

# What is the Enneagram?

- A personality tool, each style has a besetting vice and virtue
- By personality we mean:
  - The way we perceive life
  - The way we process what we perceive (via emotions, cognition, or intuition)
  - The way we present ourselves based on what we perceive and process
- Reveals how we identify with a particular style and prone to use various gifts/styles
  - **Total Score** - capacity/ability to live into that style
  - **Resourceful Score** - our proclivity/tendency to use that style in a life-giving way
  - **Non-Resourceful Score** - our vulnerability/temptation to use the gifting in a less than life-giving way

# Triads of the Enneagram

- **Heart style - 2, 3, 4** primary emotion is **shame**
  - Perceives in terms of relational connections to be made
  - Processes with feelings
  - Presents themselves as relationally attuned
- **Head style - 5, 6, 7** primary emotion is **fear**
  - Perceives in terms of find a safe 'place'
  - Processes with thinking
  - Presents as having things figured out
- **Gut style - 8, 9, 1** primary emotion is **guilt**
  - Perceives life as coming against them
  - Processes with intuition
  - Presents as protecting themselves or others

| Style   | Resourceful   | Non-Resourceful  |
|---|---|--|
| <p><b>TWO - Sensitive Nurturer</b><br/> vice - pride<br/> virtue - humility</p>     | <p>helpful...serving<br/> unselfish...nurturing<br/> affirming...accepting<br/> generous...supportive<br/> healthy boundaries</p>       | <p>smothering...enmeshed<br/> annoying...demanding<br/> complaining...jealous<br/> needy...manipulative<br/> co-dependent</p>                            |
| <p><b>THREE - Motivated Accomplisher</b><br/> vice - deceit<br/> virtue - truth</p> | <p>efficient...socially skilled<br/> energetic...dynamic<br/> popular...self-assured<br/> motivating...team builder<br/> successful</p> | <p>impatient...calculating<br/> workaholic...manipulative<br/> scheming...self-promoting<br/> “ends justifies the means”<br/> overly image conscious</p> |
| <p><b>FOUR - Artistic Creator</b><br/> vice - envy<br/> virtue - gratitude</p>      | <p>emotionally sensitive<br/> original...creative<br/> authentic...refined<br/> classy...expressive<br/> caring...intense</p>           | <p>moody...overly dramatic<br/> snobbish...eccentric<br/> possessive...high strung<br/> feel misunderstood<br/> exaggerated sensitivity</p>              |

| Style   | Resourceful  | Non-Resourceful   |
|---|--|---|
| <p><b>FIVE - Reflective Observer</b><br/> vice - greed<br/> virtue - generosity</p>         | <p>observer...objective<br/> analyzer...summarizer<br/> competent...reasonable<br/> perceptive...concise<br/> witty...wise</p>                   | <p>distant...detached<br/> cold...calculated<br/> abstract...over analyze<br/> fear their feelings<br/> don't easily trust</p>                |
| <p><b>SIX - Faithful Doer</b><br/> vice - anxiety<br/> virtue - courage</p>                 | <p>reliable...committed<br/> loyal...dependable<br/> prepared...prudent<br/> responsible...sensible<br/> stable...honorable</p>                  | <p>dogmatic...authoritarian<br/> worrier...wary<br/> rigid...over controlling<br/> “worse case scenario”<br/> paranoid</p>                    |
| <p><b>SEVEN - Optimistic Player</b><br/> vice - gluttony<br/> virtue - sober-mindedness</p> | <p>optimistic...fun-loving<br/> spontaneous...curious<br/> enthusiastic...entertaining<br/> pragmatic...practical<br/> realistic...visionary</p> | <p>fragmented...scattered<br/> impulsive...narcissistic<br/> unrealistic...unreliable<br/> irresponsible...indulgent<br/> random escapism</p> |

| Style  | Resourceful  | Non-Resourceful  |
|--|--|--|
| <p><b>EIGHT - Powerful Challenger</b><br/> vice - cluelessness<br/> virtue - mercy</p> | <p>strong...powerful<br/> intense...dynamic<br/> confident...high energy<br/> hardworking...assertive<br/> assured...strong-willed</p>     | <p>demanding...unaware<br/> gruff...bullying<br/> confrontational...rigid<br/> insensitive...macho<br/> emotional bulldozer</p>                |
| <p><b>NINE - Peaceful Reconciler</b><br/> vice - sloth<br/> virtue - faith</p>         | <p>easy keeper...easy going<br/> harmonious...settled<br/> diplomatic...reassured<br/> receptive...patient<br/> peaceful...comfortable</p> | <p>passive...paralyzed<br/> avoidant...unresponsive<br/> easily overwhelmed<br/> control thru being victim<br/> stubborn...procrastinating</p> |
| <p><b>ONE - Moral Reformer</b><br/> vice - anger<br/> virtue - patient acceptance</p>  | <p>reformer...dedicated<br/> activist...industrious<br/> honest...reliable<br/> ethical...intense<br/> fair minded...intense</p>           | <p>rigid...legalistic<br/> perfectionist...impatient<br/> unrealistic...demanding<br/> overly critical...uptight<br/> non-resilient...smug</p> |