

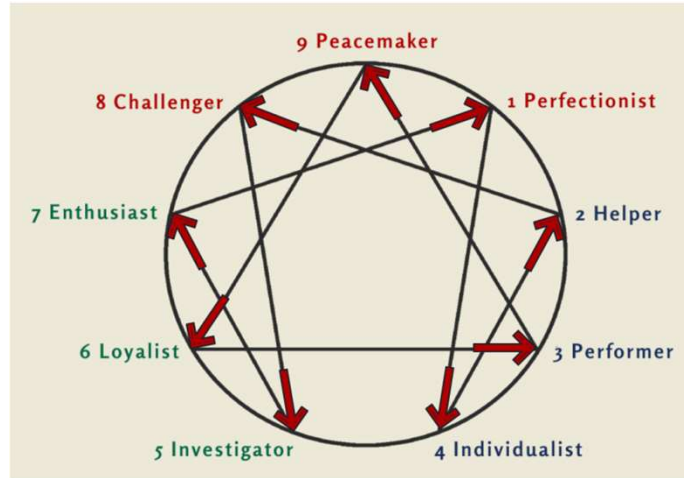
The 9 Point Enneagram

What's your number?
IOW: What is your Enneagram
Personality Type?

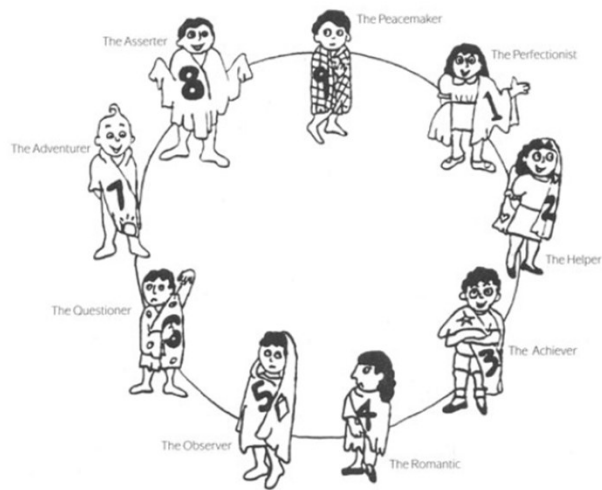
What is the Enneagram?

- **Hurley & Dobson:** A 9 point spiritual system of psychology with ancient roots that directs us toward a deeper self-understanding (*What's My Type*)
- **Riso & Hudson:** A modern personality profiling system to help us achieve deeper understand of ourselves and others with roots in all ancient religions (*The Wisdom Of The Enneagram*)
- **David Daniels:** A powerful, dynamic system that describes 9 distinct, fundamentally different patterns of thinking, feeling, and acting. "Ennea" is Greek for 9. "Gram" means a figure or something written...Each pattern is based on an explicit perceptual filter and associated driving emotional energy. (*The Essential Enneagram*)
- **Wagele & Baron:** A study of the 9 basic personality types of people, explains why we behave as we do, points out directions for personal growth to build compassion and improve all of our relationships (*The Enneagram Made Easy*)

The EnneaGRAM



The 9 Types (Wagele)



The Dinner Party (Wagele)



Early 20th Century Enneagram Scholars

(Do a Google search to learn more about each one)

- Russian George Gurdjieff (1870 – 1949)
- Father Robert Ochs (1930 – 2018)
- Bolivian Oscar Ichazo (1931 – 2020)
- Chilean Claudio Naranjo (1932 – 2019)

Late 20th Century Enneagram Scholars

(Check them out with a Google search)

- Bryan's Influences (Type 2)
 - Don Riso (1946 – 2012) & Russ Hudson (1950 -)
 - Father Richard Rohr (1943 -)
 - Ian Morgan Cron (1960 -)
 - Chris Heuertz
 - Others
- Steve's Influences (Type 8)
 - Kathleen Hurley & Theodore Dobson
 - Don Riso (1946 – 2012) & Russ Hudson (1950 -)
 - Helen Palmer & David Daniels (1934 – 2017)
 - Elizabeth Wagele (1939 – 2017) & Renee Baron
 - Others

Ichazo's Enneagram Types

Characteristics of each number are constant. The names may vary.

	<i>Type</i>	<i>Fixation</i>	<i>Trap</i>	<i>Passion</i>	<i>Holy Idea</i>	<i>Virtue</i>
1	Perfectionist	Resentment	Perfection	Anger	Perfection	Serenity
2	Giver (Helper)	Flattery	Freedom	Pride	Will	Humility
3	Performer	Vanity	Efficiency	Deceit	Harmony	Truthfulness
4	Romantic (Individualist)	Melancholy	Authenticity	Envy	Origin	Equanimity
5	Observer (Investigator)	Stinginess	Observer	Avarice	Omniscience	Detachment
6	Trooper (Loyalist)	Cowardice	Security	Fear	Strength	Courage
7	Epicure (Enthusiast)	Planning	Idealism	Gluttony	Wisdom	Sobriety
8	Boss (Challenger)	Vengeance	Justice	Excess	Truth	Innocence
9	Mediator (Peacemaker)	Indolence	Seeker	Sloth	Love	Action

Sigmund Anyone?

ID, EGO & SUPER EGO

	TWO	THREE	FOUR
Basic Fear	Being unloved or unwanted for themselves alone	Being worthless apart from their achievements	Having No identity, personal significance
Basic Desire	Feel Loved	Feel worthwhile, accepted, desirable	Find Significance, create an identity out of inner experience
Super Ego: You are good or OK if	You are loved by others and close to them	You are successful and others think well of you	You are true to yourself
	FIVE	SIX	SEVEN
Basic Fear	Being helpless, useless, incapable, or overwhelmed	Having no support and guidance, of being unable to survive on own	Being deprived, trapped in pain
Basic Desire	Be capable and competent	Find security and support	Be happy, satisfied, find fulfillment
Super Ego: You are good or OK if	You have mastered something of your own.	You do what is expected of you.	You get what you need
	EIGHT	NINE	ONE
Basic Fear	Of being harmed, controlled, or violated by others	of loss, separation, or of annihilation	Being Bad, Defective, or Evil
Basic Desire	Protect self, determine own course in life	maintain inner stability and peace of mind	To be good, virtuous, in balance, to have integrity
Super Ego: You are good or OK if	You are strong and in control of own situation	Those around you are OK	You do what is right

Caveat Emptor

- Good News
 - Enneagram as a tool: The psychology focuses on self-development through normal and high-functioning behavior rather than psycho-pathology. Use it to know and understand yourself and others better and grow personally.
- Bad News
 - Enneagram as a weapon: Simply using it to type others can easily lead to negative stereotyping and projection, if judgementalism replaces the drive for self-understanding and compassion for others – the essential purpose and value of the Enneagram.

Ian Cron Video

- A quick 7 minute overview of the 9 types
- Ian Cron describes the 9 types in 7 minutes
- https://www.youtube.com/watch?v=NCWTx2_Y2cY
- After watching, can you guess your type?

Ian Cron Manifesto

- Today I will throw my hat into the ring of life
- I will live a better story
- I will live wholeheartedly present and awake in the moment
- I will stand on my own two feet and live my truth
- I will widen my circle of compassion to include more people
- I will look into the eyes of the broken and say, "Me, too"
- I will see God in all things, will help others find their purpose and make sense of their lives
- I will accept people as they are, not as I would have them be to make my life easier
- I will embrace my contradictions and make a world of meaning out of them
- Today I will be my **True** Self

Want to Know More?

- Riso/Hudson Book (*blue book*) – *The Wisdom of the Enneagram*
- The Enneagram exploded in the last 25 years
 - Internet is full of Enneagram Stuff
 - 9.9 million Google search results January 2023
 - 4.7 million hits January 2019
 - Much of it is OK, but it's a bit of jungle today
- Recommended Websites
 - The Enneagram Institute (Riso/Hudson):
www.enneagraminstitute.com/
 - Narrative Enneagram (Daniels/Palmer):
www.narrativeenneagram.org/

Other Websites

- Wikipedia summary of the Enneagram:
https://en.wikipedia.org/wiki/Enneagram_of_Personality
- Kathleen Hurley: <http://enneagramresourcesinc.com/>
<https://www.internationalenneagram.org/about/>
- Nerdy Creator – Top 10 books:
<https://nerdycreator.com/bookclub/best-enneagram-books/>
- Types of 99 Fictional Characters: <https://bookriot.com/the-enneagram-types-of-99-fictional-characters/>
- Types of 100 Famous Authors: <https://bookriot.com/the-enneagram-types-of-100-famous-authors/>

The 9 Enneagram Types

(and a bit of background)



- Videos by Ian Cron (4)
 - 38:5 minutes www.youtube.com/watch?v=pZEvsBVulsI
 - 25:2 minutes www.youtube.com/watch?v=KY2KFF4vxRc
 - 6:3 minutes www.youtube.com/watch?v=NCWTx2_Y2cY
- Peter O’Hanrahan Interviews Palmer & Daniels (6)
 - 6.47 minutes www.youtube.com/watch?v=VTjFv9CFvKE
- Video by Chris Heuertz (8)
 - 30.0 minutes www.youtube.com/watch?v=t4s4LL0blpU

What is your Type?

- Free Enneagram Tests online
 - Take 2 or 3 tests to cross validate results
 - Several come up with the Google search “Free Enneagram Test”
 - Enneagram Narrative Enneagram site has one of the most tested/proven tests
 - Check out those listed next

Free Enneagram Tests

Discover Your Type

- www.truity.com/
- <https://www.thepersonalitylab.org/home-2>
- <https://www.eclecticenergies.com/enneagram/test>
- <https://enneagramtest.net/>
- <https://personalitypath.com/free-enneagram-personality-test/>
- The Essential Enneagram Test now costs \$10 online or included in the book *The Essential Enneagram* by David Daniels and Virginia Price. I have included a copy in the handout.

And in Conclusion

- Your Feedback Please (good/bad/ugly)
 - What did we do well?
 - What could we have done better?
- Is there interest in learning more?
 - Read the Riso/Hudson Blue Book – *The Wisdom of the Enneagram*
 - Avoid the Internet Wild West
 - Attend more/future sessions here to dig further into the Enneagram? If so:
 - How long should they be?
 - What might the next one cover?