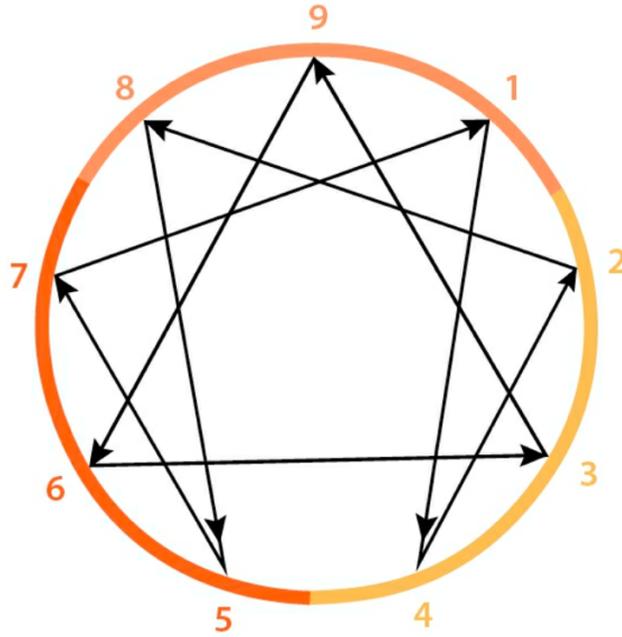


Enneagram Notes



8, 9, 1 - Anger / Gut Triad (Driven by Anger) Take in and respond to life instinctually/gut-level, tend to express themselves honestly and directly

TYPE EIGHT: The Challenger. Commanding, intense and confrontational, they are motivated by a need to be strong and avoid feeling weak or vulnerable.

“Lead me, follow me, or get out of my way”

Anger/Gut Triad - Externalizes Anger

Passion / Sin: Lust (intensity/excessiveness)

Wounding message: The world is a hostile place where only the strong survive, and the weak or innocent get emotionally beaten up or betrayed so put on your armor and never let them see your soft side.

Healing message: There are lots of trustworthy people in the world, and though the risk of betrayal is always real, love and connection will elude unless one welcomes and reconnects with the innocent and less defended child they once were.

Wings- 7-Enthusiast & 9-Peacemaker

Stress-5-Investigator

Security-2-Helper (Eights are always for the underdog)

Super Power: assertive, analytical, loyal

Core Motivator: Justice

Sub-types:

Self-Preserving - directly and powerfully pursue the things they need to survive (“Satisfaction”)

Social - have a need to protect others and go up against those who commit injustice (“Solidarity”)

- Countertype

Sexual - passionate and charismatic characters who go against social conventions in a provocative way (“Possession”)

TYPE NINE: The Peacemaker. Pleasant, laid back and accommodating, they are motivated by a need to keep the peace, merge with others and avoid conflict.

Unique to Nines: Internal and external boundaries keeping anything that would cause conflict in and anything that would disturb peace out / Nine leaders need someone with them to “deliver the bad news”.

Anger/Gut Triad - Forgets Anger

Passion / Sin: Sloth (self-forget / fall asleep to their own priorities, preferences, personal development, and responsibility for becoming their own person)

Wounding message: Your wants, opinions, desires, and presence don't matter much.

Healing message: We see you and your life matters.

Wings- 8-Challenger & 1-Perfectionist

Stress-6-Loyalist

Security-3-Performer

Super Power: Collaboration/Calmness/Peacemaking/Consensus-needed in every culture to bring heat down, harmony

Core Motivator: Peace - internal and external

Subtypes:

Self-Preserving-fuses with physical comforts and activities (“Appetite”)

Social-fuses with groups (“Participation”) - countertype

Sexual-fuses with other individuals (“Fusion”)

TYPE ONE: The Perfectionist. Ethical, dedicated and reliable, they are motivated by a desire to live the right way, improve the world, and avoid fault and blame.

Unique to Ones: constant inner critic

Anger/Gut Triad - Internalizes Anger

Passion / Sin: Anger (in the form of smoldering resentment)

Wounding message: You have to be good and do things right. Mistakes are unacceptable. People and things are perfect or wrong, period.

Healing message: You're imperfect and you're wired for struggle, but you are worthy of love and belonging.

Wings- 2-Helper & 9-Peacemaker

Stress- 4-Individualist

Security- 7-Enthusiast

Super Power: Moral Example/implementing systems and structures-lead from there

Core Motivator: Improvement

Sub-types:

Self-Preserving - are the true “perfectionists” (“Worry”)

Social-are “perfect” in that they believe they know the right way to be (“Non-Adaptability”, “Rigidity”)

Sexual-focus on “perfecting others.” (“Zeal”) - countertype

2, 3, 4 - Feeling / Heart Triad (Driven by Feelings) Take in and relate to life from the heart and are more image-conscious than other numbers

TYPE TWO: The Helper. Warm, caring and giving, they are motivated by a need to be loved and needed, and to avoid acknowledging their own needs.

Heart/Feeling Triad - Focus outwardly on the feelings of others

Passion / Sin: Pride (meet other needs and disavow their own)

Wounding message: Having or expressing your own needs will lead to humiliation and rejection

Healing message: You're wanted. Your needs matter, you can learn how to directly express your real feelings and desires without undue fear of humiliation or rejection.

Wings- 1-Perfectionist & 3-Performer

Stress- 8-Challenger

Security- 4-Individualist

Super Power: Caring, compassion, warmth, lead from relationship

Core Motivator: meet ones own needs through meeting the needs of others

Sub-types:

Self-Preserving-gets needs met indirectly through others protection & care, the most childlike ("Privilege") - countertype

Social-gets needs met by gaining admiration through one's knowledge and abilities, more of an adult "Power Two" ("Ambition")

Sexual-gets needs met by creating an attractive image and adapting in order to woo specific individuals, classic seducer/seductress ("Aggressive/Seductive")

TYPE THREE: The Performer. Success-oriented, image-conscious and wired for productivity, they are motivated by a need to be (or appear to be) successful and to avoid failure.

Heart Triad - Has trouble recognizing their own or other people's feelings

Passion / Sin: Vanity/Deceit (value appearance over substance, believing they are their persona)

Wounding message: You are what you do. It's not okay to have your own identity or feelings.

Healing message: You are loved just for who you are.

Wings- 4-Romantic & 2-Helper

Stress- 9-Peacemaker

Security- 6-Loyalist

Super Power: Clear goals, focused, entrepreneurial, tweaking existing ideas, rewards systems,

Core Motivator: To succeed

Sub-types:

Self-Preserving-An efficient, autonomous workaholic in the service of security who goes against vanity by trying to be good. ("Security") - countertype

Social-Expresses vanity by wanting to be recognized on the social stage by creating, leveraging, and selling a polished image. ("Prestige")

Sexual-A charismatic pleaser who expresses vanity by being appealing to and supporting others and achieving through them. ("Charisma")

TYPE FOUR: The Romantic. Creative, sensitive and moody, they are motivated by a need to be understood, experience their oversized feelings and avoid being ordinary.

Heart Triad - Concentrate inwardly on their own feelings

Passion / Sin: Envy (believe they are missing something essential)

Wounding message: There is something off about you. No one understands you, and you'll never belong.

Healing message: There is nothing missing in you. Everything you need is inside you.

Wings- 3-Performer, 5-Investigator

Stress- 2-Helper

Security- 1-Perfectionist

Super Power: Authentic, Intuitive, Empathetic

Core Motivator: To be known, understood, complete and accepted

Sub-types: All Fours have an exaggerated focus on suffering (related to envy), but it's different for each subtype. Fours' suffering grows out of the habit of comparing themselves to others and feeling deficient—enviously thinking that something outside of them is better or more ideal, and experiencing a sense of inner lack.

Self-Preserving - internalizes and to some extent denies or suppresses suffering ("Tenacity") - countertype

Social - lives in it too much and wears it on his or her sleeve ("Shame")

Sexual - projects it out onto others to evacuate (and thus defend against) a painful sense of inferiority ("Competition")

5, 6, 7 - Fear / Head Triad (Driven by Fear) Take in and relate to the world through the mind - think and plan carefully before they act

TYPE FIVE: The Investigator. Analytical, detached and private, they are motivated by a need to gain knowledge, conserve energy and avoid relying on others.

Incredible Pioneers (Bill Gates)

Head Triad - Externalizes Fear

Passion / Sin: Avarice (hoard those things they believe will ensure independent, self-sustaining existence)

Wounding message: You're not capable of handling the demands of life and relationships. To survive you'll need to emotionally detach and hide.

Healing message: There is enough to go around in life.

Wings- 4-Romantic, 6-Loyalist

Stress- 7-Enthusiast

Security- 8-Challenger (a gigantic move)

Super Power: Analytical, logistical, incredibly objective

Core Motivator: Self-sufficiency

Sub-types:

Self-Preserving - express avarice through building and maintaining boundaries ("Castle")

Social - avarice is expressed by adhering to specific ideals related to groups or ideas (knowledge) ("Totem, super-ideals")

Sexual - avarice is expressed through an ongoing search for a connection that will satisfy their need for an experience of the most perfect, safest, and most satisfying (idealized) union. ("Confidence")

TYPE SIX: The Loyalist. Committed, practical and witty, they are worst-case-scenario thinkers who are motivated by fear and the need for security.

Head Triad - Internalizes Fear

Passion / Sin: Fear (imagine worst-case scenario, question their ability to handle life on their own)

Wounding message: The world isn't safe and the adults in charge can't always be trusted.

(Response-obedience or rebellion)

Healing message: Doubt yourself less and trust yourself more. You are stronger and more resourceful than you know. The antidote to fear is not courage, but faith.

Wings- 5-Investigator, 7-Enthusiast

Stress- 3-Performer

Security- 9-Peacemaker

Super Power: Forging Alliances, problem-solvers, trouble shooters, Collaborators/Consensus Builders

Core Motivator: Security, Consistency

Sub-types:

Self-Preserving - feel a need for protection and deal with fear by making connections with people ("Warmth")

Social - cope with a social fear that makes them afraid of doing the wrong thing in the eyes of authorities by consulting rules and reference points. ("Duty")

Sexual - deal with fear by denying their vulnerability and combating fear from a position of strength (can look like an Eight)

TYPE SEVEN: The Enthusiast. Fun, spontaneous and adventurous, they are motivated by a need to be happy, to plan stimulating experiences and to avoid pain.

Head Triad - Forgets Fear

Passion / Sin: Gluttony (avoid painful feelings, gorge themselves on positive experiences, planning and anticipating new experiences)

Wounding message: You are on your own.

Healing message: God will take care of you.

Wings- 6-Loyalist, 8-Challenger

Stress- 1-Perfectionist

Security- 5-Investigators

Super Power: Innovation

Core Motivator: Avoid pain

Sub-types:

Self-Preserving - finds security through a gluttonous search for pleasure, satisfying opportunities, and cultivating a network of allies. ("Keeper of the Castle")

Social - expresses a kind of "counter-gluttony", by being of service to others ("Sacrifice") - countertype

Sexual - channels gluttony into an idealistic search for the ultimate relationship ("Suggestibility")

-*The Road Back to You: An Enneagram Journey to Self-Discovery* Cron, Ian Morgan. (Graphic, definitions, etc.)

-*The Complete Enneagram: 27 Paths to Greater Self-Knowledge* Chestnut, Beatrice. (Information on Subtypes)