










# The Enneagram At-A-Glance

	Heart Center			Head Center			Belly Center		
									
	Two	Three	Four	Five	Six	Seven	Eight	Nine	One
<b>Type Name</b>	Helper	Achiever	Individualist	Investigator	Loyalist	Enthusiast	Challenger	Peacemaker	Reformer
<b>Passion</b>	Pride	Deceit	Envy	Avarice	Fear	Gluttony	Lust	Sloth	Anger
<b>Compulsion</b>	To be needed	To be a success	To be special	To know	To be accepted	To be gratified	To be in control	To be peaceful	To be perfect
<b>Basic Fear</b>	Being unloved & unwanted for self	Having no value apart from success	Of having no personal identity	Being helpless, useless, incapable	Being unable to survive on own	Being deprived & trapped in pain	Being controlled by others	Of loss & separation	Being "bad", defective, evil
<b>Basic Desire &amp; Its Distortion</b>	Desire to be loved deteriorates into need to be needed	Desire to be valuable deteriorates into arrogance and chasing success	Desire to be oneself deteriorates into self-indulgence	Desire to be competent deteriorates into useless specialization	Desire for security deteriorates into fearful following	Desire to be happy deteriorates into frenetic escapism	Desire to protect oneself deteriorates into constant fighting	Desire to be at peace deteriorates into stubborn neglectfulness	Desire for integrity deteriorates into critical perfectionism
<b>Fixation</b>	Flattery	Vanity	Melancholy	Stinginess	Cowardice/ Risktaking	Planning (Intemperance)	Revenge	Indolence/ Laziness	Resentment/ criticalness
<b>Self-Definition</b>	I am caring	I am admirable	I am sensitive	I am perceptive	I am reliable	I am happy	I am strong	I am peaceful	I am reasonable
<b>Wake-up Call</b>	People-pleasing	Doing, not being	Using the imagination to intensify feelings	Retreating into the mind	Looking for support outside of self	"the grass is greener somewhere else"	Pushing and struggling to make things happen	Going along with others at the expense of self	Sense of intense personal obligation
<b>Red Flag Fear</b>	That they are driving their friends & loved ones away	That they are failing, their claims are fraudulent	That they are ruining their lives & wasting opportunities	That they are never going to find their place in the world	That their own actions have harmed their security	That their activities are causing pain & unhappiness	That others are turning against them and will retaliate	That reality will force them to deal with their problems	That their ideas are actually wrong and counter-productive

**Sources:** Conference notes, *The Wisdom of the Enneagram, Personality Types*, and *Understanding the Enneagram* by Don Riso & Russ Hudson; conference notes from Bill Edwards; *Discovering the Enneagram* by Richard Rohr; *Biblical Characters and the Enneagram* by Diane Tolomeo et al; *What's My Type?* and *My Best Self* by Kathleen V. Hurley & Theodore E. Dobson; *Facets of Unity* by A. H. Almaas; *The Enneagram* by Helen Palmer.

## The Enneagram At-A-Glance- Pt. 2

	Two	Three	Four	Five	Six	Seven	Eight	Nine	One
<b>How each type manipulates others</b>	By finding out others' need & desires & creating dependencies	By charming others, adopting whatever image will "work"	By being temperamental & "hard-to-get", making others tread carefully	By staying preoccupied, detaching emotionally from others	By complaining, being evasive, testing others' commitment to them	By distracting & entertaining others, letting others meet their needs	By making big promises, bluffing, "throwing their weight around"	By "checking out", passively-aggressively resisting others	By correcting others, insisting others share their standards
<b>Eating Disorders &amp; Addictions</b>	Binging; abusing OTC meds	Workaholism; stimulant intake	Too many sweets, alcohol, anti-depressants	Poor eating & sleeping, psychotropic drugs	Stimulants, depressants, alcohol, poor diet choices	Most prone to addictions; tend to avoid depressants	Rich food & tobacco, avoid doctors, push too hard	Depressants, psychotropics, alcohol, over-/under-eating	Excessive diets, anorexia/bulimia, alcohol
<b>Superego message (You are good or okay if you...)</b>	...are loved by others & are close to them	...are successful & others think well of you	...are true to yourself	...have mastered something	...do what is expected of you	...get what you need	...are strong & in control of your situation	...as long as those around you are good & okay	...do what is right.
<b>Holy Idea (Higher Mind)</b>	Holy Will, Holy freedom	Holy harmony Holy Hope	Holy Origin	Holy Omniscience	Holy Strength Holy Faith	Holy Wisdom Holy Work	Holy Truth	Holy Love	Holy Perfection
<b>Virtue (Higher Emotion)</b>	Humility	Honesty	Equanimity (Balance)	Non-Attachment	Courage	Sobriety	Innocence	Right Action	Serenity
<b>Invitation</b>	Call to freedom; nurture self & others	Hope; develop self & set example for others	Originality; let go of past & be renewed by experiences	Wisdom; observe self & others without judgment or expectations	Faith; trust in the goodness of life	Cooperation with Spirit; celebrate existence & share happiness	Truth/Mercy; stand up for self & speak your own truth	Love; bring peace & healing into one's world	Growth; live for a higher purpose
<b>Life Task</b>	Freedom from false flattery & intimacy	Transformation comes with aging	Develop a healthy realism	Learn commitment	Self-Reliance	Face fear of pain & suffering	Learn strength of compassion	Overcome secret cynicism	To play and enjoy life
<b>Famous Examples</b>	Mother Teresa; Barbara Bush, Bill Cosby, Ann Landers, Sally Jesse Raphael, Dr. McCoy (Star Trek)	Oprah Winfrey, Tony Robbins, Tom Cruise, Paul McCartney, Shania Twain, Michael Jordan, Madonna, Clinton	Alanis Morissette, Jeremy Irons, Bob Dylan, Johnny Depp, Anne Rice, Edgar A. Poe	Bill Gates, John Lennon, Gary Larson, Sinead O'Connor, Emily Dickinson, Kurt Cobain, Einstein, Stephen King	Malcolm X, Princess Diana, Tom Hanks, Meg Ryan, Mel Gibson, Julia Roberts, George Bush (dad & son)	Speilberg, Ben Franklin, Leonardo DiCaprio, Liz Taylor, Jim Carey, Mick Jagger JFK	M.L. King, Jr., FDR, LBJ, Sean Connery, Donald Trump, Roseann Barr, Courtney Love, John Wayne	Lincoln, Ron Howard Reagan, George Lucas, Walt Disney, Ringo Starr, Keanu Reeves	Gandhi, John-Paul II, Martha Stewart, Meryl Streep, George Harrison, Celine Dion, Hilary Clinton
<b>Biblical Example</b>	St. John, Ruth & Boaz	Jacob, Saul, David	Job, Mary Magdalene	Joseph, Nicodemus	Timothy, St. Peter,	Solomon; Woman at Well	Samson, Martha	Jonah, Abraham	John the Baptist, St. Paul

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