

The number never changes but the label may.

Type One: Reformer, Teacher, Activist, Crusader, Moralist, Perfectionist, Organizer

Type Two: Helper, Altruist, Lover, Caregiver, Pleaser, Enabler, Special Friend

Type Three: Achiever, Motivator, Role Model, Paragon, Communicator, Status Seeker, "The Best"

Type Four: Artist, Individualist, Romantic, Melancholic, Aesthete, Tragic Victim, Special One

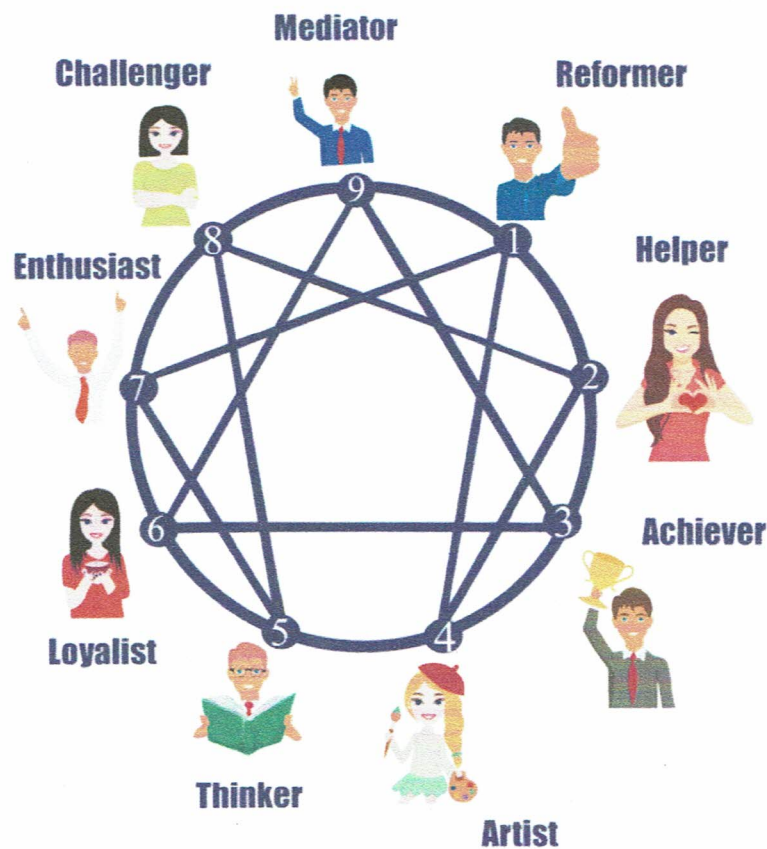
Type Five: Thinker, Investigator, Innovator, Observer, Specialist, Radical, Expert

Type Six: Loyalist, Guardian, True Believer, Doubter, Trouble Shooter, Traditionalist, Stalwart

Type Seven: Enthusiast, Generalist, Multi-Tasker, Wunderkind, Dilettante, Connoisseur, Energizer

Type Eight: Challenger, Leader, Protector, Provider, Entrepreneur, Maverick, Rock

Type Nine: Mediator, Peacemaker, Healer, Optimist, Reconciler, Comforter, Utopian, Nobody Special



BEFORE THE DINNER PARTY



ELIZABETH WAGELE: THE ENNEAGRAM MADE EASY

THE DINNER PARTY



AFTER THE DINNER PARTY

I hope I didn't offend George with that remark.



I'm SO exhausted, but I'm glad people had a good time!



I didn't make contacts at the dinner, but I made up for it at the fundraiser later!



The conversation was SO mundane.



I'm glad I left early so I could read my book.

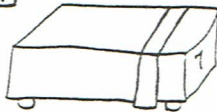


Feels GREAT to be safe at home!



(Harry is still out having fun.)

7



I sure clobbered them in that debate tonight!

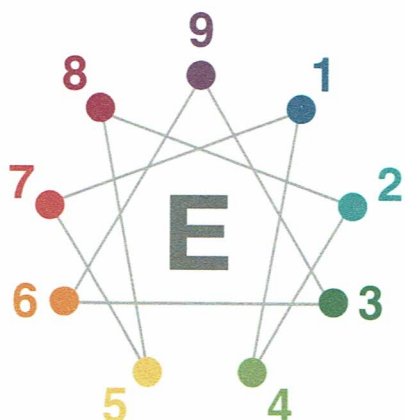


I'm glad they liked my story.



YOUR ENNEAGRAM COACH

A Brief Overview of the Enneagram and Each Type



Overview

- The Enneagram (*ennea* = 9, *gram* = diagram) is simply a map for self-discovery and personal growth. The diagram describes the 9 basic personality types based upon their unique ways of relating to the world.
- The Enneagram accurately and clearly describes **why** you think, feel and behave in particular ways based upon your core fears and core desires.
- The wisdom of the Enneagram is that it recognizes nine very different yet inherently valid views of reality. By learning the "why" behind the way you and others think, feel and behave, you gain more understanding, compassion, mercy and hopefully the ability to forgive.
- The power of the Enneagram is in its comprehensiveness to harness and transform self-defeating behaviors into life-enhancing personal empowerment.
- The gift of the Enneagram is that through self-discovery, you can create and sustain meaningful and lasting relationships with others, God and yourself.
- To find your main type, find the type that has your Core Fear, Core Desire and Core Weakness. **Free Assessment** at YourEnneagramCoach.com.



Type 1

The Moral Perfectionist

Core Fear: being wrong, bad, evil, inappropriate, or corruptible.

Core Desire: to have integrity, to be right, virtuous, and the good boy/girl (deteriorates into critical perfectionism)

Self-Image: I am accurate, thorough, diligent, responsible, moral, correct, just, in control, and fair.

Core Weakness: Resentment - this is anger that has been repressed, leading to continual frustration and dissatisfaction with themselves and with others and the world.

Message Your Heart Longs to Hear: You are good.



Type 2

The Supportive Advisor

Core Fear: being worthless, needy, inconsequential, dispensable, or unworthy of being loved.

Core Desire: to be loved and wanted (deteriorates into the need to be needed)

Self-Image: I am helpful, caring, warm, nurturing, altruistic, and considerate.

Core Weakness: Pride - inability or unwillingness to acknowledge one's own pain and suffering. They deny their own needs while attempting to "help" others.

Message Your Heart Longs to Hear: You are wanted for just being you.



Type 3

The Successful Achiever

Core Fear: failing, being incompetent, inefficient, exposed, worthless, or unable to appear successful.

Core Desire: to be valuable, admired, and respected (deteriorates into the chasing after success)

Self-Image: I am successful, efficient, competent, focused, and productive.

Core Weakness: Deceit - means deceiving themselves into believing that they are only the image they present to others through success and achievements.

Message Your Heart Longs to Hear: You are loved and valued for being yourself. You do not need to achieve my love.



**Type 4****The Romantic Individualist**

Core Fear: being inadequate, emotionally cut off, plain, mundane, defective, flawed, or being without significance.

Core Desire: to be unique, special and their authentic self (deteriorates into self-indulgence)

Self-Image: I am deep, intellectual, emotional, accomplished, tasteful, long for beauty, and have good aesthetic.

Core Weakness: Envy - feeling that something is fundamentally missing in them. Envy leads them to feel that others possess qualities that they lack. They long for what is missing but miss the many blessings in their lives.

Message Your Heart Longs to Hear:
You are seen for who you are – special and unique.

**Type 5****The Investigative Thinker**

Core Fear: annihilation, being ignorant, invaded, incapable, not existing, or obligation placed upon them.

Core Desire: to be capable and competent (deteriorates into useless specialization)

Self-Image: I am intelligent, private, introspective, curious, quiet, private, and knowledgeable.

Core Weakness: Avarice - they feel that they lack inner resources and that too much interaction with others will lead to catastrophic depletion. This leads them to withhold themselves from contact with others. Thus they hold onto their resources and minimize their needs.

Message Your Heart Longs to Hear:
Your needs are not a problem.

**Type 6****The Loyal Guardian**

Core Fear: fear itself, being without support or guidance, being alone, blamed, targeted, or physical abandoned.

Core Desire: to have security, guidance, and support. (deteriorates into an attachment to beliefs)

Self-Image: (it depends on the context I am in) I am prepared, dedicated, dutiful, hard-working, loyal, compliant, submissive to authority I trust and/or provocative, witty, and rebellious to authority I don't trust.

Core Weakness: Anxiety - constantly scanning and preparing for worse case scenarios.

Message Your Heart Longs to Hear:
You are safe.

**Type 7****The Entertaining Optimist**

Core Fear: being deprived, trapped in emotional pain, limited, bored, or missing out on something exciting.

Core Desire: be happy, satisfied, and content (deteriorates into frenetic escapism)

Self-Image: I am creative, fun, visionary, imaginative, stylish, playful, and inspirational.

Core Weakness: Gluttony - insatiable desire to "fill oneself up" with experiences and stimulation. In order to avoid emotional pain, they pursue a variety of positive, stimulating ideas and activities, but never completely satisfied.

Message Your Heart Longs to Hear:
You will be taken care of.

**Type 8****The Protective Challenger**

Core Fear: being weak, powerless, harmed, controlled, manipulated, and at the mercy of injustice.

Core Desire: protect oneself (deteriorates into constant fighting and conflicts)

Self-Image: I am outspoken, direct, opinionated, bold, decisive, tough, and compassionate.

Core Weakness: Lust/Excess - constant need for intensity, control, and self-extension. Constant need to push everything, assert themselves willfully.

Message Your Heart Longs to Hear:
You will not be betrayed.

**Type 9****The Peaceful Mediator**

Core Fear: being in conflict, loveless, shut out, discordant, overlooked, or inharmonious.

Core Desire: to have inner stability and peace of mind (deteriorates into stubborn neglectfulness)

Self-Image: I am a good listener, kind, agreeable, quiet, patient, calm, steady, and enduring.

Core Weakness: Sloth - desire to be unaffected by life. This is an unwillingness to be fully awake to themselves (their desires, needs, abilities) and resisting to bring their full selves to all of life.

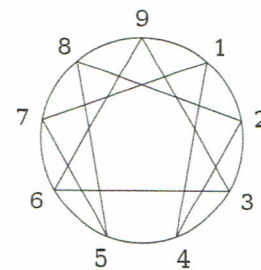
Message Your Heart Longs to Hear:
Your presence matters.



Beth McCord is an Enneagram coach and teacher who helps individuals, couples, families, and businesses see themselves with astonishing clarity through the Enneagram so they can break free from self-condemnation, fear, and shame by knowing and experiencing the unconditional love, forgiveness, and freedom in Christ. Contact Beth at info@yourenneagramcoach.com to learn more about how you can **Discover**, **Explore** and **Become** your best self! *For online courses, visit the store at: YourEnneagramCoach.com

Nine types

The table below offers some of the principal characteristics of the nine types along with their basic relationships. This table expands upon Oscar Ichazo's ego fixations, holy ideas, passions, and virtues^[12] primarily using material from *Understanding the Enneagram: The Practical Guide to Personality Types* (revised edition) by Don Richard Riso and Russ Hudson.^[13] Other theorists may disagree on some aspects. The types are normally referred to by their numbers, but sometimes their "characteristic roles" (which refers to distinctive archetypal characteristics) are used instead.^[14] Various labels for each type are commonly used by different authors and teachers. The "stress" and "security" points (sometimes referred to as the "disintegration" and "integration" points) are the types connected by the lines of the enneagram figure and are believed by some to influence a person in more adverse or relaxed circumstances. According to this theory, someone with a primary One type, for example, may begin to think, feel and act more like someone with a Four type when stressed or a Seven type when relaxed.



Enneagram figure

Type	Characteristic role	Ego fixation	Holy idea	Basic fear	Basic desire	Temptation	Vice/Passion	Virtue	Stress/Disintegration	Security/Integration
1	Reformer, Perfectionist	Resentment	Perfection	Corruptness, imbalance, being bad	Goodness, integrity, balance	Hypocrisy, hypercriticism	Anger	Serenity	4	7
2	Helper, Giver	Flattery (Ingratiation)	Freedom, Will	Being unloved	To feel love	Deny own needs, manipulation	Pride	Humility	8	4
3	Achiever, Performer	Vanity	Hope, Law	Worthlessness	To feel valuable	Pushing self to always be "the best"	Deceit	Truthfulness, Authenticity	9	6
4	Individualist, Romantic	Melancholy (Fantasizing)	Origin	Having no identity or significance	To be uniquely themselves	To overuse imagination in search of self	Envy	Equanimity (Emotional Balance)	2	1
5	Investigator, Observer	Stinginess (Retention)	Omniscience, transparency	Helplessness, incapability, incompetence	Mastery, understanding	Replacing direct experience with concepts	Avarice	Non-Attachment	7	8
6	Loyalist, Loyal Skeptic	Cowardice (Worrying)	Faith	Being without support or guidance	To have support and guidance	Indecision, doubt, seeking reassurance	Fear	Courage	3	9
7	Enthusiast, Epicure	Planning (Anticipation)	Wisdom, Plan	Being unfulfilled, trapped, deprived	To be satisfied and content	Thinking fulfillment is somewhere else	Gluttony	Sobriety	1	5
8	Challenger, Protector	Vengeance (Objectification)	Truth	Being controlled, harmed, violated	Self-protection	Thinking they are completely self-sufficient	Lust (Forcefulness)	Innocence	5	2
9	Peacemaker, Mediator	Indolence (Daydreaming)	Love	Loss, fragmentation, separation	Wholeness, peace of mind	Avoiding conflicts, avoiding self-assertion	Sloth (Disengagement)	Action	6	3

Wings

Most, but not all, Enneagram of Personality theorists teach that a person's basic type is modified, at least to some extent, by the personality dynamics of the two adjacent types as indicated on the enneagram figure. These two types are often called "wings". A person with the Three personality type, for example, is understood to have points Two and Four as their wing types. The circle of the enneagram figure may indicate that the types or points exist on a spectrum rather than as distinct types or points unrelated to those adjacent to them. A person may be understood, therefore, to have a core type and one or two wing types which influence but do not change the core type.^{[15][16]}

Connecting lines

For some Enneagram theorists the lines connecting the points add further meaning to the information provided by the descriptions of the types. Sometimes called the "security" and "stress" points, or points of "integration" and "disintegration", some theorists believe these connected points also contribute to a person's overall personality. From this viewpoint, therefore, at least four other points affect a person's overall personality; the two points connected by the lines to the core type and the two wing points.^{[17][18]} The earlier teachings about the connecting lines are now rejected or modified by many Enneagram teachers, including Claudio Naranjo who developed them.

Instinctual subtypes

Each of the personality types is usually understood as having three "instinctual subtypes". These subtypes are believed to be formed according to which one of three instinctual energies of a person is dominantly developed and expressed. The instinctual energies are usually called "self-preservation", "sexual" (also called "intimacy" or "one-to-one") and "social". On the instinctual level, people may internally stress and externally express the need to protect themselves (self-preservation), to connect with important others or partners (sexual), or to get along or succeed in groups (social).^[19] From this perspective, there are twenty-seven distinct personality patterns, because people of each of the nine types also express themselves as one of the three

This book is written for idiots (?) to understand with cute graphics. It is a super simple almost childlike read (hehe so I liked it!) but, it is also chock full of wisdom.

Once you discover which *Personality Type* you resonate most with it can really be life changing. It was for me.

The basic premise is that we all have a dominant personality 'style' which seems to be motivated by certain things.

For instance a number 1 would be 'motivated' by doing the 'right thing, the right way'. Whereas the 4 is motivated by 'bringing beauty into the world and individualism'. The 3 is motivated by the 'need to succeed', etc.

Here is a graphic which explains more about each types description: Top Goals, Childhood Origin, Basic Fear, Basic Desire etc.

Type		Description	Top Goals	Childhood Origin	Basic Fear	Basic Desire	Healthy Sense of Self	Characteristic Temptation	Characteristic Vice	Characteristic Virtue	Hidden Complaint	Key Defense Mechanisms
1	Reformer, perfectionist	I do everything the right way	Eat healthy	Disconnected from father-figure	Of being condemned	To be right	I am reasonable	To be too personally obligated	Self-righteous anger	Wisdom	I am right most of the time, and it would be a better world if people listened to what I tell them	Repression, reaction formation, displacement
2	Helper, concerned, possessive	I must help others	Build quality relationship	Ambivalent to father-figure	Of being unloved	To be loved	I am caring	To be well intentioned	Vain glory	Disinterested charity	I am always loving, although people don't love me as much as I love them	Identification, reaction formation, denial
3	Motivator, self-assured, ambitious	I need to succeed	Increase productivity	Connected to mother-figure	Of being rejected	To be accepted	I am desirable	To be too competitive	Sloth in self-development	Proper love of self	I am a superior person, and other people are jealous of me	Repression, projection, displacement
4	Artist, creative, individualistic	I am unique	Find my passion	Disconnected to parental-figures	Of being defective	To understand the self	I am intuitive	To be too given to fantasy	Envy	Emotional balance	I am different from others, and I feel I don't really fit in	Introjection, displacement, turning against the self
5	Thinker, perceptive, analytic	I need to understand the world	Understand self, understand others	Ambivalent to parental-figures	Of being overwhelmed	To understand the environment	I am perceptive	To be too analytic	Avarice	Understanding	I am so smart that no one else can understand the things I understand or appreciate the things I know	Displacement, projection, isolation
6	Loyalist, likable, dependent	I am affectionate and skeptical	Worry less	Connected to father-figure	Of being abandoned	To have security	I am likable	To be too dependent	Sloth in self-reliance	Courage	I am dependable and I follow orders, although other people don't	Identification, displacement, projection
7	Generalist, accomplished, extroverted	I am happy and open to new things	Live life to the fullest	Disconnected from mother-figure	Of being deprived	To be satisfied	I am happy	To be too acquisitive	Gluttony	Gratitude	I am happy, although I would be a lot happier if I got everything I wanted	Repression, externalization, acting out
8	Leader, powerful, expansive	I must be strong	Build a successful startup	Ambivalent to mother-figure	Of submitting to another	To be self-reliant	I am strong	To be too self-sufficient	Lust	Magnanimity	I am fighting for my own survival, and others would take advantage of me if I let them	Repression, displacement, denial
9	Peacemaker, reassuring, passive	I am at peace	Stop procrastinating	Connected to parental-figures	Of separation	To have union with other	I am peaceful	To be too accommodating	Sloth in self-remembering	Patience	I am content with the way things are, although everyone else is pressuring me to change	Repression, dissociation, denial

If you just glance at this list and read each type you might easily be able to identify which type you are. *I know some people who can do it immediately just by looking at the*

Famous Enneagram People: You are not alone!

ONES: Reformer

Jerry Brown, Hilary Clinton, Celine Dion, Jane Fonda, Joan Baez, Vanessa Redgrave, Ralph Nader, John Paul II, Plato, Gandhi, Sandra Day O'Connor, George Harrison, Henry David Thoreau, Martha Stewart, Katharine Hepburn, Al Gore, George F. Will, Noam Chomsky

TWOS: Helper

Luciano Pavarotti, Sammy Davis Jr., Anne Meara, Arsenio Hall, Jack Paar, Merv Griffin, John Denver, Mother Teresa, Eleanor Roosevelt, Desmond Tutu, Danny Thomas, Ann Landers, Barbara Bush, Lewis Carroll, Florence Nightingale, Albert Schweitzer, Bryan Sirchio

THREES: Achiever

Bill Clinton, Elvis Presley, John Travolta, Christopher Reeve, Shania Twain, Paul McCartney, Sharon Stone, Dick Clark, Tony Robbins, Barbra Streisand, Oprah Winfrey, Tom Cruise, Ben Kingsley, Madonna, Sting, Richard Gere, Michael Jordon, Whitney Houston, F. Scott Fitzgerald, Werner Erhard

FOURS: Individualist

Jeremy Irons, Jackie Onassis, Tennessee Williams, Judy Garland, Vivien Leigh, Prince, Blanche DuBois, Bob Dylan, Allen Ginsberg, Edgar Allan Poe, Johnny Depp, James Dean, Ingmar Bergman

FIVES: Investigator

Stephen King, Glen Gould, Georgia O'Keeffe, Sinéad O'Connor, Lily Tomlin, Tim Burton, Kurt Cobain, Vincent Van Gogh, Stephen Hawking, Bill Gates, Bobby Fischer, Jane Goodall, Isaac Asimov, Amelia Earhart, Charles Darwin, Albert Einstein

Sixes: Loyalist

Robert Kennedy, Malcom X, Tom Clancy, Bruce Springsteen, Michelle Pfeiffer, Diane Keaton, Gloria Steinem, Candice Bergen, Mel Gibson, Janet Reno, Richard Nixon, Princess Diana, Tom Hanks, Meg Ryan, Julia Roberts, Jay Leno, Ellen DeGeneres, Gilda Ratner, Katie Couric, Jake Lemmon, Rush Limbaugh

Sevens: Enthusiast

Robin Williams, Steven Spielberg, Mozart, Jim Carrey, Goldie Hwan, Carol Burnett, Benjamin Franklin, Timothy Leary, Tom Wolfe, Jack Nicholson, Lucille Ball, Joan Rivers, Howard Stern, Leonard Bernstein, Lauren Bacall, Bette Midler, Malcom Forbes, John F. Kennedy, Scarlet O'Hara

Eight: Challenger

Franklin D. Roosevelt, Mikhail Gorbachev, Donald Trump, Barbara Walters, Frank Sinatra, Courtney Love, Susan Sarandon, Bette Davis, Joan Crawford, Martin Luther King, Jr., Golda Meir, John Wayne, Sean Connery, Sigourney Weaver, Paul Newman, Indira Gandhi, Glenn Close, Norman Mailer, Steve Davidson

Nine: Peacemaker

Ronald Reagan, Gerald Ford, Lady Bird Johnson, Kevin Costner, Sophia Loren, Walter Conkrite, Whoopi Goldberg, Janet Jackson, Ringo Starr, Ingrid Bergman, Abraham Lincoln, Queen Elizabeth II, Carl Jung, George Lucas, Audrey Hepburn, Rose Kennedy, Walt Disney, Garrison Keillor, Norman Rockwell

Essential Enneagram Test

from *The Essential Enneagram*, by David Daniels and Virginia Price

How to Begin

Read the instructions below, and complete the Essential Enneagram Test

Essential Enneagram Test Instructions...

Following are nine paragraphs that describe nine different personality types. None of these personality types is better or worse than any other. Each paragraph is meant to be a simple snapshot of one of the nine Enneagram types. No paragraph is intended to be a comprehensive description of an individual's personality.

1. Read the descriptions and pick the three paragraphs that fit you best
2. Number these paragraphs from 1 to 3 with 1 being the paragraph that seems most like you, 2 the paragraph next most like you, and 3 the third most like you.
3. Each of the nine paragraphs may describe you to some degree, but choose the three that seem most like you.

In making your selections, please consider each paragraph as a whole rather than considering each sentence out of the context of its paragraph. Ask yourself, "Does this paragraph as a whole fit me better than the other paragraphs?"

If you find it difficult to choose the three paragraphs most like you, think about which description someone close to you would select to describe you. Because personality patterns are usually most prominent in young adult life, you may also ask yourself which one of these patterns would best fit you in your twenties.

Recording Your Selections

After reading the paragraphs and selecting the three most like you, please record the paragraphs you selected:

1st choice: A B C D E F G H I

1st choice: A B C D E F G H I

1st choice: A B C D E F G H I

4. Once you have chosen the three paragraphs bring this with you to the Enneagram workshop. See the last page of this test to see which Enneagram personality style is represented by the paragraphs.

Essential Enneagram Test

- A. I approach things in an all-or-nothing way, especially issues that matter to me. I place a lot of value on being strong, honest, and dependable. What you see is what you get. I don't trust others until they have proven themselves to be reliable. I like people to be direct with me, and I know when someone is being devious, lying, or trying to manipulate me. I have a hard time tolerating weakness in people unless I understand their reason for their weakness or I see that they're trying to do something about it. I also have a hard time following orders or direction if I do not respect or agree with the person in authority. I am much better at taking charge myself. I find it difficult not to display my feelings when I am angry. I am always ready to stick up for friends or loved ones, especially if I think they are being treated- unjustly. I may not win every battle with others, but they'll know I've been there.

- B. I have high internal standards for correctness, and I expect myself to live up to those standards. It's easy for me to see what's wrong with things as they are and to see how they could be improved. I may come across to some people as overly critical or demanding perfection, but it's hard for me to ignore or accept things that are not done the right way. I pride myself on the fact that if I'm responsible for doing something, you can be sure I'll do it right. I sometimes have feelings of resentment when people don't try to do things properly or when people act irresponsibly or unfairly, although I usually try not to show it to them openly. For me, it is usually work before pleasure, and I suppress my desires as necessary to get the work done.
- C. I seem to be able to see all points of view pretty easily. I may even appear indecisive at times because I can see advantages and disadvantages on all sides. The ability to see all sides makes me good at helping people resolve their differences. This same ability can sometimes lead me to be more aware of other people's positions, agendas, and personal priorities than of my own. It is not unusual for me to become distracted and then to get off task on the important things I'm trying to do. When this happens, my attention is often diverted to unimportant trivial tasks. I have a hard time knowing what is really important to me, and I avoid conflict by going along with what others want. People tend to consider me to be easygoing, pleasing, and agreeable. It takes a lot to get me to the point of showing my anger directly at someone. I like life to be comfortable, harmonious, and others to be accepting of me.
- D. I am sensitive to other people's feelings. I can see what they need, even when I don't know them. Sometimes it's frustrating to be so aware of people's needs, especially their pain or unhappiness, because I'm not able to do as much for them as I'd like to. It's easy for me to give of myself. I sometimes wish I were better at saying no, because I end up putting more energy into caring for others than into taking care of myself. It hurts my feelings if people think I'm trying to manipulate or control them when all I'm trying to do is understand and help them. I like to be seen as a warmhearted and good person but when I'm not taken into account or appreciated I can become very emotional or even demanding. Good relationships mean a great deal to me, and I'm willing to work hard to make them happen.
- E. Being the best at what I do is a strong motivator for me, and I have received a lot of recognition over the years for my accomplishments. I get a lot done and am successful in almost everything I take on. I identify strongly with what I do, because to a large degree I think your value is based on what you accomplish and the recognition you get for it. I always have more to do than will fit into the time available, so I often set aside feelings and self-reflection in order to get things done. Because there's always something to do, I find it hard to just sit and do nothing. I get impatient with people who don't use my time well. Sometimes I would rather just take over a project someone is completing too slowly. I like to feel and appear "on top" of any situation. While I like to compete, I am also a good team player.
- F. I would characterize myself as a quiet, analytical person who needs more time alone than most people do. I usually prefer to observe what is going on rather than be involved in the middle of it. I don't like people to place too many demands on me or to expect me to know and report what I am feeling. I'm able to get in touch with my feelings better when alone than with others, and I often enjoy experiences I've had more when reliving them than when actually going through them. I'm almost never bored when alone, because I have an active mental life. It is important for me to protect my time and energy and, hence, to live a simple, uncomplicated life and be as self-sufficient as possible.

- G. I have a vivid imagination, especially when it comes to what might be threatening to safety and security. I can usually spot what could be dangerous or harmful and may experience as much fear as if it were really happening. I either always avoid danger or always challenge it head-on. My imagination also leads to my ingenuity and a good, if somewhat offbeat, sense of humor. I would like for life to be more certain, but in general I seem to doubt the people and things around me. I can usually see the shortcomings in the view someone is putting forward. I suppose that, as a consequence, some people may consider me to be very astute. I tend to be suspicious of authority and am not particularly comfortable being seen as the authority. Because I can see what is wrong with the generally held view of things, I tend to identify with underdog causes. Once I have committed myself to a person or cause, I am very loyal to it.
- H. I'm an optimistic person who enjoys coming up with new and interesting things to do. I have a very active mind that quickly moves back and forth between different ideas. I like to get a global picture of how all these ideas fit together, and I get excited when I can, connect concepts that initially don't appear to be related. I like to work on things that interest me, and I have a lot of energy to devote to them. I have a hard time sticking with unrewarding and repetitive tasks. I like to be in on the beginning of a project, during the planning phase, when there may be many interesting options to consider. When I have exhausted my interest in something, it is difficult for me to stay with it, because I want to move on to the next thing that has captured my interest. If something gets me down, I prefer to shift my attention to more pleasant ideas. I believe people are entitled to an enjoyable life.
- I. I am a sensitive person with intense feelings. I often feel misunderstood and lonely, because I feel different from everyone else. My behavior can appear like drama to others, and I have been criticized for being over sensitive and over amplifying my feelings. What is really going on inside is my longing for both emotional connection and a felt experience of relationship. I have difficulty truly appreciating relationships because of my tendency to want what I can't have and to disdain what I do have. The search for emotional connection has been with me all my life, and the absence of emotional connection has led to melancholy and depression. I sometimes wonder why other people seem to have more than I do--better relationships and happier lives. I have a refined sense of aesthetics' and I experience a rich world of emotions and meaning.

Linking Paragraphs to Enneagram Types

Test Paragraph	Enneagram Type
A	Type 8
B	Type 1
C	Type 9
D	Type 2
E	Type 3
F	Type 5
G	Type 6
H	Type 7
I	Type 4

Enneagram Bibliography

Title	Author	PubYr	Amazon	Rcmd
The Enneagram of Belonging: A Compassionate Journey of Self-Acceptance	Christopher L. Heuertz	2020	\$11.99	Bryan
The Enneagram of Belonging Workbook: Mapping Your Unique Path to Self-Acceptance	Christopher L. Heuertz	2020	\$7.47	Bryan
The Sacred Enneagram Workbook: Mapping Your Unique Path to Spiritual Growth	Christopher L. Heuertz & Estee Zandee	2019	\$10.99	Bryan
The Enneagram, Relationships, and Intimacy: Understanding One Another leads to Loving Better and Living More Fully	David Daniels & Suzanne Dion	2018	\$19.99	Bryan & Steve
The Sacred Enneagram: Finding Your Unique Path to Spiritual Growth	Christopher L. Heuertz	2017	\$13.38	Bryan
The Essential Enneagram: The Definitive Test and Self-Discovery Guide	David Daniels & Virginia Price	2009	\$7.99	Steve
Discovering Your Personality Type: The Essential Introduction to the Enneagram	Don Riso & Russ Hudson	2003	\$11.99	Steve
The Enneagram: A Christian Perspective	Richard Rohr & Andreas Ebert	2001	\$14.90	Bryan
Understanding the Enneagram: The Practical Guide to Personality Types	Don Riso & Russ Hudson	2000	\$13.19	Steve
The Wisdom of the Enneagram: The Complete Guide to Psychological and Spiritual Growth for the Nine Personality Types	Don Riso & Russ Hudson	1999	\$18.99	Steve
The 9 Ways of Working: How to Use the Enneagram to Discover Your Natural Strengths and Work More Effectively	Michael J. Goldberg	1999	\$13.17	Steve
The Enneagram of Parenting: The 9 Types of Children and How to Raise Them Successfully	Elizabeth Wagele	1997	\$13.82	Steve
Personality Types: Using the Enneagram for Self-Discovery	Don Riso & Russ Hudson	1996	\$14.39	Steve
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