ENNEAGRAM BASICS

9 – The Peacemaker
The Mediator
The Naturalist

8 – The Asserter
The Challenger
The Naturalist

7 – The Adventurer
The Enthusiast
The Entertainer

6 – The Loyalist
The Skeptic
The Guardian

5 – The Observer
The Investigator
The Sage

4 – The Romantic
The Individualist
The Artist

1 – The Perfectionist
The Reformer
The Crusader

2 – The Helper
The Nurturer
The Advisor

3 – The Achiever
The Motivator
The Performer

TYPES: Habits and patterns of thinking, feeling, and acting, underlying motives + beliefs, largely hidden from conscious awareness, reveals our reactive patterns [when we become rigid], subconscious drivers

CONNECTION POINTS: Arrows show stress points [draw from less healthy side of another type], and integration points [when secure draw from healthy aspects]

WINGS: Influence the way you express the characteristics of your type, dominant wing, other wing is a place of potential integration and exploration

PERSONALITY: Inborn orientation determines how we perceive the world; personality is the adaptive measure in response to our environment, coping strategies that help us navigate life and make the world more understandable [comfort seeking], how we distinguish ourselves from others and uniquely seek to have our needs met [to feel loved, seen, understood, cared for, and secure]
CORE WOUNDS
Egocentric Living

Each type has a core wound that we build a personality around

1’s: Feel something is wrong with them, they are bad, feel imperfect and need to do things well, develop an inner-critic, believe they need to do things the right way and adhere to certain standards of behavior
Key Motivation: To be right and have integrity, to be beyond criticism

2’s: Needs for love and attention weren’t met, developed belief that their needs are less important than others’, manipulate outer world to get inner needs met, believe it is selfish to have own needs met, take care of others to earn their love
Key Motivation: To feel loved

3’s: Felt inadequate, incompetent, failure, incapable of taking care of themselves, believe they have to be the best to be valued or loved, loved only for accomplishments and not who they are, focus on success
Key Motivation: To feel valuable and worthwhile

4’s: Felt estranged, alienated, misunderstood, different, so they search for an ideal self that will be seen as loveable and acceptable
Key Motivation: To be and express themselves

5’s: Felt small, isolated, empty, alone, abandoned, without support, believe that knowledge will give them recognition and safety, detach + compartmentalize
Key Motivation: To be capable and competent

6’s: Felt scared, insecure, world was unpredictable and untrustworthy, believe the world is threatening and dangerous, became defensively suspicious, focus on being safe and secure
Key Motivation: To have security and feel supported

7’s: Felt deprived and frustrated, limited nurturing, feel an inner-emptiness, fear that there will not be enough, believe the source of satisfaction is outside of themselves, had to find it on their own, independent and self-reliant
Key Motivation: To be happy and satisfied through a wide range of experiences

8’s: Perceived the world as hostile, believe they must be strong and not show vulnerability, protect themselves from being controlled or dominated, project power and strength to cover up feelings of vulnerability, believe they need to fight for survival
Key Motivation: To be self-reliant and stay in control

9’s: Felt loss of connection to caregivers, left with fear of losing connection to others, self-perception that they are unimportant, inadequate, and insignificant, believe they need to forget themselves and accommodate others, avoid strong opinions or drawing attention to themselves
Key Motivation: To have peace of mind and create harmony in their environment
EXEGY CURRICULUM
Enneagram Teaching Notes

CENTERS OF INTELLIGENCE

9 – GUT
Deny + Suppress Instincts

8 – GUT
Act Out Instincts

1 – GUT
Control + Redirect Instincts

7 – HEAD
Focus on Possibilities + Options to Feel Secure

2 – HEART
Devalue Feelings to Seek Appreciation

6 – HEAD
Focus on Preparing + Analyzing to Feel Secure

3 – HEART
Repress Feelings to Seek Admiration

5 – HEAD
Focus on Ideas + Concepts to Feel Secure

4 – HEART
Amplify Feelings to Seek to be Unique + Special

GUT [INSTINCTIVE CENTER]
Underlying Feeling = Anger
Focus = Control of themselves and environment

HEART [FEELING CENTER]
Underlying Feeling = Shame
Focus = Image + Identity

HEAD [THINKING CENTER]
Underlying Feeling = Fear
Focus = Safety + Security
INTERPERSONAL COPING STYLES

9 – WITHDRAWN
Withdraw because they believe they do not matter and prefer to feel comfortable

8 – ASSERTIVE
Take action on gut instincts about people and situations while hardening feelings

7 – ASSERTIVE
Take action on as many ideas as possible while running away from feelings

6 – DUTIFUL
Analyze, seek info + opinions, view from all sides while ignoring intuition

5 – WITHDRAWN
Withdraw because do not believe they have what it takes to deal with other people’s needs or life’s demands

4 – WITHDRAWN
Withdraw because do not believe they will be able to fully express themselves or have the ideal relationships they long for

1 – DUTIFUL
Take “right” action in order to control feelings

2 – DUTIFUL
Act on their feelings to earn love while disconnecting from thinking

3 – ASSERTIVE
Take focused action toward success while repressing feelings

DUTIFUL [1, 2, 6]: Believe must earn what they want/need, loyal + committed, do what they think is expected, obligation + should, act ethically and morally, compliant with inner critic, try to selflessly earn autonomy, suppress intuition

WITHDRAWN [4, 5, 9]: Disengage, withdraw to inner world of ideas, imagination, and fantasy, idealize people and situations, check-out emotionally, do only what they like or feel but not what needs to be done, summon up energy to face the world, self-esteem issues

ASSERTIVE [3, 7, 8]: Ask and demand to get needs met, bold action, promote themselves, removed from/out of contact with feelings, personable but not personal, do not show vulnerability, confident, goal/task oriented, naturally expressive
CONFLICT STYLES

1 – COMPETENCY
Tries to find reasonable solution by adhering to rules, morals, or principles, often without regard to feelings or context

2 – POSITIVE
Try to anticipate others’ needs, can create conflict by uninvited help, can be seen as clingy or invasive

3 – COMPETENCY
Tries to find efficient solution, avoid conflict with people deemed too emotional, impersonal in order to stay on task

4 – REACTIVE
Identify with and act on strong emotional reactions; withdraw into inner world, issues become larger than life, become despairing and hopeless

5 – COMPETENCY
Tries to find rational solution; detach emotionally in search for objective assessment, try to figure out problems on their own, see problems solving as intellectual exercise

6 – REACTIVE
Defensive + suspicious posture leads to overreactions and assigned negative motives

7 – POSITIVE
Put a positive spin on adversity + conflict, become impatient with others they perceive as needy

8 – REACTIVE
Try to power through problems through impulsive and confrontational reactions/explosions

9 – POSITIVE
Avoidant approach to problems and conflict, stick their head in the sand, ignore and deny reality

REACTIVE [4, 6, 8]: Provoked by issues of trust and betrayal, described as intense, seeking a response, strong emotional reactions, express emotions to deal with issues

POSITIVE OUTLOOK [2, 9, 7]: See problems in a positive light, distract or minimize problems, general avoidance of ‘negative’ people, thoughts, and situations, keep away from the ‘dark side’ of life

COMPETENCY [1, 3, 5]: Separate emotional issues from the practical, seek objective foothold, try to be logical, sensible, and effective, set aside personal feelings