

Enneagram Overview

What is the Enneagram?

The Enneagram is a system of nine personality types that combines traditional wisdom and modern psychology into a powerful tool for understanding ourselves and the people in our lives.

It describes the strengths and potentials of each personality type as well as its problems. All personality types are equal, and the highs and lows of human development can be found in every type.

In addition to providing crucial “people skills,” the Enneagram supports self-awareness, good decision-making and continual learning, which is vital for success in today’s workplace. One idea underlying the Enneagram is that people have two important aspects – essence and personality.

Each person has a unique “essential self” that can’t be reduced to a category or a number. However, the Enneagram describes nine patterns or themes by which people form a personality, and a social persona, to meet the challenges of love and work. Ideally, personality is an effective way to express ourselves in the world. But problems arise when personality covers up the inner self, or our point of view becomes stuck and rigid.

Working with the Enneagram can help us become more successful in our relationships at home and at work. By understanding our own patterns, automatic reactions and blind spots, we can be more flexible and skillful with the people in our lives.

When we understand what others are thinking and feeling, we become more tolerant and compassionate. (It also helps us not to take other people’s negative reactions or hostility so personally.)

By identifying the psychological and emotional defenses specific to our type, the Enneagram creates opportunities for profound personal growth and healing. At yet another level, it offers a path for developing an inner life and opening to the presence of Spirit within us.

The 9 Enneagram Types

- **Type 1: The Reformer (The Perfectionist)**
Principled, disciplined, and detail-oriented, Reformers strive for fairness and improvement. They tend to set high standards for themselves and others and can struggle with self-criticism.
- **Type 2: The Helper (The Giver)**
Warm, generous, and empathetic, Helpers find joy in supporting others. They thrive on connection but may overextend themselves to feel needed or valued.
- **Type 3: The Achiever (The Performer)**
Ambitious, adaptable, and goal-driven, Achievers focus on success and recognition. They excel at productivity but may tie their worth to their accomplishments.
- **Type 4: The Individualist (The Romantic)**
Creative, introspective, and authentic, Individualists seek meaning and emotional depth. They embrace uniqueness but may wrestle with feelings of inadequacy or envy.

- **Type 5: The Investigator (The Thinker)**
Analytical, curious, and independent, Investigators value knowledge and personal space. They excel at deep thinking but may become detached or overly protective of their energy.
- **Type 6: The Loyalist (The Guardian)**
Reliable, practical, and security-oriented, Loyalists excel at anticipating potential risks. They build strong relationships but can get caught in cycles of worry or doubt.
- **Type 7: The Enthusiast (The Visionary)**
Optimistic, adventurous, and future-focused, Enthusiasts bring energy and creativity to any situation. They avoid discomfort and may struggle with overcommitment or escapism.
- **Type 8: The Challenger (The Protector)**
Confident, decisive, and protective, Challengers stand up for themselves and others. They value strength and autonomy but may come across as confrontational or domineering.
- **Type 9: The Peacemaker (The Harmonizer)**
Easygoing, accepting, and diplomatic, Peacemakers prioritize harmony and connection. They excel at seeing multiple perspectives but may avoid conflict or lose sight of their own priorities.

Take the Enneagram here: <https://www.truity.com/test/enneagram-personality-test>. Use coupon code: **Online10** for \$10 off the full report.

Contact me to help you incorporate this awareness into your life by adding it to any of my [coaching packages](#).