

How The Enneagram Works

MOVING AROUND THE ENNEAGRAM

The Enneagram Made Easy Renee Baron & Elizabeth Wagele

1. *The Enneagram drawing*

The nine points of the circumference of the circle are divided into a triangle and a six-point shape.

2. *The Arrows*

Each point on the Enneagram connects to two other points. These two points or types are called your “arrows.” When relaxed, you take on the positive qualities of the number that connects to yours in this order:

$1 \rightarrow 7 \rightarrow 5 \rightarrow 8 \rightarrow 2 \rightarrow 4 \rightarrow 1$ and $3 \rightarrow 6 \rightarrow 9 \rightarrow 3$

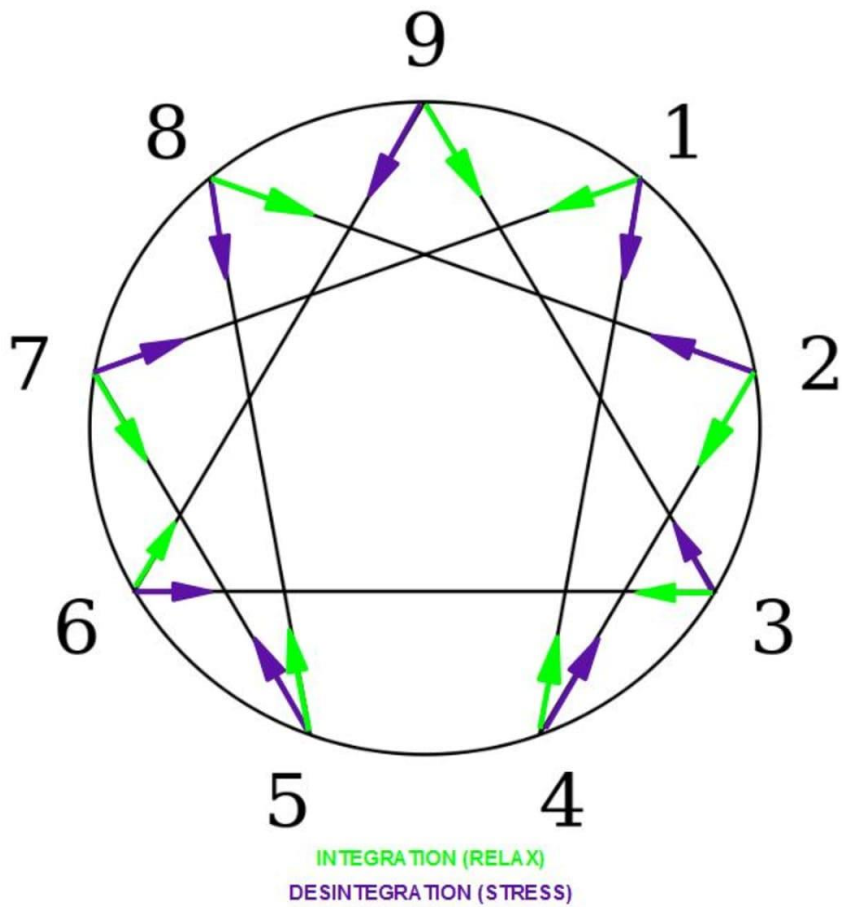
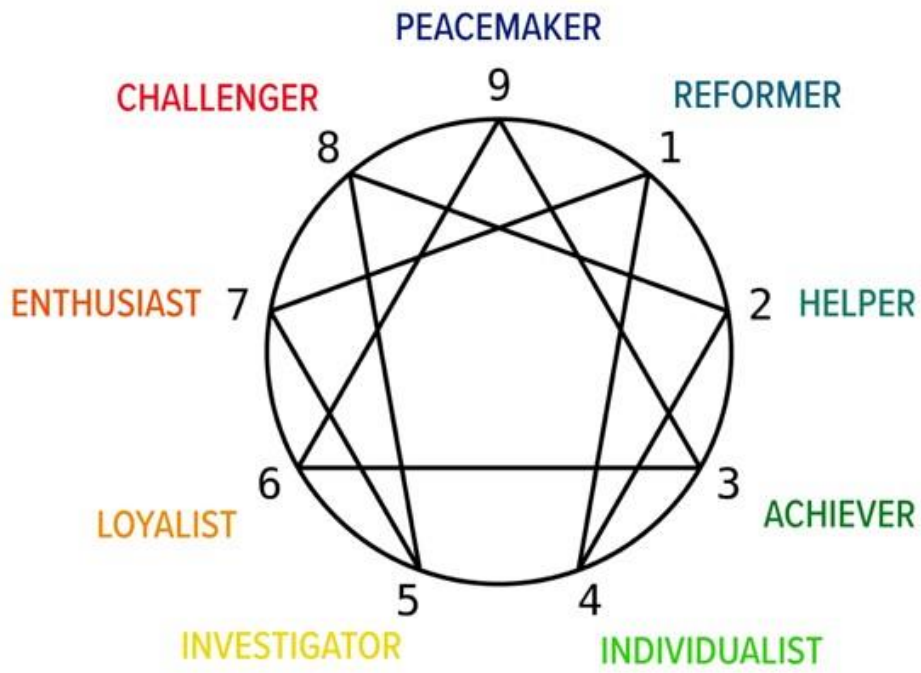
When you are under stress, you reverse directions and take on the negative qualities of the personality type on the other side.

$1 \leftarrow 7 \leftarrow 5 \leftarrow 8 \leftarrow 2 \leftarrow 4 \leftarrow 1$ and $3 \leftarrow 6 \leftarrow 9 \leftarrow 3$

The arrows are a dynamic tool for personal growth.

3. *Wings*

Your personality may blend into or be influenced by the types on either side of yours.



Arrow Movement of Integration

Each point on the Enneagram connects to two other points. These two points or types are called your “arrows.” When relaxed, you take on the positive qualities of the number that connects to yours in this order:

1→7→5→8→2→4→1 and 3→6→9→3

THE DIRECTION OF INTEGRATION	
1	Angry, critical Ones become more spontaneous and joyful, like healthy Sevens.
2	Prideful, self-deceptive Twos become more self-nurturing and emotionally aware, like healthy Fours.
3	Vain, deceitful Threes become more cooperative and committed to others, like healthy Sixes.
4	Envious, emotionally turbulent Fours become more objective and principled, like healthy Ones.
5	Avaricious, detached Fives become more self-confident and decisive, like healthy Eights.
6	Fearful, pessimistic Sixes become more relaxed and optimistic, like healthy Nines.
7	Gluttonous, scattered Sevens become more focused and profound, like healthy Fives.
8	Lustful, controlling Eights become more open-hearted and caring, like healthy Twos.
9	Slothful, self-neglecting Nines become more self-developing and energetic, like healthy Threes.

Arrow Movement of Disintegration

When you are under stress, you reverse directions and take on the negative qualities of the personality type on the other side.

1←7←5←8←2←4←1 and 3←6←9←3

THE DIRECTION OF DISINTEGRATION (WITH REVERSAL)	
1	Methodical Ones suddenly become moody and irrational at Four.
2	Needy Twos suddenly become aggressive and dominating at Eight.
3	Driven Threes suddenly become disengaged and apathetic at Nine.
4	Aloof Fours suddenly become overinvolved and clinging at Two.
5	Detached Fives suddenly become hyperactive and scattered at Seven.
6	Dutiful Sixes suddenly become competitive and arrogant at Three.
7	Scattered Sevens suddenly become perfectionistic and critical at One.
8	Self-confident Eights suddenly become secretive and fearful at Five.
9	Complacent Nines suddenly become anxious and worried at Six.

the Comfort Seeker 9w8

the Bear 8w9

the Maverick 8w7

the Realist 7w8

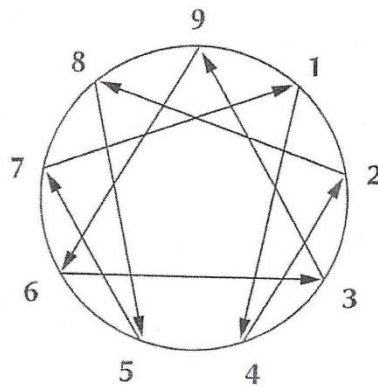
the Entertainer 7w6

the Buddy 6w7

the Defender 6w5

the Problem Solver 5w6

the Iconoclast 5w4



9w1 the Dreamer

1w9 the Idealist

1w2 the Advocate

2w1 the Servant

2w3 the Host/Hostess

3w2 the Star

3w4 the Professional

4w3 the Aristocrat

4w5 the Bohemian

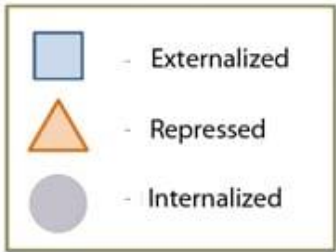
The 18-Riso-Hudson Wing Subtypes

3. The Wings

Your personality may blend into or be influenced by the types on either side of yours. For instance, a Nine may have some characteristics of a One or an Eight. These neighboring types are called your wings.



With wing NINE Intolerant Impersonal Just	ONE Immature Normal Mature	With wing TWO Hypocritical Controlling Compassionate
With wing ONE Judgmental Ambitious Encouraging	TWO Immature Normal Mature	With wing THREE Calculating Conformist Friendly
With wing TWO Malicious Attractive Sensitive	THREE Immature Normal Mature	With wing FOUR Pretentious Demanding Intuitive
With wing THREE Manic Addicted to success Winning	FOUR Immature Normal Mature	With wing FIVE Cut off Enigmatical Creative
With wing FOUR Hopeless Delicate Inspired	FIVE Immature Normal Mature	With wing SIX Distrustful Blocked Diligent
With wing FIVE Arrogant Lawful Expert	SIX Immature Normal Mature	With wing SEVEN Panicky Morose Warm-hearted
With wing SIX Addicted to acknowledgment Defensive Happy	SEVEN Immature Normal Mature	With wing EIGHT Greedy Cosmopolitan Strong leadership
With wing SEVEN Explosive Enterprising Magnanimous	EIGHT Immature Normal Mature	With wing NINE Cold-blooded Softly dominating Kind
With wing EIGHT Vindictive Sensual Gentle and strong	NINE Immature Normal Mature	With wing ONE Arbitrary Self-satisfied Pure



The Three Centers

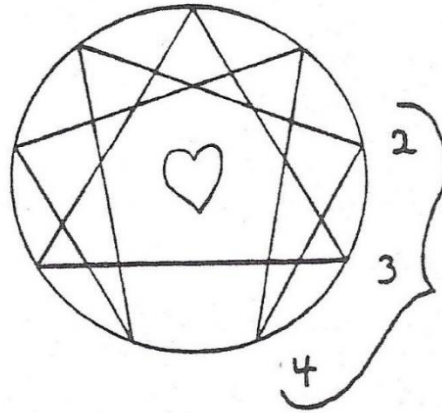
Finding your “center” is a key to finding your type. Each center is made up of three adjacent types, corresponding to the three centers of the body: the heart, the head, and the gut.

The Heart or Feeling Center (Image)

Helpers (Twos) are interested in people and in nurturing. They want to present a loving image.

Achievers (Threes) like to be seen in a good light, according to socially agreed-upon norms.

Romantics (Fours) have strong needs to express themselves and to be seen as original.

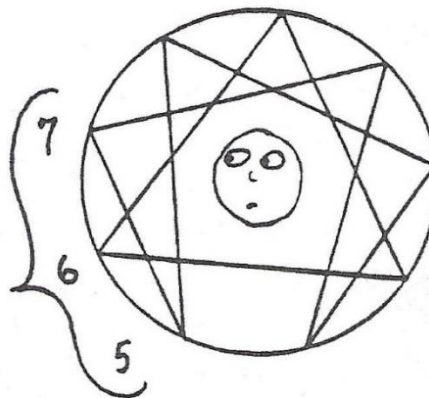


The Head or Thinking Center (Fear)

Observers (Fives) rely on their own resources and find safety in knowledge.

Questioners (Sixes) seek relief from fear through the permission and approval of authority figures or through rebelling against authority.

Adventurers (Sevens) are active and optimistic. They shun unpleasant emotions, including fear.

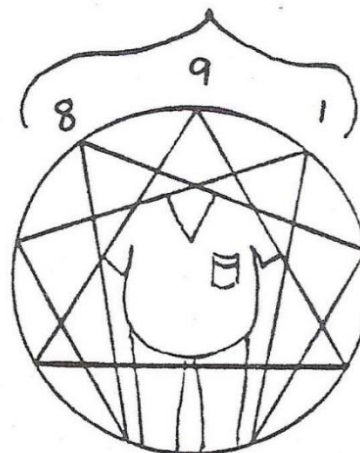


The Gut or Instinctive Center (Anger)

Asserters (Eights) present a strong image and are not afraid to express their anger.

Peacemakers (Nines) are agreeable, accommodating, and can often be out of touch with their anger.

Perfectionists (Ones) see anger as a character flaw and try to hold it back. They follow standards of behavior closely and/or try to better the world.



Introducing the Nine Types

While we will recognize in ourselves behaviors of all nine types, our most defining characteristics are rooted in one of these types.

For now, here is a listing of the type names with a brief description. Which two or three strike you as being most typical of yourself? The characteristics listed are merely a few highlights and do not represent the full spectrum of each personality type. In the weeks ahead we will examine each personality type more fully.

Type One: The Reformer. The principled, idealistic type. Ones are ethical and conscientious, with a strong sense of right and wrong. They are teachers and crusaders, always striving to improve things but afraid of making mistakes. Well-organized, orderly, and fastidious, they try to maintain high standards but can slip into being critical and perfectionistic. They typically have problems with repressed anger and impatience. *At their best*, healthy Ones are wise, discerning, realistic, and noble, as well as morally heroic.

Type Two: The Helper. The caring, interpersonal type. Twos are empathetic, sincere, and warm-hearted. They are friendly, generous, and self-sacrificing, but they can also be sentimental, flattering, and people-pleasing. They are driven to be close to others, and they often do things for others in order to be needed. They typically have problems taking care of themselves and acknowledging their own needs. *At their best*, healthy Twos are unselfish and altruistic and have unconditional love for themselves and others.

Type Three: The Achiever. The adaptable, success-oriented type. Threes are self-assured, attractive, and charming. Ambitious, competent, and energetic, they can also be status-conscious and highly driven for personal advancement. Threes are often concerned about their image and what others think of them. They typically have problems with workaholism and competitiveness. *At their best*, healthy Threes are self-accepting, authentic, and everything they seem to be - role models who inspire others.

Type Four: The Individualist. The romantic, introspective type. Fours are self-aware, sensitive, reserved, and quiet. They are self-revealing, emotionally honest, and personal, but they can also be moody and self-conscious. Withholding themselves from others due to feeling vulnerable and defective, they can also feel disdainful and exempt from ordinary ways of living. They typically have problems with self-indulgence and self-pity. *At their best*, healthy Fours are inspired and highly creative, able to renew themselves and transform their experiences.

Type Five: The Investigator. The intense, cerebral type. Fives are alert, insightful, and curious. They are able to concentrate and focus on developing complex ideas and skills. Independent and innovative, they can become preoccupied with their thoughts and imaginary constructs. They become detached, yet high-strung and intense. They typically have problems with isolation, eccentricity, and nihilism. *At their best*, healthy Fives are visionary pioneers, often ahead of their time and able to see the world in an entirely new way.

Type Six: The Loyalist. The committed, security-oriented type. Sixes are reliable, hardworking, and responsible, but they can also be defensive, evasive, and highly anxious – running on stress while complaining about it. They are often cautious and indecisive but can also be reactive, defiant, and rebellious. They typically have problems with self-doubt and suspicion. *At their best*, healthy Sixes are internally stable, self-confident, and self-reliant, courageously supporting the weak and powerless.

Type Seven: The Enthusiast. The busy, productive type. Sevens are versatile, optimistic, and spontaneous. Playful, high-spirited, and practical, they can also be over-extended, scattered, and undisciplined. They constantly seek new and exciting experiences, but they can become distracted and exhausted by staying on the go. They typically have problems with superficiality and impulsiveness. *At their best*, healthy Sevens focus their talents on worthwhile goals, becoming joyous, highly accomplished, and full of gratitude.

Type Eight: The Challenger. The powerful, dominating type. Eights are self-confident, strong, and assertive. Protective, resourceful, and decisive, they can also be proud and domineering. Eights feel that they must control their environment, often becoming confrontational and intimidating. They typically have problems with allowing themselves to be close to others. *At their best*, healthy Eights are self-mastering – they use their strength to improve others' lives, becoming heroic, magnanimous, and sometimes historically great.

Type Nine: The Peacemaker. The easygoing, self-effacing type. Nines are accepting, trusting, and stable. They are good-natured, kind-hearted, easygoing, and supportive but can also be too willing to go along with others to keep the peace. They want everything to be without conflict but can tend to be complacent and minimize anything upsetting. They typically have problems with passivity and stubbornness. *At their best*, healthy Nines are indomitable and all-embracing; they are able to bring people together and heal conflicts.