

The Honest Enneagram – Case, Sarajane

Nine Enneagram Types with primary characteristics and a dimension within that type:

Sexual – Focused on one-on-one connections; deeper connections; intense contact.

Self-preservation – Focused on physical safety and comfort; worry about their needs.

Social – Focused on how people respond to them and how they are received by others.

Each Type is further defined by a Wing Type.

Two lines connect each Type – The Type that is highlighted in stress and in health.

TYPE ONE (1): Moralistic; Reformer; Perfectionist; Champion of Good

Belief: I'll be okay if I just do the right thing.

Basic Desire: I want to be a good person, to have balance, to live in my integrity.

Basic Fear: I'm afraid of being a bad person, of being evil or corrupt.

Characteristics: Organized, hardworking, honest, aware of the needs of the world, make things better, help others want to be better people, generous, prepared, dedicated, discerning, good person.

Hallmark: Working

Subtypes: *Self-preservation* turns that desire for perfection inward; attempting to do everything the "right way", *Social* focus on being the perfect example of societal standards, *Sexual* focuses outward on perfecting others.

Wing TYPE TWO: Warmth and action.

Wing TYPE NINE: Alternate perspectives.

In stress: moves towards TYPE FOUR.

In rest: moves toward TYPE SEVEN.

Remember:

1. Your inner critic isn't the authority of right and wrong.
2. De-prioritizing pleasure doesn't serve you long-term.
3. Your way isn't the only way.
4. Find healthy ways to express your anger.

Goals:

1. Get curious.
2. Redefine "good" for yourself.
3. Prioritize play.

TYPE TWO (2): Giver, Lover, Helper, Hidden Warrior

Belief: I am as worthy as I am loveable; My worth is related to how wanted I am.

Basic Desire: It's important to me that I am liked.

Basic Fear: What if no one loves me as I am?

Characteristics: Loving, kind, warm, welcoming, able to see good in people, generous, powerful beyond measure, home in human form, place of safety, charming, empathetic, lovable as you are.

Hallmark: Deeply Love

Subtypes: *Self-preservation* becomes "cute" or childlike, *Social* tries to be powerful and influential, *Sexual* uses flattery and seduction.

Wing TYPE ONE: Helpful in humanitarian work.

Wing TYPE THREE: Sociable, charming, makes connections.

In stress: moves towards TYPE EIGHT.

In rest: moves toward TYPE FOUR.

Remember:

1. You aren't giving just to give.
2. Neglecting your needs is actually hurting your relationships.
3. Your worth has nothing to do with how others see you.
4. Find healthy ways to express your emotions.

Goals:

1. Check in with your needs every day.
2. Flatter yourself daily.
3. Prioritize authenticity.
4. Ask directly for what you want.

TYPE THREE (3): Achiever, Motivator, Performer, Empowering Motivator

Belief: I will be okay as long as I am constantly achieving new things.

Basic Desire: It's important to me that I'm accepted and viewed as worthwhile.

Basic Fear: What if I'm only as worthy as what I can achieve?

Characteristics: capable of anything you set your mind to, adaptive, charming, seeks growth, aware and engaged, good at what you do, inspiring, self-starter, don't back down from a challenge, innately worthy.

Hallmark: Innate Drive

Subtypes: *Self-preservation* focuses on success by working hard, *Social* aims for recognition, *Sexual* wants to be attractive to a potential partner.

Wing TYPE TWO: Empathy and emotional awareness.

Wing TYPE FOUR: Creative expression.

In stress: moves towards TYPE NINE.

In rest: moves toward TYPE SIX.

Remember:

1. Other people aren't either your competition or your pathway to success.
2. There is no destination.
3. Being appreciated for your achievements is like eating too much ice cream.
4. Failure is inevitable.
5. You can't outwork your feelings.

Goals:

1. Practice radical honesty.
2. Check in on those emotions.
3. Keep some things (accomplishments) to yourself.

TYPE FOUR (4): Artist, Romantic, Individualist, Meaning Maker

Belief: It's the most important thing for me to always be true to who I am.

Basic Desire: It's important to me that I find an identity that expresses the truth of who I am and helps me find my significance.

Basic Fear: What if I'm not significant in any way?

Characteristics: comfortable with the range of human expression, empathetic, creative, full of depth, aesthetically gifted, great support to those who suffer, interesting, curious, filled with rich love, introspective, significant simply by being the way you are in the world.

Hallmark: Human condition

Subtypes: *Self-preservation* focuses on enduring suffering, *Social* focuses on how much they are suffering, *Sexual* aims to make others suffer because they have suffered before.

Wing TYPE THREE: Ambitious side of your creativity.

Wing TYPE FIVE: Introspection and perception with intense, creative thought.

In stress: moves towards TYPE TWO.

In rest: moves toward TYPE ONE.

Remember:

1. Learning not to treat your feelings as facts will lead to healthier relationships.
2. Separating yourself from your struggle will set you free.
3. We all mess up every single day.
4. Nothing outside of yourself will ever make you feel happier.

Goals:

1. Facts, not feelings.
2. I am not uniquely flawed, and no one else thinks I am either.
3. The one thing (when life feels overwhelming).
4. Pride pad – daily log of how you are proud of yourself.

TYPE FIVE (5): Thinker, Observer, Investigator, Sound Counsel

Belief: I know that I will be okay as long as I have something I've truly mastered.

Basic Desire: It's important to me that I'm capable, competent, and informed.

Basic Fear: I most fear being helpless, useless, or overwhelmed.

Characteristics: Understand in-depth, logical, unbiased, high standards for research, self-reliant, trustworthy, hold space for emotions of others without getting engulfed yourself, decisive, observant, original, capable, informed.

Hallmark: Curiosity

Subtypes: *Self-preservation* aims to build boundaries, *Social* focuses on following specific moral codes, *Sexual* focuses on a single partner and the romantic ideal.

Wing TYPE FOUR: Taps into curiosity and personal vision.

Wing TYPE SIX: Becomes more detail oriented.

In stress: moves towards TYPE SEVEN.

In rest: moves toward TYPE EIGHT.

Remember:

1. You do not have limited resources and energy.
2. You cannot truly detach from emotions.
3. You don't have to do this alone.
4. Taking action needs to happen before you feel "ready".

Goals:

1. Get into your body.
2. Get curious about your actions.

3. Exercise your empathy muscle.
4. Create an abundance practice.

TYPE SIX (6): Loyalist, Skeptic, Guardian, Trusted Integrator

Belief: I know I will be okay as long as I know what is expected of me and make a point to follow through with those expectations.

Basic Desire: It's important to me that I feel secure and supported.

Basic Fear: I am fearful of being left out on my own, that I will be without support and guidance and won't be able to survive without it.

Characteristics: Considerate, loyal, capable, competent, courageous, stands up for others, great at reading people, hardworking, dedicated, take time to do things the right way, have integrity, great in crisis.

Hallmark: Awareness

Subtypes: *Self-preservation* focuses on needing to be protected, so they make needed connections, *Social* fears doing the wrong thing in the eyes of authority and looks for rules and guidelines to follow, *Sexual* aims at denying fear and facing it head-on through a position of strength.

Wing TYPE FIVE: Intellectual and Analytical side.

Wing TYPE SEVEN: Lightness, humor, and enhanced energy.

In stress: moves towards TYPE THREE.

In rest: moves toward TYPE NINE.

Remember:

1. Anxiety does not live in the present moment.
2. Allow kindness in.
3. Focusing on potential problems creates real problems.
4. You are not the group you're aligned with.
5. Be cautious of "othering" people.

Goals:

1. Focus on the present moment.
2. Filter circumstances, not people.
3. Exercise your independence muscle.

TYPE SEVEN (7): Enthusiast, Multi-Tasker, Wunderkind, Illuminator of Possibility

Belief: I know I will be okay as long as I get my needs met.

Basic Desire: It's important to me that I remain happy, satisfied, and fulfilled.

Basic Fear: I am most afraid of being deprived and trapped in negative emotions.

Characteristics: Sunshine, expansive, quick learner, bold, adventurous, resilient, grateful, light to the lives of others, full of amazing ideas, engaging, bright, lively, great at what you put your mind to, living example of a life well lived.

Hallmark: Living Sunshine

Subtypes: *Self-preservation* indulges on satisfying opportunities and forming allies, *Social* indulges on counter-indulgences through serving other people, *Sexual* indulges through amazing experiences and seeking the ultimate relationship.

Wing TYPE SIX: Helps think things through before leaping.

Wing TYPE EIGHT: Strategic about where energy is placed.

In stress: moves towards TYPE ONE.

In rest: moves toward TYPE FIVE.

Remember:

1. You cannot outrun your responsibilities.
2. There is no end to wanting “more”.
3. All ideas aren’t for you to create.
4. It doesn’t matter how good your story is; if you haven’t expressed interest in their thoughts, they don’t want to hear it.
5. Living in the future is limiting the fullness you are experiencing in life.

Goals:

1. Learn to sit with darkness through breathing.
2. Set reverse deadlines.
3. Exercise your gratitude muscle.
4. Date your responsibilities.

TYPE EIGHT (8): Leader, Challenger, Protector, Defender of Justice

Belief: I know that I will be okay as long as I remain strong and powerful.

Basic Desire: It’s important to me that I am able to determine my own path in life.

Basic Fear: I am most afraid of being harmed or controlled by others.

Characteristics: Direct, communicative, great leader, driven, goal-oriented, protective, fearless, capable, charismatic, confident, self-reliant, turn heads when you walk in the room, challenge others to want more for themselves, giant heart paired with so much strength.

Hallmark: Leader

Subtypes: *Self-preservation* uses power to survive, *Social* focuses on protecting others and fighting injustice, *Sexual* turns to a fight against convention.

Wing TYPE SEVEN: Entrepreneurial, persuasive, and inspiring.

Wing TYPE NINE: Open to the perspectives of others.

In stress: moves towards TYPE FIVE.

In rest: moves toward TYPE TWO.

Remember:

1. Power doesn't equal impact.
2. You aren't invincible, and that's okay.
3. Vulnerability will change your life.
4. Honesty without kindness is brutality.

Goals:

1. Focus on finding peace versus changing your behavior.
2. Add in vulnerability.
3. Know your "why" and deal with your childhood.
4. Give time and energy to a cause you care about.

TYPE NINE (9): Healer, Peacemaker, Comforter, Secret Guru

Belief: I know that I will be okay as long as those around me are okay.

Basic Desire: It's important to me that I maintain my peace of mind.

Basic Fear: I worry about creating rifts with people in my life that cannot be repaired.

Characteristics: Inclusive, considerate, asks good questions, non-judgmental, easy to be around, safe place to land, easygoing, grounded, stable, makes others feel comfortable, offers perspectives, kind, has so much wisdom to offer.

Hallmark: Perspective

Subtypes: *Self-preservation* merges through physical comforts, *Social* merges with groups of people, *Sexual* merges with individuals.

Wing TYPE EIGHT: More direct and upfront.

Wing TYPE ONE: Creates discipline and structure.

In stress: moves towards TYPE SIX.

In rest: moves toward TYPE THREE.

Remember:

1. Conflict is normal, and you will survive it.
2. We want to hear what you have to say.
3. Stop saying “yes” right away.
4. You will make it to the other side of discomfort.
5. You’re not lazy – you’re overextended.

Goals:

1. Spend more time out alone doing things.
2. Focus on knowing your priorities.
3. Do something “hard” every week.
4. Start to view hiding yourself as lying to people you care about.

The Enneagram

