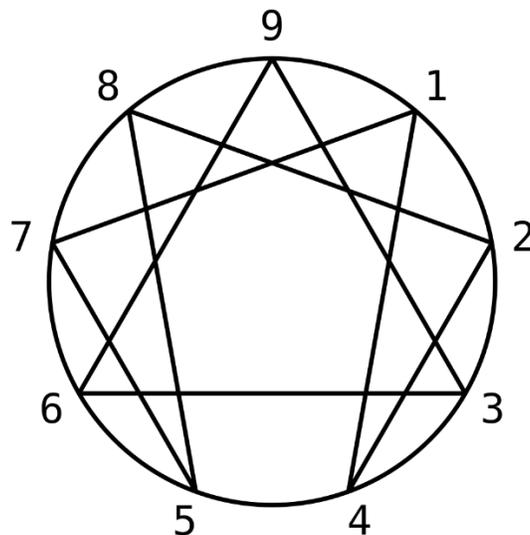


The Enneagram

The 'Enneagram' is a system of nine personality types, or archetypes, that form the fundamental basis of human personality and behavior. Each of these nine personality types, also referred to as styles, are present within all people, in varying degrees. But everyone is predominantly one of the nine. The way a person discovers his type is through a battery of multiple-choice tests designed to reveal which of the nine he most favors.

The Enneagram, as a system of knowledge, was primarily developed by Oschar Ichazo, a Bolivian-born, Argentinian researcher, mystic, and traveler. However, many others, both prior to Ichazo and since Ichazo, have contributed in various ways to the body of knowledge known today simply as The Enneagram. The Enneagram has become popularized over the past fifty years by proponents here in the U.S., and has found its way into the mainstream of personal growth, psychotherapy, education, business, and even spirituality.

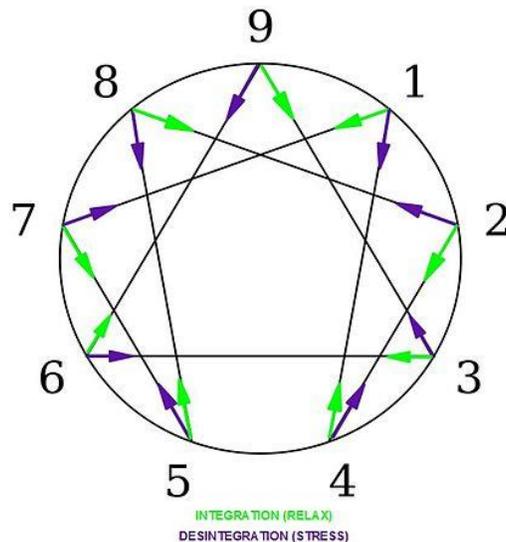


In geometry, an enneagram is a nine-pointed, two-dimensional figure. The Enneagram utilizes a nine-pointed figure, consisting of an equilateral triangle (3, 6, 9) and an irregular hexagram (1, 2, 4, 5, 7, 8). These forms are superimposed on a circle, with each point of the enneagram falling on the line of the circle, equidistant from each other, exactly forty degrees apart.

All of these nine points are numbered, each representing one of the basic personality types. While each personality type is distinct, they have special relationships with other numbers in the enneagram. The numbered types on both sides of a particular number are referred to as the 'wings'. The wings are considered to be the closest to our own personality type, and it is easy for a person to transition into one of these wings, thereby adopting new personality traits and behavioral characteristics as a result.

Each number also has two lines that extend out to two other numbers. For example, number one reaches out to numbers four and seven. These two types, numbers four and seven in this case, are also important in Enneagram theory, because they represent the two most significant directions that a particular type can move toward or away from. In the case of a number one, if

he begins to adopt characteristics of the number four, it will tend to have an adverse effect on his behavior and personality. However, if a number one moves toward adopting features of the number seven, this will tend to have a beneficial effect on his behavior and personality. This movement toward and away from beneficial and harmful types is referred to as integration and disintegration.

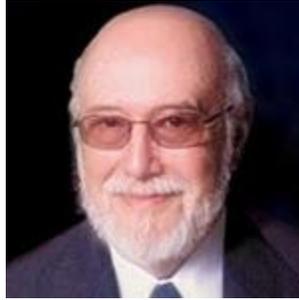


The diagram above shows these movement direction possibilities. Green arrows represent directions of integration and dark arrows represent directions of disintegration.

The Origins of The Enneagram

Oskar Ichazo is credited with envisioning and establishing the Enneagram body of knowledge as it is known today. Ichazo was born catholic, and as a teenager, joined a Buenos Aires group who met together regularly to discuss various esoteric ideologies and consciousness-altering techniques. These ideologies included Sufism, Zen, the Kabbalah, and the teachings of Georges Gurdjieff.

In the 1950's, Ichazo left South America and traveled to Asia, including Hong Kong, India, and Tibet, on a mission of learning and discovery. Along the way he was introduced to martial arts, classical yoga, Buddhism, Confucianism, alchemy, and the I Ching. When he returned home in 1960, he organized a study group to share what he had learned. In 1964, he retired to spend a year in solitude. During this time, he experienced a mystical revelation lasting seven days, which he describes as a "state of ecstasy". He emerged from this divine state with a conviction to devote his life to sharing what he had learned from his research and from the knowledge concerning the Enneagram, acquired during his revelation.



Oschar Ichazo

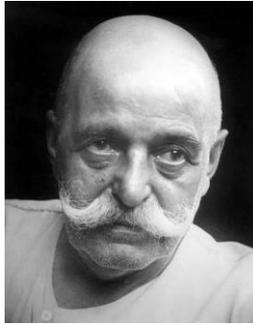
After a short teaching stint at the Institute for Applied Psychology in Chile, he established his own institute in the small town of Arica. In 1970, a group of fifty progressively-minded American intellectuals learned about Ichazo's work and journeyed to Arica to study under him for nearly a year. After the Americans left to return home, Ichazo decided to move to New York where he could reach more people with his teachings.

Gurdjieff and the Sufis

Oschar Ichazo was a genius, and he did what all good geniuses do; he synthesized knowledge. The Enneagram did not exist prior to Ichazo. What Ichazo did was take all of the various pieces of knowledge he had accumulated during his early studies in South America and integrated it with the knowledge he acquired during his travels. Then, he had a mystical revelation that, somehow, revealed to him how all of this knowledge could be applied to the understanding and betterment of human behavior. Ichazo claims that most of his understanding of the nine personality types, and how all of them interrelated by way of the enneagram symbol, came to him as a result of this mystical revelation.

Ichazo was strongly and directly influenced by the teachings of Gurdjieff and Gurdjieff was heavily influenced by the Sufis. Gurdjieff never referred to the enneagram in any of his published works. However, his students reported that he was introduced to the enneagram by the Sufis who claimed that the enneagram was a universal symbol for the cosmos. Gurdjieff concluded that it was a source of knowledge about everything because of the underlying mathematical laws that it represented. He taught that the Law of Three and the Law of Seven were the basis for everything in the cosmos. His students quote him as saying;

"All knowledge can be included in the enneagram and with the help of the enneagram it can be interpreted. And in this connection only what a man is able to put into the enneagram does he actually know, that is, understand. What he cannot put into the enneagram makes books and libraries entirely unnecessary. Everything can be included and read in the enneagram" [1].



Georges Gurdjieff

While it is true that Gurdjieff had an interest in human personality and behavior, he did not relate these directly to the enneagram. He taught that there are three basic personality dispositions, or centers of function, namely: the intellectual, the emotional, and the instinctual. Some modern teachers of the Enneagram relate back to Gurdjieff by classifying the nine types into three groups of three. Gurdjieff also taught that everyone's ego had a 'chief feature', and that this 'chief feature' formed the basis of personality.

Other aspects of Gurdjieff's teachings have come to play a larger role in Enneagram theory. He taught that every person is born in a pure, innocent state which was that person's 'essence'. A small child is born without a distinct personality and his earliest behavior stems from this state of essence. Sometime around the age of four to six is when personality begins to develop. The emergence of human personality is a natural response to environmental influences and pressures. The development of personality is an educational process as the child begins to mimic influences and behaviors in his environment, while learning to resist and protect himself from negative stimuli. Ultimately, the child chooses one of the nine basic patterns of thinking and acting.

The Principals of The Enneagram

The knowledge of the Enneagram and its nine personality types derives from the insights of Oschar Ichazo and the empirical observations of the many people who have studied it and applied it in practical situations over the past fifty years. In this respect, it is no different than the majority of the systems of thought that make up the universe of contemporary Psychology.

Our Western rationalistic and materialistic world view favors knowledge that is tangible and quantifiable. In the field of psychology, with the exception of quantifying certain behavioral patterns, there isn't much that is quantifiable. It is noteworthy that after its first fifty years of integration into the field of psychology, the Enneagram system is stronger and more popular than ever. What is clear is that many people, both professional and non-professional, have discovered the Enneagram's inherent wisdom and practical worth.

At the heart of each person's personality are values; strengths and propensities that enable us to survive, thrive, and cope with the world in which we find ourselves. While all of the possible strengths and propensities are available to everyone, we favor some over others. This process of favoring certain values over others leads to us prioritizing them, with some values finding more potency and others less.

These cardinal values become key motivating factors, causing us to organize and prioritize our perceptions, attitudes, emotional responses, and behaviors. These values are essential to defining who we are and what we are striving to achieve and become. They cause us to focus on our life's vision. They help determine what is important to us and what is not. The migration into one of the nine personality types is the natural outcome of our favoring certain values and visions over others.

The loss of our original essence, and the development of personality, is the necessary outcome of adjusting to living in this imperfect world. Personality contains the obstacles to our reintegration with our essence. It should therefore be the goal of each person to develop a harmonious connection between one's personality and his essence in order to escape the inevitable limitations imposed by personality.

Through our understanding of the interrelation of the nine types and their unique patterns of distortion, we can skillfully introduce new beneficial habits and ways of thinking. Thus, our personalities can evolve in a way that is more harmonious with our essential nature.

Ichazo stressed that the main purpose in developing the Enneagram system was to help clarify this relationship between our Essence and personality, or ego, which distorts Essence. In this context he states:

"We have to distinguish between a man as he is in essence, and as he is in ego or personality. In essence, every person is perfect, fearless, and in a loving unity with the entire cosmos; there is no conflict within the person between head, heart, and stomach or between the person and others. Then something happens; the ego begins to develop, karma accumulates, there is a transition from objectivity to subjectivity; man falls from essence into personality [2]."

The Ongoing Development of The Enneagram

In the late 1960's, Ichazo taught his students as many as 108 different Enneagram types. But the modern American movement has focused primarily on the original nine. Since the Enneagram was first introduced in the United States in 1970, a profusion of new teachers has emerged. One of those teachers is Claudio Naranjo.

In 1969, Naranjo was a Fellow at the University of California, Berkeley. After learning about Ichazo, he was one of the fifty Americans who initially journeyed to Chile to attend lectures at Ichazo's Institute for Applied Psychology.

Upon Naranjo's return, he enthusiastically spread the word about Ichazo's teachings at the Esalen Institute in Big Sur. A year later, Naranjo founded his own esoteric school, "Seekers After Truth", and began teaching his own program, in which the Enneagram was a principal component. Naranjo's main contribution to the development of the Enneagram was his ability to understand how Ichazo's system correlated with the theories of Western psychology. His work has largely centered on the process of effectively integrating the two. The Enneagram has since adopted many of the ideas and insights originally conceived by Claudio Naranjo.

Today, the Enneagram is primarily used as a method for revealing personal self-knowledge and as a tool for enhancing personality development. It is a powerful aid in the development of self-mastery and emotional self-awareness. It is used in professional settings to help in conflict resolution and to develop team dynamics and leadership qualities. It is also widely used in

counseling, psychotherapy, and parenting. The Enneagram has also found its way into higher educational curriculums. For that reason, it will most likely continue to be a knowledge system that contributes to humanity's ongoing spiritual and emotional evolution.

References:

[1] As quoted by Ouspensky, In Search of the miraculous, 294.

[2] "Interviews With Oscar Ichazo", Oscar Ichazo Foundation; First Edition (1982), p9

“The Activist”

Enneagram Style 1

Ones are on a mission. In fact, they're probably on a number of missions. Life is a crusade to a number One personality type. For them, the whole purpose of human life is to improve the world. They're also looking to improve themselves. And while they're at it, they might as well improve all the people around them.

Ones want everything to be perfect. But what is perfect? What is the state of perfection? Perfection is whatever a number One defines perfection to be.

Ones are driven by ideals. Those ideals can be broadly-based. They can relate to groups of people or even humanity at large. They can also be narrowly based, relating only to the number One himself, or a small group of his friends, family, or associates.

These ideals can originate from some type of ideology, like an established religious or political system. Their ideals can also be of their own formulation.

Number Ones are oriented toward goodness. They are ethical people with a strong sense of right and wrong. They want to be good themselves, and they want to help others realize their highest potentials. They tend to be well-organized and detail-oriented.

Number Ones often play important roles in the world, being drivers for change. The highest type of number One incarnation is capable of great expressions of self-sacrifice. They have the capacity to deny their own personal comforts and resources in the pursuit of an ideal.

Gautama Buddha is an example of a high number One. He renounced his birthright as a prince, and all of the comforts and possessions that went along with that high social position, in order to pursue his ideal of teaching humanity the path of enlightenment.

Jesus demonstrated his commitment to his ideals by sacrificing his very life. These are the highest kinds of expressions of the number One.

NUMBER ONES AT THEIR BEST

Number Ones achieve at the highest levels when they combine wisdom and patience with their quest for perfection. By being able to accept the world the way it is, at least in any given moment, they can devote their attention toward pursuits that will make things better.

At their best, Ones foster hopefulness, high principles, integrity, and fairness. They make excellent teachers. Their commitment to truth and morality can be a beacon of inspiration for those around them.

THE AVERAGE NUMBER ONE

If a number One finds that he cannot accept the world as-is, he begins to take on an inappropriate sense of responsibility, believing that it is up to him to improve everything. He becomes afraid of doing anything wrong, and in the process, becomes overly critical of himself and everyone else.

With these erroneous feelings of responsibility, there is a tendency to become impatient and dissatisfied with everything and everyone. Ones can become workaholics – controlling; overly pedantic, and compulsive. This syndrome can carry with it physical and mental fatigue. It can also produce emotional isolationism, with Ones being restricted by their ideals and values, and a desire to keep their feelings and impulses under control.

UNDER-EVOLVED NUMBER ONES

Number Ones, who do not have supportive personality characteristics that are compatible with their pursuit of ideals and convictions, can become self-righteous, impatient, intolerant, rigid, and dogmatic. They begin seeing things in terms of black and white. Something or someone either conforms to their notions of perfection, or they don't. Under-evolved number Ones do not have the patience to allow a person or institution to transform organically. They want total change, and they want it now.

A number One can be severe in his judgements of others, seeing everything they do as wrong or imperfect, while at the same time, not allowing themselves, or anyone else, to suggest any wrongdoing on their part. This can develop into a miasma of denial, and lead to a One acting in contradictory, and even hypocritical ways.

Challenges and Transitions

With respect to criticism, Ones can dish it out, but don't like to be criticized, and they especially don't like being told they are wrong or at fault – about anything. They take pride in being good and being right. They find any suggestion that they are wrong or at fault painful and unacceptable, because it threatens both their world-view and their self-image.

In these situations, Ones are likely to overreact with anger, a righteous anger that manifests to bolster their self-esteem. It is also likely to result in an attack on the critic's own values and/or morality.

Criticism can also trigger a cadre of undesirable, defensive inner responses, such as:

“I'll never be good enough.”

“I'm basically undeserving.”

“If something isn't perfect, it isn't good.”

“I just have to work harder.”

When Ones come under attack, they would be well-advised to forego any egocentric response, and instead adhere to their essential nature. Rather than defending themselves, they should revert back to defending their cause.

Ones must acknowledge that what they really want is to be accepted for their worth as a beacon of goodness. They want what everybody wants, to be respected and loved. Their angry reaction to criticism winds up getting in the way of their own mission. The more energy Ones devote to defending their egos, the more others will take shots at them. Ones need to re-direct that energy into fostering support for their efforts, and in making the world a better place.

Constructive Advice

Ones can benefit from these areas of personal development.

CALM – Take some time to let go of yourself, and the world around you. The fate of the world is not on your shoulders, even though it may feel that way at times.

PATIENCE – You're probably a good teacher, but don't expect everyone to assimilate everything you have to share all at once. Learning is a methodical process that requires time. The fact that other people don't change right away, doesn't mean that they won't eventually change. Along with your words, lead by example, and allow for a natural, evolutionary response to take place.

TOLERANCE – While you work to change the world to make it a better place, accept the world, and the people in it, as they now are. Don't react to perceived wrongs and imperfections with criticism and chastisement. Your reactions will sap your energy, and undermine your noble efforts.

ANGER – Displays of anger will not further your cause. It will only alienate others. Suppressing your anger will also not further your cause. Find a way to redirect this energy into your pursuit of goodness.

“The Friend”

Enneagram Style 2

Twos want to be your friend. They'd like to be everyone's friend. The most important thing in the life of a Two is loving others and being loved; especially being loved. Twos understand that it's love that makes the world go around. To them, love is more than an innate characteristic of people and human life. Love is a commodity. It can also be a currency.

Serving other people is what Twos do. They seek to nurture others and foster relationships. They envision a better, more peaceful world where people think, speak, and act from a posture of love. Twos believe that acting out of generosity, and going out of your way to help others, is the most satisfying and meaningful way for people to live.

Twos are innately empathetic. They are sincerely interested in hearing about the lives and experiences of others, and in getting involved in helping people resolve their problems. This makes Twos important to others, and that's the payoff for a Two. Twos experience life as a function of how, and to what degree they are essential in the lives of other people. Twos need to be needed.

What is at the core of Twos' desire to serve and love others is their own need for love. Their biggest fear is being unwanted and being deemed unworthy of being loved. A Two is happiest when they feel loved.

Twos have a generous and considerate nature that attracts people to them. They radiate a genuine warmth. They are supportive and nurturing, always looking for the good qualities in others and willing to look beyond their shortcomings. A Two is capable of accepting others the way they are, with unwavering love.

Twos are so invested in supporting the lives of other people, that they often neglect their own needs. Their willingness for self-sacrifice can be challenged by their own problems, which all too often, go unattended.

NUMBER TWOS AT THEIR BEST

A highly evolved Two has the capacity to love unconditionally. They are not looking for any reward for their helpful service and caring attention, beyond the act of service itself. Having the opportunity to love and support others, is itself, the reward they seek.

Twos are the archetype of the ideal parent. They are nurturing, supportive, and self-sacrificing. Twos feel privileged to be involved in the lives of others. They see their own self-worth correlated directly to the degree to which they contribute to the lives of others.

What sets highly evolved Twos apart from other Twos is humility. A highly evolved Two will never ask for anything in return for their love. They are truly able to give their love and attention unconditionally.

THE AVERAGE NUMBER TWO

An average Two does want something in return for their love. They want recognition and appreciation. They have a driving need to be involved in the lives of people, and this need can overshadow their natural tendencies toward unselfish service.

In order to receive the attention and recognition they themselves need, they become overly friendly and engage in 'people pleasing'. Their loving attention can take on a disingenuous tone with flattery, patronizing, and inappropriate emotional displays.

They can also become intrusive, at times seeking inappropriate levels of intimacy. They will meddle in other people's private affairs, and attempt to control and manipulate them in the name of friendship. What they actually need is for others to depend on them. Twos can also become possessive, feeling that they have earned the exclusive attention of someone through their efforts and self-sacrifice.

Twos will even go to the extent of fabricating needs for the people around them that they themselves ultimately fulfill. If they become indispensable to the people they love, then they can avoid their biggest fears; being unwanted and unneeded. They become intoxicated with their own self-importance, which leads to them becoming overbearing and presumptuous.

UNDER-EVOLVED NUMBER TWOS

Immature number Twos can become so self-absorbed that they use their friendly attentiveness as a means to an end; the end being, the fulfillment of their own needs and desires. Their loving attention now becomes a front, a façade, a means to accumulate value with the currency of love. They will insist on getting repaid for their kindnesses. Instilling guilt, if necessary, they will remind everyone how much they have done for them and how much they are now owed.

In extreme cases, Twos can become domineering and coercive, feeling entitled to whatever they ask for. They rationalize their behavior behind a veil of victimization and resentment. This often leads to chronic personal and/or health problems. By being the one in need, they are able to recruit the sympathy and support of others, which helps them realize their goal of closeness and interdependence with others.

Psychologists have likened these behavior patterns to 'Histrionic Personality Disorder', and 'Factitious Disorder'. In both disorders, the person seeks attention through either inappropriate or fabricated behaviors and beliefs.

Challenges and Transitions

Behind the friendly façade of the number Two is a denial of what they truly want. Twos want to feel loved and worthy of love. They also want some kind of payoff for their efforts, and in fact, they can have enormous material and emotional expectations. When these needs are rejected or threatened, it can trigger undesirable inner responses, such as:

"I'm not important."

"I'm not useful."

"I have to find a way to become indispensable."

“I have to look after others’ needs, so I don’t have time for my own.”

“I can’t be independent and still be loved.”

Constructive Advice

Twos can benefit from these areas of personal development.

LOOK OUT FOR YOURSELF – If your own house is on fire, you won’t be able to help anybody. Looking after your own needs first is not selfish. It’s pragmatic.

QUESTION YOUR MOTIVES – When you find yourself wanting to help someone, ask yourself, “Why do I want to help them? What do I want for myself? Am I anticipating a realistic return for my efforts?”

DON’T MEDDLE – Rather than observe others and decide what you think they need, wait for them to communicate their needs, or wait for them to ask for your assistance.

EMBRACE HUMILITY – If you call attention to yourself, and the things you do for others, it will create an uneasiness within them, and instead of bringing you closer together, this uneasiness will interfere with your relationship.

RECOGNIZE GESTURES OF LOVE - Your friends will find a way to thank you, although their thanks may not be in the form that you expect or desire. If you are able to recognize their gestures of affection, you will rest easier, knowing that you are indeed loved.

“The Role Model”

Enneagram Style 3

Being a role model is a big responsibility. You have to be the best at something, or at least be thought of as being the best. Nobody wants a role model who is seen as being average. Being the best at something is a big challenge, because for one thing, the definition of what is best is constantly evolving. There are also a lot of other people who want to be the best; or be seen as being the best. Becoming a role model can be a competitive and exhausting undertaking.

Threes are achievers. They are attracted to success. They are driven to be successful. Sometimes the force driving their quest for success comes from a source outside of themselves, like a parent, employer, coach, or spouse. But more often than not, the force driving a Three to succeed comes from within themselves.

Threes envision a harmonious and orderly world that runs smoothly and more efficiently. They value productivity and achievement. They have developed some skill or ability in which they excel. The worst thing for a Three, apart from lack of recognition, is for them to be idle or inactive. Their quest for self-worth begins with action. A Three's biggest fear is being out of the limelight and losing their importance in the world.

But it's not enough for a Three to simply succeed. They have to be recognized by others for their accomplishments. They need others to affirm their success. There is a saying in popular culture that goes; “If it isn't on Instagram, it didn't happen”. A Three's version of this statement might be, “If my success wasn't recognized by others, it was no success at all.”

Success, and the recognition resulting therefrom, are indelibly intertwined for a Three. Therein lies the role model factor, because along with recognition from others, comes the role. Threes are self-assured, ambitious, charming, and high-energy. When at their best, they are diplomatic and poised. Who wouldn't want to be like a Three? Their efforts at being 'the best that they can be' becomes an inspiration for others who are working on their own personal development.

As long as Threes can balance their quest for achievement with their desire for recognition, they can experience success and happiness. However, when a Three is denied success or achievement, for any reason, they overcompensate on the recognition side by misrepresenting their achievements.

In their pursuit of success, Threes can become workaholics. They are effective motivators and also highly competitive. Michael Jordan is an excellent example of a Three. In fact, he's an archetype Three.

MJ was the best at what he did. He was most certainly a role model. He was highly competitive. He was a workaholic. He was a motivator. In fact, he alienated his teammates with these qualities. He drove them, almost abusively, during practices with the intent of making them better players. His competitive drive was so overwhelming, it defined him as a human being. The day after winning a championship, he was back in the gym working. He didn't have to worry about recognition. The press took care of that.

If Threes are unable to achieve the success they desire, they can devolve into a mode of self-deception, out of touch with who they really are. They don't know what they want, nor do they

know what will make them happy. They seek various forms of attention, some of which may be unhealthy. They can also lose touch with their feelings, putting their pursuit of recognition ahead of their own emotions.

What is ironic about a number Three's fear of failure is that it is often failure that heals them. By experiencing failure, they are able to cast off the expectations of others, along with their façade of success, and rediscover their true inner selves.

NUMBER THREES AT THEIR BEST

A highly evolved number Three is a true role model, exemplifying the qualities of confidence, competency, and modesty. They have a benevolent nature, wanting others to experience their own successes and recognition.

THE AVERAGE NUMBER THREE

Most Threes become overly concerned about their work or career performance, driving for higher and higher levels of productivity, as if their life depended on it. They become terrified of failure. They also compare themselves with others, in an attempt to validate their worth.

Threes can become image-conscious, surrounding themselves with things that they think will impress others, and friends, who they believe will somehow help them manifest success and recognition. Their concern over what they can achieve is replaced by anxiety over how they are perceived. They can develop inflated, and at times, irrational notions about themselves, and their abilities and achievements. When they become jealous of others' achievements, it can lead to a defensive attitude of arrogance and contempt.

UNDER-EVOLVED NUMBER THREES

Immature number Threes will do whatever it takes to preserve the notion of their superiority. They can be devious and deceptive, hiding whatever it is that might expose their charade. They especially need to hide the charade from themselves, and in so doing, they cut themselves off from their own feelings and their own reality. They will stop at nothing; including deceit, sabotage and betrayal, in order to cover up their weaknesses and wrongdoings.

If jealous over another's success, they can become vindictive and strive to bring the other person down, thinking it will lift them up in the process. These attacks can become relentless and obsessive, bordering on psychopathic.

Challenges and Transitions

When a Three finds himself facing failure, it can lead to some unhealthy inner responses:

“All I am is a failure.”

“I need to fool other people into believing in me.”

“If I don't meet other people's expectations, I'm worthless.”

“I am what I achieve.”

“I must do and achieve to be worthy of being loved.”

“I’m still not good enough.”

Constructive Advice

Threes can benefit from these areas of development.

BE HONEST WITH YOURSELF

Before we can achieve anything of any importance, we must be true and honest with ourselves about our personal needs and our feelings. If we’re honest with ourselves, we’ll be honest with other people about our abilities and our importance.

CULTIVATE EMPATHY AND COMPASSION

Take the time to listen to people and cultivate relationships. If you discover that people love you, in spite of your failures or successes, it will lessen much of your self-imposed pressure to achieve.

SLOW DOWN

If you take some time away from your pursuits in order to relax and unwind, you will find yourself even more productive when you refocus your attention back on your work.

CULTIVATE SOME NEW INTERESTS

By getting involved in new interests, and working with others on something that is unrelated to your personal and professional advancement, you will discover facets of yourself that you were not previously aware of.

DEVELOP YOUR OWN VALUES

Stop worrying so much about the expectations of other people. Set your own goals and your own expectations that pose a realistic challenge.

“The Original”

Enneagram Type 4

With over seven billion people sharing our planet today, it can be a big challenge to express your individuality; to be unique and to stand out. To the extent that it's possible to be an 'original' in the world today, Fours will manage to find a way to accomplish just that.

Fours appreciate beauty, and strive to make the world a more beautiful place. They value the aesthetic in people and in things. Fours have an innate sense of quality. They value things that are unique, original, and different. They are often highly creative and can be very inspired.

Fours want to make an impression on others. They want to be liked and appreciated, and they believe that by not being ordinary; but instead, by being extraordinary, they will make the impression they want and will not be forgotten. Their pursuit of the extraordinary can take many forms, including their personality, personal habits, the way they dress and groom themselves, how they communicate, and various aspects of their lifestyle.

Fours are in touch with their inner selves and their feelings. They are emotionally honest and sensitive. However, their connection to their feelings can become indulgent, to the point where they abandon all of their other needs and responsibilities in order to 'process' what they're feeling. Sometimes they look to someone else to help rescue them from these emotional preoccupations, but most of the time they address them alone, becoming involved in lengthy dialogs with their inner selves.

Fours have a give-and-take with respect to seeking the limelight. For the most part, they are reserved and modest, but their attempts at being original and different often result in attracting more attention than they bargained for, and they wind up in the limelight anyway.

What Fours fear the most is that they'll have no unique identity and will become lost in the background. Fours believe that if they don't stand out, if they're not recognized as being special, that they won't be loved and appreciated.

Fours also believe that since they are different from others, that nobody is truly capable of understanding them and appreciating them. They're aware of the fact that they have flaws and weaknesses. But they also consider their flaws and weaknesses as being one-of-a-kind. As a result, a Four can be reluctant to reach out to others for help in solving their emotional issues. Instead, they'll internalize their issues and seek to resolve them through self-analysis.

Fours want to understand themselves. When they do reach out to others to seek help in 'processing their feelings', they are not shy about discussing highly personal, and potentially embarrassing facts about their thoughts and actions.

Most Fours suffer from a fundamental personal insecurity. It can be challenging for others to understand them, and for them to understand themselves, because they tend to change on a regular basis. A Four may decide that their 'style' has become too ordinary, so they'll make changes. These changes may involve hairstyle, wardrobe choices, interior décor, or some other facet of their lives.

Fours are susceptible to cultivating fantasy versions of themselves, and calling on those versions from time to time as circumstances warrant. They may decide that their personality has become too ordinary, so they'll suddenly begin behaving and communicating differently. What drives this fluctuation is often a poor self-image or low self-esteem. These fluctuations, of course, tend to exasperate friends and associates who are never sure which 'face of Eve' they will encounter on any given day.

NUMBER FOURS AT THEIR BEST

Highly evolved Fours are often cultural leaders, setting the standards for style and new trends. Their own emotional sensitivity and honesty make them good friends and confidants because they are also sensitive and intuitive to the emotional issues of others. Their willingness to remain vulnerable is actually a source of personal and social strength. They are gentle, tactful, and compassionate.

THE AVERAGE NUMBER FOUR

Number fours can become too engrossed in the appearance of things, while losing touch with the substance. They become too concerned about the veneer of everything. When choosing friends, for example, they may choose to associate with someone because of the way they look or dress, the car they drive, or the way they decorate their homes. These choices often backfire.

Fours may create a romantic, aesthetically pleasing environment, at the expense of practicality. They make decisions on the basis of the way things look or how they make them feel, without evaluating the broader implications of those decisions.

Fours can become detached from the world the way it is, and create their own sensual, dreamy, even decadent, fantasy world. They may see themselves as being so special that they feel they can live any way they want, which leads to self-indulgence. It can also lead to being isolated, when the people around them find it harder and harder to relate to the Four's sense of reality.

UNDER-EVOLVED NUMBER FOURS

When they fail to realize their dreams, Fours can become depressed and alienated from others. They resort to self-pity, viewing others with envy and disdain. They blame others for their misfortunes, driving them away. Their hopelessness leads to self-destructive tendencies and escapism.

Challenges and Transitions

When a Four finds herself being neglected, ignored, or misunderstood it can lead to some unhealthy inner responses, such as:

"I'm not special after all."

"If I am noticed more, I'll be loved."

"No one is capable of understanding me."

"I'm just not good enough."

“I really am different from other people.”

“I’m not worthy of being loved.”

Constructive Advice

Fours can benefit from these areas of development.

MOVE BEYOND FEELINGS

While it is healthy to explore your feelings, don’t get stuck there. We have to make decisions and go on with our lives, even if we don’t understand our feelings, or if the issues related to those feelings have not been adequately resolved.

FOCUS ON PRODUCTIVITY

Don’t wait to do something until you think you’re in the right mood. Cultivate the ability to work consistently and reliably, regardless of how you feel.

HAVE FAITH IN YOURSELF

You’ll develop self-esteem and confidence by jumping in and doing your best at everything. Don’t wait until you think you’re good enough. You’ll become good by doing.

CULTIVATE SELF-DISCIPLINE

Create a regular schedule for your personal and professional life. Get up at the same time. Set an exercise schedule for yourself. You can establish a pattern of regularity in your life without abandoning your uniqueness and individuality.

TAKE ACTION

Don’t spend so much time imagining the kind of life you could be having. Get out of your head and go out and live that life.

“The Thinker”

Enneagram Type 5

Fives believe that what the world needs, more than anything else, is knowledge and the understanding that comes along with knowledge. They want to make the world better place through intellectual enlightenment. They value wisdom and truth. They feel that if people had a greater understanding about the way things worked, then everyone in the world would perform better and more efficiently.

Fives are observant and analytical. They are curious and innovative. They like to get to the bottom of things to see how something works and how everything fits together. This includes things physical and tangible, but it also includes ideas and concepts. They are particularly good at synthesizing knowledge, appreciating how understanding something in one place, helps explain something else, when both things might appear to be unrelated on the surface.

Fives are independent. Their independence at times results in them being isolated from others, especially when they retreat into their thoughts and imagination. They are often eccentric and at times, visionary. They are ahead of their times and their peers, able to see and understand the world in a novel and insightful way. Fives do not automatically accept preconceived or official explanations for things. They prefer to jump in and find the truth for themselves.

Galileo Galilei is an excellent example of a Five intellectual. Galileo refused to take any traditional knowledge at face value. He challenged and tested established scientific beliefs on his own, and often found that the so-called experts were wrong. Galileo learned his intellectual skepticism from his father. His father was a music theorist, who discovered that many notions previously espoused by ‘experts’ were incorrect. He wrote a book exposing the mistakes, and was widely criticized by his peers. Galileo followed in his father’s footsteps in a dramatic fashion.

Fives want to be seen as being informed, capable, and competent. They like being the ‘go-to’ person for facts and information. They enjoy playing the ‘know-it-all’. Being incompetent and useless to others is their biggest fear. Knowing and understanding things gives them a sense of security. They feel like they’re equipped to solve problems as they arise, and help others too, if called upon.

Fives value their privacy and need their ‘space’. When others place demands and expectations on them, they tend to retreat into their consciousness for solace. This retreat can also take on a tangible form, with Fives seeking a physical separation from others. For this reason, Fives can become loners, with their isolationism protecting them from unwanted intrusions and criticism.

While Fives are eager to investigate things, they don’t like to be evaluated themselves. Being evaluated might expose something they don’t know and make them feel inadequate and worthless. They also fear being dependent on others and having to ‘live someone else’s life’.

Fives have an innate defense mechanism to ward off unwanted intrusions. These intrusions can include other’s expectations, demands, encroachments, and criticism. If and when necessary, they go into ‘protection mode’ by distancing themselves from the intruder, both intellectually and physically. This defense mechanism often involves them distancing themselves from their own feelings as well.

What Fives want and need is to be in healthy relationships, without losing their sense of identity. They need privacy and interdependence, not isolation. They want to understand and to be understood. Along with intellectual competence, they need to feel socially and emotionally competent. When Fives feel vulnerable, they need to stay connected to others and address their challenges directly, rather than fleeing from them for self-protection.

NUMBER FIVES AT THEIR BEST

Highly evolved Fives take their knowledge and apply it to practical, real life situations. They can impact the world in profound ways as pioneers and innovators. They can have great foresight and a keen intuition.

Fives have extraordinary mental capacities of perception and insight. They concentrate well and can obtain skills easily, often becoming an expert in their chosen field.

THE AVERAGE NUMBER FIVE

Fives tend to spend an inordinate amount of time in analyzing and sizing up a problem or a task. They spend so much time in their preparation, that they often find they don't have time to finish it. They enjoy the research and analysis much more than the vision of the completed task. They tend to be more process-oriented than results-oriented.

The more Fives become wrapped up in their intellectual wrangling, the more detached they become from the people and situations around them. Their discrimination of reality becomes different from others'. Instead of seeing a difference between physical reality and conceptualizations, a Five equates the two. They often enjoy esoteric and off-beat ideas and concepts, and sometimes these interests act as just one more factor that distances them from others.

Fives must be careful not to create enemies by challenging others' ideas needlessly or too aggressively. Their intellectual clashes can become a source of perpetual conflict and frustration.

UNDER-EVOLVED NUMBER FIVES

Immature number Fives can become eccentric, reclusive, and detached from reality. They become unstable, rejecting social intercourse. Their introversion only makes matters worse, as they struggle with fears and obsessions. In the worst case, they become mentally imbalanced and self-destructive.

Challenges and Transitions

When a Five feels challenged or threatened by their surroundings, they can react with:

"I still can't figure it out".

"I'm not capable of understanding".

"I'm going to look foolish".

"If I know enough, I'll be okay".

"If everybody would just leave me alone, I'd be okay".

“People are going to think I don’t know anything”.

Constructive Advice

Fives can benefit from these areas of development.

STAY IN THE MOMENT

Don’t let your intellect and mind take you out of the game. Stay present in each moment and use your intellectual abilities when necessary and appropriate.

TAKE TIME TO UNWIND

Intellectual concentration can be exhausting. Take some time to relax and nurture both body and mind.

ASK FOR HELP AND ADVICE

In spite of how much you know, you don’t know everything. Don’t be afraid to ask someone for help or information. Getting someone else’s viewpoint might be just the piece of the puzzle you need. Consulting others will develop mutual trust and help foster mutually beneficial relationships.

STAY ON TRACK

Even though you find a multitude of things interesting, you don’t have enough time and energy to pursue everything that comes along. Learn to discriminate between pursuits that contribute to your overall life goals, and those that are a pointless distraction.

OPEN UP AND REACH OUT

Don’t be afraid of being vulnerable and opening up to other people. Relationships are not without their ups and downs, but that is no reason not to pursue them. It’s the ups and downs that provide life’s spice. Don’t run from them, but rather embrace the ups and downs and the processes required to build strong, healthy relationships.

“The Reliable”

Enneagram Type 6

Sixes have your back. They need to know that you have their back too. Or if not you - somebody.

A six is someone you can count on. They want to make the world a better place by making it safer, more secure, and more reliable. They value loyalty and they stand by their commitments.

Sixes are cautious and fearful. Their sense of caution is borne out of experience, in most cases, due to some infidelities or betrayals experienced early in life. They constantly have their guard up for any signs of danger or potential mishap. They have a keen, intuitive sense of what could go wrong and are prepared to react defensively, if necessary.

Sixes value trust. They themselves are trustworthy, and they seek companions who they feel are trustworthy. Sixes can be hard on themselves, especially if they fall short on a promise they've made to someone.

Sixes are natural skeptics, being inherently suspicious of people and situations. They need to feel secure. When they don't feel secure, they become anxious.

Sixes make hard-working, reliable, and responsible workers. With their sensitivity to potential problems, they make good troubleshooters.

A Sixes' loyalty is driven partly out of a fear of being abandoned or isolated. Their loyalty can extend beyond personal friendships and professional relationships. They can be fiercely loyal to causes, beliefs, and ideals when they line up with their own values. And they will stick with their friend or ideal to the bitter end, willing to 'go down with the ship' if necessary.

Sixes are not afraid to question authority and established norms. If they believe something is incompatible or conflicts with their own beliefs, they are willing to fight for change to support those beliefs. In fact, they're likely to fight harder for a belief or ideal than they would for themselves. They are also willing to sacrifice their own safety and well-being to fight in defense of their community or their family.

They innately lack self-confidence. In particular, they have problems making big decisions. They also don't want anybody else making decisions for them, which creates a bit of a conundrum. The conundrum, more often than not, results in high anxiety as they grapple with their choices.

This lack of confidence in themselves means that they need others to help them deal with certain situations, that they themselves don't feel they have the competence to deal with on their own. So, they enlist the support of allies and systems outside of themselves to help ensure their survival. Hence, they rely on benefitting from, and cashing in on the loyalty they have shown to others.

When Sixes make a decision to move forward, they do so in the context of their support system, once they feel they have sufficient back-up. Without that support, they fear being left on their own, if and when things go awry.

Anxiety is a way of life for a Six, and quite often, they aren't aware of the source of their fears. So, they develop mental constructs and beliefs that address problems and potential problems in an attempt to create a feeling of stability. They become loyal to these constructs, and defend them, the same way they would defend a friend or an ideal.

NUMBER SIXES AT THEIR BEST

Highly evolved sixes do trust their own judgement and abilities. They form strong alliances with others who are attracted by mutual personal commitment, and/or to a mutual ideal or goal. They make effective leaders with a knack for developing mutually supportive, interdependent relationships. They earn the support and admiration of others through their hard efforts, self-sacrifice, perseverance, and reliability.

THE AVERAGE NUMBER SIX

Average sixes are always on the lookout for "what could go wrong". They continually look for ways to construct stalwarts of security and defense, in case needed. These stalwarts include people and institutions. They resist unwanted demands and pressures that are placed on them with evasion, procrastination, and indecision.

When they're unsure of a situation or of themselves, they become confused and insecure. Difficult challenges often result in contradictory behavior and mixed signals. When confronted, they will blame others for their problems, while they rally their resources of support.

UNDER-EVOLVED NUMBER SIXES

When an immature Six believes that their support system has been compromised, they panic. Their insecurities take over, and they lash out in defense; sometimes irrationally or even violently. Often, the problems they perceive are of their own making, either literally or figuratively.

With no support system, they overreact to challenges, often alienating whatever allies that remain. They feel persecuted and alone, leading to self-indulgent paranoia.

Challenges and Transitions

When a Six feels challenged or threatened by their surroundings, they can react with:

"I can't even trust myself".

"I can't do this."

"I need more help before I try this".

"This is going to totally do me in".

"Why am I so afraid of this"?

"Nobody is willing to help me with this".

"I know he's up to something, but what?"

Constructive Advice

Sixes can benefit from these areas of development.

EMBRACE ANXIETY

Feeling anxious is a totally normal way to feel. Everybody experiences anxiety. It's OK. Face whatever it is that concerns you and deal with it, with or without help.

STAY POSITIVE

When the going gets tough, don't get upset. Stay positive and stay focused. A negative attitude will only make matters worse, and drive supporters away.

DON'T OVERREACT

Be aware of the factors in your life that trigger an overreaction. Keep everything in perspective. Remain calm. Don't let your emotions sabotage your good efforts.

CULTIVATE TRUST

The world is full of trustworthy people. If the people around you can't be trusted, cultivate some new relationships. Sometimes, if you give someone a second chance, you'll learn that they're trustworthy after all.

LOVE YOURSELF

You have more friends that you probably realize, who have more faith in you than you have in yourself. Sometimes, people who you see as enemies, are really just opponents who have a different agenda from yours. Live and let live.

“The Optimist”

Enneagram Type 7

If you and your friends are going out ‘clubbing’, you definitely want to take a number Seven along. Having a number Seven in the group will almost assuredly result in everyone having a good time. Number Sevens are ‘the life of the party’, full of enthusiasm and good cheer.

However, you don’t want to give the number Seven the task of choosing which club you’re all going to visit. If you do, it won’t be one club. It will be a lot of clubs. The number Seven won’t be able to choose just a single club. Rather than decide which club would probably be the best choice to visit at the outset of the evening, the Seven will want to visit them all, and then decide which one was best at the end of the evening. Yes, the evening will be exciting. It will also be exhausting.

Sevens want to enjoy life and experience all of its possibilities. They are joyful, playful, and love variety. They envision a world that is a more fun, enjoyable place to live in.

Sevens are innately optimistic. They have the ability to see the good in almost anything. Their cup is half full, even if it isn’t. Unlike the number Six, who has a sense of everything that could go wrong, the Seven has a sense of the positive potentials in any given situation. They’re adept at peering into the future and envisioning the possible favorable outcomes.

Sevens thrive on freedom and variety. They don’t want to be ‘hemmed in’, or feel like they’re limited in their choices. This is true with respect to romantic partners. Once a Seven does make a commitment to a partner, or any commitment for that matter, it’s likely he’ll still want some choices within the framework of the commitment. While they enjoy the stimulation that comes from variety, Sevens sacrifice the satisfaction that others derive from long-term relationships and commitments.

Sevens are bold and daring in their pursuit of enjoyment. Their genuine enthusiasm for life is infectious. They attract others with their sense of curiosity and adventure. Sevens have an endearing sense of spontaneity. They are naturally improvisational, able to think and react on their feet to the circumstances and opportunities of the moment.

Sevens are practical people, able to focus at the task at hand. However, they don’t focus well long-term because they keep changing tasks.

Sevens aren’t normally considered to be intellectuals. But they are often highly intelligent people who learn concepts and skills quickly and easily. They enjoy the creative process. They’re good at ‘brainstorming’ and at synthesizing knowledge, able to envision how seemingly unrelated things and ideas fit together.

Most Sevens are multi-talented, and may possess a high level of proficiency in numerous areas. They tend to be generalists in their work, the quintessential ‘Jack, or Jacqueline’, of all trades’, with lots of ‘irons in the fire’. With their collection of skills and interests, successful Sevens could be referred to as a Renaissance man, or Renaissance woman.

When a Seven’s options become limited, or restricted, they become anxious and seek remedy by making changes that will open up more choices. Limited choices often produce what they

fear the most; boredom. These periodic changes can also make them appear to others as being erratic and unreliable.

NUMBER SEVENS AT THEIR BEST

A Seven's flexibility, curiosity, and collection of abilities can often lead to great achievements. They are master multi-taskers who can get things done.

Sevens radiate vitality and optimism, and their light-hearted approach to life, coupled with their sense of humor, helps them navigate successfully through even the most difficult circumstances. The people around them also benefit from their cheerful demeanor by way of osmosis.

THE AVERAGE NUMBER SEVEN

Since acquiring skills and knowledge comes easily for a Seven, they often don't value their own abilities, taking them too much for granted. Their pursuit of enjoyment often gets hampered by their multiple interests, since they can't make up their mind what they want to do, and indecisiveness takes over.

Their need for variety requires their minds and their schedules to be continually occupied. Over time, this bombardment of stimuli overwhelms them, and they become exhausted.

Oftentimes, Sevens aren't clear within themselves about what they really want, so they try everything. They reason, "If I can't find what truly makes me happy, I'll find happiness in variety". Their search for happiness, often results in just that; a search. They search and search, winding up frustrated, with true happiness eluding them.

A frustrated Seven's openness to life can devolve into a dark side, with flamboyant, disingenuous behavior, along with various forms of excess. When they don't find what they want, they can become greedy, self-centered, and insensitive to others.

UNDER-EVOLVED NUMBER SEVENS

When Sevens become desperate to silence their minds' demand for satisfaction, they become impulsive, succumbing to escapist tendencies. Frustration leads to compulsive behaviors and addictive habits. Their moods can vary widely from day to day, even moment to moment. Their quest for happiness overwhelms them, and they become exhausted. Their health wanes and they become self-destructive and depressed.

Challenges and Transitions

When a Seven feels penned-in or limited by their situation, they might react with:

Even if I'm not feeling alright, it's important that others think I'm okay.

If I don't have the options I want, I need to create them.

If I commit, then I'm trapped.

Freedom means having alternatives.

I hate being cornered.

More is always better.

If I commit to this, how much will I lose?

Constructive Advice

Sevens can benefit from these areas of development.

THINK BEFORE YOU ACT

When you feel the impulse to do something, weigh it out in your mind. How will it help you? What will you gain from it? Do I really want this?

EXPERIENCE NOTHINGNESS

Take some time for yourself and kill the stimuli around you. Turn off the TV, the phone, the computer, and anything else vying for your attention and just go inside yourself and let go. You love experiences. Try experiencing nothing.

SLOW DOWN

Be patient. Everything will come to you in its own time. Even if you think you've missed out on something, either that opportunity will return, or something even better

STAY IN THE GAME

Stop dwelling on what the future may bring and enjoy what you have right now. Choose quality in your experiences, rather than quantity. Fewer experiences of quality will result in greater happiness and satisfaction.

THINK LONG-TERM

When you embark on something new, consider the long-term implications. If something looks good now, and if you're sure it will also be good in the future, your decisions will avoid many disappointments and frustrations.

“The Dominator”

Enneagram Type 8

Eights want to control their own lives and determine their own destinies. And while they're at it, they'd like to control everybody else's lives and destinies as well.

Eights understand power and what having power means. They can walk into any situation and quickly determine who is in charge and what power that person has to control the situation and the people involved. They also have the ability to evaluate whether the person wielding the power is competent or not.

They have a strong sense of justice. They foresee a world that is more equitable, where people have equal access to resources and opportunities.

Eights are self-confident and benevolent. When they see a wrong, their first instinct is to somehow right that wrong. Eights are an underdog's best friend.

Eights realize that it takes power to improve an unjust situation. If they can't find a way to acquire the power needed to effect the necessary changes themselves, they'll enlist the person or institution who does have the necessary power as an ally.

Eights do not want to be neglected or treated unfairly. They don't like feeling limited and dependent. They hate not being in control; not being the one in charge. An Eight's worst fear is being subordinated within an unjust situation in which they are powerless to cause any changes, and in which the person who does have power is incompetent or abusive.

When Eights find themselves in untenable situations, their instinct is to resolve the situation, rather than simply complaining about it, and then hoping that somebody or something will come along to fix it. Eights are action-oriented. They are the somebody or something that comes along to fix the situation.

Eights are not shy about confrontation. They are outspoken. They will get up 'in your face' and let you know what they think. If their communication doesn't lead to the hoped-for results, they'll get up in your face again and remind you about the problem, and what they think should be done about it.

Eights are willing to take risks and make sacrifices in order to make their viewpoints known. If they alienate a friend or ally in the process, they'll just make new friends and allies. When in pursuit of a goal or objective, especially in the pursuit of power, friendships and alliances can become collateral damage.

Eights are not diplomats...they are dictators. They have a forceful, assertive personal style. They're willing to compromise, as long as the terms of the compromise are dictated by them.

An Eight's assertive style and quest for power often backfires, and they wind up losing ground or losing authority instead of securing it. They are curiously surprised to discover that not everybody wants a dictator in their life. Their aggression leads to retaliation. There are plenty of other Eights in the world who are ready, willing, and able to stand up to them.

What Eights really want is to be treated fairly, to be in control of themselves and their circumstances, and to be respected. They would prefer to be seen as persons of honor and integrity. But their desire for justice can devolve into an angry quest for revenge, with their lower, 'street-fighter' tendencies consuming their personalities and clouding their judgement.

NUMBER EIGHTS AT THEIR BEST

Eights are strong-willed and have enormous energy and vitality. They are charismatic and can easily inspire others to follow their lead. Eights are the quintessential general, rallying the troops in preparation for battle.

Highly evolved Eights have a heroic quality, willing to endure hardship and self-sacrifice in order to achieve their objectives. They are natural, decisive leaders, protecting the rights and freedoms of common people and the disenfranchised.

THE AVERAGE NUMBER EIGHT

Eights are individualists. While aware of what others think and say about them, they aren't easily diverted off course by the opinions of others. They stay true to their convictions.

Once Eights assume power, they use it to dominate and control other people and the environment. They believe that their opinions are the correct opinions, and that their will should prevail. They also think that they know what is best for everyone under their control. While they themselves want to be treated fairly as an equal, they do not treat the people under their control as equals.

An Eight's aggressive, dictatorial style often results in the people around them rejecting their authority and control. In response, they over-compensate with confrontation, intimidation, and belligerence, which drives people even further away from them.

UNDER-EVOLVED NUMBER EIGHTS

An immature number Eight can become ruthless, taking advantage of those under his control. Their obsession over their power can lead to immoral and sociopathic acts. They can also develop delusional ideas about their power and control, which leads to reckless and violent behavior. When the people around them do not surrender under their will and control, they choose to destroy them, rather than inspire them to follow.

Challenges and Transitions

When EIGHTS feel their power eroding, they can react with:

"I'm the only person I can rely on".

"The world is a hostile place where only the strong survive".

"Until I get control, I'm in danger".

"If I don't fix this, nobody is going to fix it".

"The only way to get anything is to fight for it".

"I'm superior to these other people".

“I know what’s best for everybody else”.

Constructive Advice

Eights can benefit from these areas of development.

SHOW RESTRAINT

Just because you can project power over others, doesn’t mean that you should. Sometimes, doing nothing is the easiest and most effective way to resolve a situation.

SHARE YOUR POWER

You might find that sharing your power with others, especially in matters of little consequence, is an effective way to solidify your own power and rally supporters to you and your cause.

CULTIVATE SUPPORTERS

The opinions of other people do matter. Leaders need followers. Without supporters, who are you going to lead? Be a leader, not a dictator. Remain sensitive to the needs and opinions of others.

YOU NEED PEOPLE

Independence can have a cost. You are more dependent on others than you realize. You can retain your individuality while still integrating and engaging with other people.

POWER HAS ITS COSTS

Is being feared and obeyed really that important? Do you want respect or do you want love? People who follow a tyrant follow out of fear. Will being feared make you happy?

“The Diplomat”

Enneagram Type 9

The bumper sticker on the back of a Nine’s car might read, “Peace At Any Cost”. Actually, a Nine probably wouldn’t have such a bumper sticker, because that might be too confrontational. It might upset somebody, or worse, lead to an actual confrontation. Their bumper sticker is more likely to read simply, “PEACE”; although “Peace At Any Cost” is a more accurate expression of their sentiment.

Nines envision a world that is a more peaceful, harmonious, and comfortable place to live in. They desire unity amongst individuals and groups, and resolutions to conflicts. However, realizing those high ideals as a result of their own personal efforts is an unlikely possibility, because they probably won’t invest much energy into achieving them. They’re more likely to kick back, cross their fingers, and hope that ‘peace-on-earth’ manifests of its own accord; somehow.

A common theme in the formative years of a Nine is the lack of attention from parents and/or teachers. This resulted in their belief that they didn’t matter. Their needs didn’t matter and their ideas had little merit. As a result, Nines often suffer from low self-esteem. Rather than asserting themselves, they melded into the background, preferring complacency to constructive social intercourse.

If you were to compare a Nine to an animal, you might choose a bear. Rather than confront the harsh elements of the winter months, bears go to sleep. This tactic comes straight out of a Nine’s playbook. Or maybe they’re like an ostrich, who buries his head into the sand, thinking that if he can’t see conflicts, then they don’t really exist.

What Nines need is to be loved, appreciated, and noticed. When challenged, or during periods of stress, a Nine’s defensive strategy kicks in and they seek safety by dissolving into the background. They dial down their energies, find a suitable distraction, or just change the subject. Ironically, this strategy is the exact opposite of what they need and what they need to be doing. Nines need to speak up for themselves and take responsibility for their fate.

Nines are usually gentle beings, worthy of love and respect. They are accepting of others, trusting, and supportive. They are agreeable, easy-going, and modest, seeking peace of mind above all else. Conflicts and disharmony are especially upsetting to them.

They’re afraid of being neglected, abandoned, or shamed. Sadly, they often don’t know what they want, since nobody ever cared to ask them. Nines need to understand that it’s okay to feel passions and to express those passions, constructively. Accepting and dealing with their emotions is the medicine they must endure if they hope to ever realize their ideal of tranquility and peaceful co-existence.

Since change and conflict often go hand-in-hand, a Nine is likely to seek the status quo. Their aversion to change often results in stubbornness.

Nines are often attracted to inquiries into spiritual matters, whether conventional or unconventional. They are often seen as have a radiant quality, or ‘aura’ about them. But while

they yearn for answers to the questions regarding the heavens, they are very much grounded in their bodies and the physical world.

Nines are at the top of the Enneagram, and being in that position, they tend to identify closely with the other eight types. They have qualities shared by each of the others. This is one of the reasons why they make effective peacemakers, because they can relate easily to everyone's point of view.

NUMBER NINES AT THEIR BEST

Highly evolved Nines are receptive to the needs and problems of others. They project a calming and healing influence. Their own emotional stability allows them to empathize in a practical way, leading to a deeper understanding of the issues and the needs of all parties. They have a knack for bringing people together to solve problems.

The happiest and healthiest Nines have found peace within themselves. They are composed and even tempered. They are content; serene.

THE AVERAGE NUMBER NINE

Nines tend to go along with the wishes of others, agreeing, even when they are, in fact, strongly opposed. It's just easier that way. They don't want to risk rocking the boat. They disengage and become inattentive to what's going on around them, and what's going on within themselves.

When life's challenges overwhelm them, they tune the world out and immerse themselves in distractions and fantasies. They are willing to deny their own problems and needs just to appease others.

UNDER-EVOLVED NUMBER NINES

Nines can become so detached from their surroundings, they become repressed and dysfunctional. In extreme cases, they become catatonic. They dissociate from themselves and reality, and retire into a world of their own making.

Challenges and Transitions

When a Nine feels overwhelmed, she can react with:

"Nobody cares what I think anyway".

"I need to get out of here and get my head straight".

"None of this really matters".

"The most important thing is being nice to people".

"I've got to keep my feelings in check".

"I definitely don't want to attract attention to myself".

"Nobody's ever cared about me anyway".

Constructive Advice

Nines can benefit from these areas of development.

EXPRESS YOUR NEEDS

How can you possibly find happiness in a relationship if you constantly give in to your partner's wishes? What about your own needs? If your own needs are addressed, you'll be happier and you'll be a much better companion.

PARTICIPATE IN LIVING

Resist the temptation to retreat into your daydreams. Pay attention to what's going on. Get involved. Participate in your own life and the lives of others. You have much goodness to share with them.

CONFRONT YOUR FEELINGS

Emotions are a natural part of who we are. We all have them. They're there for a reason, to help us understand ourselves and navigate through life.

BE HONEST WITH YOURSELF

If the people in your life are experiencing problems, recognize the role you may have played in fostering those problems, and actively seek mutual resolution.

GET IN TOUCH WITH YOUR BODY

You spend so much time engaged in fantasies and diversions from reality, don't forget the needs of your own body. Stay physically active and be attentive to your health, medical, and nutritional needs.