- PEOPLE OFTEN MISTAKE MY PASSION FOR ANGER.
- IT'S FRUSTRATING WHEN PEOPLE AREN'T "ALL IN."
- I USE MY ENERGY TO KEEP THINGS MOVING FORWARD.
- I SAY, "FIRE, AIM, READY!"

TYPE 8

AT MY BEST

- Just
- Merciful
- Protecting
- Compassionate
- Courageous
- Resilient
- Direct
- Self-confident
- Assertive
- Influential
- Empowering

AT MY WORST

- Forceful
- Excessive
- Non-listening
- Intimidating
- Insensitive
- Domineering
- Rebellious
- Confrontational
- Possessive
- Threatening
- Vengeful

TYPE EIGHT SOUNDS LIKE ME

NOT ALL ALL

SOMEWHAT

ALL THE WAY

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Type 9

MOTIVATIONS

FEAR | BEING IN CONFLICT OR OVERLOOKED
DESIRE | PEACE AND HARMONY
FOCUS | EXPECTATIONS OF OTHERS
AVOIDS | CONFLICT AND DISCOMFORT

WHAT IT'S LIKE TO BE A NINE



- PEOPLE SAY I'M EASYGOING, FRIENDLY, AND VERY LIKABLE.
- I ENJOY SUPPORTING OTHERS RATHER THAN BEING IN THE SPOTLIGHT.
- I TYPICALLY GO ALONG TO GET ALONG.
- I AM GENTLE, APPROACHABLE, AND UNTHREATENING.
- I FEAR I MAY LOSE OR BE SEPARATED FROM MY LOVED ONES.
- I HAVE A CALM, OPTIMISTIC, AND SOOTHING PRESENCE.
- IN CONVERSATIONS, I OFTEN NOD MY HEAD "YES" WHEN I REALLY WANT TO SAY "NO."
- I FEAR BEING INVISIBLE.
- I NEED TO BE ACKNOWLEDGED AND KNOW THAT MY PRESENCE MATTERS.
- MY DESIRE FOR HARMONY CAUSES ME TO AVOID CONFLICT.
- FEAR AND SELF-DOUBT HAVE LED ME TO "PLAY IT SAFE" RATHER THAN TAKE RISKS.
- I CAN UNIFY GROUPS THAT ARE VERY DIVERSE OR EXPERIENCING CONFLICT.
- I'M A DOWN TO EARTH "WHAT YOU SEE IS WHAT YOU GET" KIND OF PERSON.
- I CAN GET DISTRACTED AND PROCRASTINATE.
- I HAVE A HARD TIME GETTING STARTED, BUT ONCE I DO, I'M UNSTOPPABLE.
- I RARELY EXPRESS MY ANGER OPENLY (BUT WANT TO SCREAM IN A CLOSET SOMETIMES).
- I NEED TO BE MORE DIRECT AND ASSERTIVE.
- I'M A GREAT MEDIATOR BECAUSE I SEE MANY SIDES OF AN ISSUE AND EASILY UNDERSTAND DIFFERENT PERSPECTIVES.
- IT'S PAINFUL WHEN OTHERS OVERLOOK OR EXCLUDE ME.
- SOMETIMES I TRY TO IGNORE OR NUMB MYSELF TO MY PROBLEMS.
- I CAN BE PASSIVE OR LAZY AT TIMES.
- HAVING ROUTINES IS VERY COMFORTING.
- I RARELY ROCK THE BOAT, BUT CAN BE VERY STUBBORN AT TIMES.
- I GO WITH THE FLOW BUT WILL DIG MY HEELS IN IF SOMEONE TRIES TO CONTROL ME.
- I'M AN INCLUDER WHO INVITES EVERYONE TO THE TABLE.
- SOMETIMES I FORGET HOW IMPORTANT I AM.

TYPE 9

AT MY BEST

- Easygoing
- Humble
- Receptive
- Diplomatic
- Patient
- Unpretentious
- Reassuring
- Accepting
- Supportive
- Calming
- Harmonizing

AT MY WORST

- Indifferent
- Spaced-out
- Apathetic
- Passive-aggressive
- Indecisive
- Procrastinating
- Unresponsive
- Detached
- Appeasing
- Resigned
- Stubborn

TYPE NINE SOUNDS LIKE ME

NOT ALL ALL

SOMEWHAT

ALL THE WAY

1

2

3

4

5

6

7

8

9

10

WHAT DO I DO NOW?

RECORD YOUR RESULTS

TYPE 1	TYPE 2	TYPE 3	TYPE 4	TYPE 5	TYPE 6	TYPE 7	TYPE 8	TYPE 9
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

GIVE YOURSELF GRACE

You may have just had a few encouraging discoveries as well as read some things that are hard to hear. Remember to practice self-acceptance and give yourself grace. Keep in mind that the Enneagram is about *probabilities*, not *absolutes*. It shows you what strengths and weaknesses you have a "high probability" of experiencing or displaying, but only you get to self-verify what is true and what is not.

CHOOSE BETWEEN TWO TYPES

Are you still trying to decide between multiple types? The Enneagram Institute has provided a thorough comparison between every possible combination (1 and 2, 1 and 3, 1 and 4, etc.). [Click here to compare and contrast different types with each other.](#)

DETERMINE YOUR "WING"

Wings are the numbers that reside directly on the two sides of your Enneagram type. So, if you are an Enneagram Nine, you will either have an Eight-wing (9w8) or a One-wing (9w1). The "w" stands for wing. You can determine your wing by finding out which of your wings you scored higher on. As a Type 3 myself, there's a lot of the Type 4 that resonated with me. Therefore, I'm a 3w4. This makes the Enneagram less "boxy," knowing that you can pick up many aspects of your neighboring type.



Keep Learning

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