

## General notes about the Enneagram

- Goal: Awakening to ourselves, with a focus on the spiritual, in terms of awakening to talents & virtues
  - Qualities of spiritual experiences include: knowing, awe, connection, joy, acceptance, clarity, belonging, presence, peace, gratitude, groundedness, LOVE, understanding, purpose, being, awake
- Three centers: belly, heart, and head
- We can feel like any type, but the way we cope with life is our dominant type -- habitual & predictable
- Levels of development: 1 (healthy) - 3 ... 4 (wake-up call)-6 ... 7-9 (unhealthy)
  - When you hit a level 4, it's a chance to catch ourselves in the act and potentially make a different choice.
- Basic fear: Arises from the loss of a quality of being they love most; fear we'll fall into a place with no way out.
- Basic desire: Defends against basic fear in order to function
- Passion: What makes us stumble, what makes us suffer, how we forget ourselves; THE LAST THING WE'LL GIVE UP
- Most questions about the Enneagram come down to this:  
DO THIS WITH PRESENCE

### **Belly (instinctive) center (8, 9, 1)**

- Craves autonomy & respect; I want to affect the world, but I don't want it to affect me.
- When out of touch with our body center, we feel the need for boundaries, separateness, stuck, anger, resistance, stagnation, numbness.
- When angry:
  - 8s express it
  - 9s repress it
  - 1s control it

### **Heart (feeling) center (2, 3, 4)**

- Craves attention & validation
- About the capacity to love; always trying to find yourself by looking at how others respond to you
- About creating & maintaining a self-image; if it's not validated/recognized, I feel empty

### **Head (thinking) center (5, 6, 7)**

- Craves safety & security
- Worry about who/what I can trust
- Anxiety/fear is primary emotion
- "Anxiety is excitement without breath."

## Type 1: The Reformer

- Basic fear: of being 'bad,' corrupt, unredeemable, condemnable, or chaotic
- Basic desire: to be aligned with 'the Good,' the Sacred, to be virtuous, to have integrity
- Self-image: I am right. (reasonable, sensible, moderate, rational, objective)
- Passion: Resentment -- continual frustration and dissatisfaction with ourselves and the world.
- Path of transformation: Acceptance -- maybe others are right; maybe someone else has a better idea; maybe I've done all that can be done.
- Qualities of goodness, sacredness
- Accept what is and become realistic, wise, and discerning
- Tend to know what the best action to take in each moment
- Humane, inspiring, and hopeful
- Conscientious with strong personal convictions
- A STRONG sense of right and wrong, strong values
- Wish to be rational, reasonable, self-disciplined, mature, moderate in all things

## Type 2: The Helper

- Basic fear: of being loveless, that there is no love
- Basic desire: to feel love, to be at one with love, to be a source of love in the world
- Self image: I am helpful. (loving, caring, selfless, concerned, warm-hearted)
- Passion: Pride -- pride in one's own virtue; inability or unwillingness to acknowledge our own suffering; denying many of our own needs while attempting to 'help' others.
- Path of transformation: Self-nurturing -- Maybe I could do something good for myself, too; maybe this person is actually already showing me love in their own way.
- Qualities of love and sweetness
- Give unconditional love to others (and self)
- Feel it is a privilege to be in the lives of others.
- Empathetic, compassionate, feeling for others
- Caring & concerned about their needs
- Thoughtful, warm-hearted, forgiving, and sincere
- We give what we need.
- 2s want to pump up emotion to facilitate connection.
- Good at eye contact
- Tend to overuse heart center & under-use head center
- Healthy 2s make space for & acknowledge non-positive feelings
- 2s try to reframe negative emotions as something else -- I'M NOT ANGRY!!!
- The world is invested in 2s remaining at less-healthy levels
- 2s growth edge: There's nothing I can add to unconditional self-love.

### Type 3: The Achiever

- Basic fear: of being worthless and deficient (without any inherent value)
- Basic desire: to feel valuable and worthwhile
- Self-image: I am successful. (admirable, outstanding, effective, well-adjusted, desirable)
- Passion: Vanity -- our efforts go into developing our ego instead of our true nature; make the ego feel better without turning to higher levels of consciousness.
- Path of transformation: Sincerity/authenticity -- maybe I don't have to be the best; maybe people will accept me just the way I am.
- Qualities: value & glory
- Sincerely wants to be "the best we can be"
- Often becomes outstanding, a human ideal, embodying widely admired cultural qualities
- Highly effective
- Others are motivated to be more like 3s
- Really like being on a team. Sometimes.
- "Tell me a way you perform for people."

## Type 4: The Individualist

- Basic fear: that I have no identity or personal significance
- Basic desire: to find my true self and my personal significance
- Self-image: I am special. (sensitive, different, unique, intuitive, self-aware)
- Passion: Envy -- something fundamental is missing; we long for what is absent. Others possess qualities we lack.
- Path of integration: Forgiveness -- maybe I'm not the only one who feels this way; maybe there's nothing wrong with me.
  - Don Riso: "There's not a darn thing wrong with me!" (gasp) "There's not a thing wrong with me?!?! ... WHO AM I??"
- Qualities of identity & depth
- A highly personal individual
- Self-revealing, emotionally honest, and humane
- Ironic view of self and life; can be serious and funny, vulnerable and emotionally strong

## Type 5: The Investigator

- Basic fear: of having no ability to know what's real and true (to be lost in ignorance and senselessness)
- Basic desire: to understand reality, to uncover the essence of things
- Self-image: I am perceptive. (smart, curious, unusual, objective, insightful)
- Passion: avarice -- fearing that too much interaction will lead to catastrophic depletion; feeling that I lack inner resources to cope
- Path of transformation: Compassion & understanding -- maybe my future will be okay; maybe I can trust people and let them know what I need.
- Qualities of illumination & clarity
- Master whatever interests them
- Excited by knowledge, often with deep expertise in some field
- Innovative and inventive, producing extremely valuable, original works
- Highly independent, idiosyncratic, and whimsical
- "I'm a Martian anthropologist." They show up with t-shirts that say, "I'm just visiting" this planet.
- 5s aren't detached; they lack attachment.
- Parents sometimes notice little 5s walk on their toes
- When in integration, 5s can see that real, true presence comes with contact.
- To deal with a 5:
  - Open the door, and step out of the entry
  - Be clear about expectations: "Can I have just 5 minutes?"
  - Take what you get & don't smother

## Type 6: The Loyalist

- Basic fear: of being without orientation (lost), without support or guidance
- Basic desire: To find a trustworthy orientation so that I can be secure and supported
- Self-image: I am obedient. (dependable, reliable, careful, likable, having foresight)
- Passion: Faithlessness/fear -- fear of things not actually happening now; doubting and worrying about future events
- Path of transformation: Trust & faith -- maybe I can trust myself and my own judgments; maybe I don't need to foresee every possible problem.
- Essential quality: awakens & guidance
- Dedicated to individuals and movements in which they deeply believe
- Community builders -- responsible, trustworthy, and reliable
- Hardworking and persevering, sacrificing for others
- Creating stability & security in the world
- 6s are the troubleshooters-- fixing problems is how they love others
- HYPER vigilance
- Begins to feel like, "I'm anxious, therefore I am."
- "Nobody's going to tell me what to do -- not even me!"
- 6s constantly second-guess themselves ... yet, they appear to be perfectly under control
- They like physical touchstones to bring them back to groundedness



## Type 7: The Enthusiast

- Basic fear: of deprivation and being trapped in emotional pain
- Basic desire: to be happy, free, and satisfied-- to be fulfilled
- Self-image: I am okay. (enthusiastic, positive, spontaneous, outgoing, free-spirited)
- Passion: Gluttony -- insatiable desire to 'fill ourselves up' with experiences, pursuing a variety of positive, stimulating ideas and activities, but never feel you have enough.
- Path of transformation: Contentment -- maybe I'm not missing out on anything worthwhile; maybe what I have already is enough.
- Qualities of joy & freedom
- Practical, productive, and usually prolific
- Cross-fertilizing areas of interest
- Easily becomes accomplished achiever
- Generalists who do many different things well; multi-talented
- Senses they do not have joy within themselves, so they're ALWAYS looking for it outside of themselves.
- A sense of (metaphorically) always eating, never being full
- Feels nervous, fidgety -- the ego wants to be ANYWHERE ELSE
- Depression in a 7 looks like scatteredness, an inability to stay focused
- 7s need to learn how to SAVOR
- 7s are often not taken seriously; they are child-like, not child-ISH

## Type 8: The Challenger

- Basic fear: of being without life--dead, impotent, empty
- Basic desire: to be / feel strong, real, and alive
- Self-image: I am powerful. (strong, direct, robust, independent, resourceful)
- Passion: Lust -- constant need for intensity, control, and self-extension.
- Path of transformation: Self-surrender -- maybe I could let my heart be touched more deeply; maybe I could let down my guard a little more.
- Qualities of strength, aliveness, immediacy
- Self-assertive, self-confident, and strong
- Have learned to stand up for what they need & want
- Resourceful, can-do attitude with a passionate inner drive
- Take initiative and make things happen
- Champion other people
- They are providers, protective, and honorable

## **Type 9: The Peacemaker**

- Basic fear: of annihilation & non-existence; of being fragmented, disconnected, cut off from everything
- Basic desire: to have wholeness and inner stability ('peace of mind')
- Self-image: I am settled. (peaceful, relaxed, stable, easygoing, friendly)
- Passion: Sloth/disengagement -- a desire to be unaffected by life.
- Path of transformation: Self-remembering -- maybe I can make a difference; maybe I'm more powerful than I realize.
- Qualities include wholeness, unity, being
- Deeply receptive, accepting, un-self-conscious, emotionally stable, and serene
- Trusting of self and others, at least with self, and life
- Innocent and simple
- Patient, unpretentious, good-natured, genuinely nice people
- A good mediator, synthesizer, and communicator