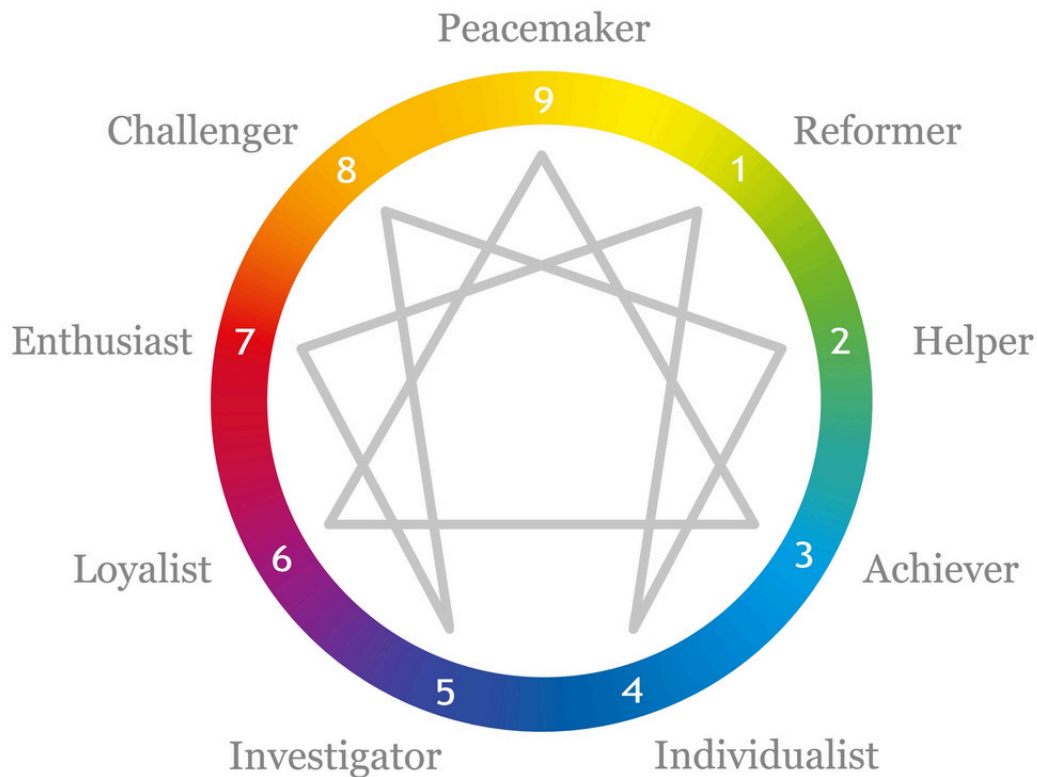


# THE ENNEAGRAM



**A system of nine personality types for  
psychological healing and spiritual awakening**

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# ABOUT ME



Hi, I'm Lee Bladon - The Awakening Coach

I'm a coach, therapist and author, specialising in deep psychological healing and spiritual awakening. I help people to transform their lives by healing their emotional wounds, breaking free from old patterns, and awakening to their true authentic self.

Using a unique blend of embodied inquiry, depth psychology and nondual presence, we journey inwardly together to gradually free you from everything you aren't and awaken to all that you are. This isn't a quick fix; it's a deeply transformational journey into the depths of your psyche and heights of your soul.

Inner work can be done on your own, but it's slow and challenging. Progress is much faster and easier when you have someone to "hold the space", guide you and support you. Even after all these years, I still regularly work with two teachers. I have spent well over £100k on my own psychospiritual development, and it's the best money I've ever spent. Investing in myself not only makes my life better now; it makes my future life better, and my future lives better. I will literally reap the rewards of my inner work for all eternity, and so can you.

If you want to heal, grow, awaken and thrive, and you're ready to experience real inner shifts, I'm here to guide and support you. Discover more at <http://theawakening.coach>

# INTRODUCTION

The enneagram (pronounced “any-a-gram”) is a system of nine archetypal personality types (or enneatypes) that is based upon an ancient nine-sided symbol (pictured). The word is derived from the Greek words “ennea” (meaning nine) and “gramma” (meaning written or drawn). This unique introduction to the enneagram describes the underlying factors that distinguish the nine enneatypes.

The Enneagram is a system of nine archetypal personality types. It combines traditional wisdom and modern psychology into a comprehensive, powerful and versatile system for understanding yourself and others.

This booklet will help you to discover your enneagram type, but more importantly, it will help uncover your core beliefs, emotional reactions and coping strategies. This depth of insight into your subconscious patterning is incredibly useful to anyone who is interested in self-discovery, personal growth, emotional healing, spiritual awakening or any kind of “inner work”.

Combining traditional wisdom with modern psychology, the enneagram is a comprehensive, powerful and versatile system for understanding ourself and others. It has a variety of uses, including:

- Personal development and spiritual growth.
- Developing successful relationships at home and at work.
- Increasing self-awareness and emotional intelligence.
- Increasing personal and professional effectiveness.
- Understanding our patterns of thinking, feeling and behaving.
- Supporting our strengths and developing our potential.
- Identifying our limitations and associated blind spots.
- Becoming more understanding of other people’s behaviours.
- Managing our personal reactivity.

## THE ENNEAGRAM AND SELF DISCOVERY

We are all driven by an unsettling subconscious sense that something indefinable is missing within us. Even though we don’t know exactly what we are looking for, we come up with all sorts of ideas about what will make us happy and fulfilled, e.g. a better relationship, more money and a nicer house. But even if we are blessed enough to have these things the unsettled feeling remains, because all we really want is to feel whole and to know who we truly are.

Before we can become whole we need to discover what aspects of ourselves are 'missing', and what mental and emotional strategies we employ to help us cope in their absence. This can only be achieved through ongoing self-inquiry, but the wisdom of the enneagram can give us a head start with this.

When we were very young, disconnection from particular aspects of our true nature (called 'essential qualities') caused our personality to develop into one of the nine enneatypes. So our personality type is not 'who we truly are' – it is who we have become as a consequence of losing touch with 'who we truly are'.

If there was no disconnection from our true nature / essential qualities, our personality would have developed as an authentic reflection of our true nature. But the mental, emotional and energetic disconnect forced our psyche to fill in the 'holes' with 'ego structures'.

Ego structures are psychological constructs that substitute for our lost authentic qualities and enable us to function in life despite their absence. They are crude representations of essential qualities that were created in our early childhood by our immature, undeveloped consciousness. Ego structures are not particularly refined, capable or stable, so their functioning is sub-optimal, which is why most of us have some psychological deficiencies.

Therapy can help us to cope with our deficiencies by reinforcing and repairing our ego structures, so that we can feel "normal" again. But this approach doesn't deal with the root cause of our issues, i.e. our deficiencies. So things may look and feel alright, for a while at least, but the underlying issue remains buried in our subconscious and could resurface at any time. So deep and lasting change requires a fundamentally different approach – one that digs deeper into the cracks rather than plastering over them. This different approach is called self-inquiry.

Self-inquiry involves every aspect of our being – body, heart, mind and soul. The process often begins by feeling deeply into the bodily sensations that are associated with the issue (ego structure). Once we have a "handle" on the issue and deeply feel into it (without resistance), the energy and emotions that are entangled within the ego structure begin to loosen a bit.

This creates some space for the light of our awareness to illuminate what we have been avoiding for so long, allowing us to gain some perspective, objectivity and insight. This enables us to gradually disidentify from the ego structure, which in turn reveals more of our true nature. So going deeply into our issues is actually our doorway to self-discovery, freedom and wholeness.

As we gradually work through an issue, the contracted, fearful, reactive, rigid, structural aspects are metabolised (or digested) by our soul's presence and awareness. This releases the consciousness that was previously trapped inside, allowing it to reintegrate into the wholeness of our being. So the uncomfortable (psychological) experience of fully feeling into the issue is usually followed by the pleasant (spiritual) experience of reintegration and wholeness. Then we realise that the psychological and spiritual dimensions of our 'inner world' are one and the same – they are merely different frequencies or densities within the continuum of our consciousness.

## THE ENNEAGRAM AND OUR DISCONNECT

The wisdom of the enneagram can help us to understand the core beliefs, motivations and strategies that underlie the key characteristics of each enneatype – please refer to the individual enneatype webpages. But first we need to look at the relationship between the enneagram and the different ways each enneatype copes with the disconnection from our "essence" or "true nature"...

Being disconnected from our true nature forces us to develop new ways of functioning in life – mentally, emotionally and instinctively:

### Mental Style:

The first way we compensate for the disconnect is by favouring one of the three centres of intelligence in our "mental body"; i.e. prioritising one of three decision making styles:

- **Belly Types (8-9-1):** Their decisions are primarily made in the belly centre (gut instincts and intuition). They have strong and intuitive minds. They fear losing control. They seek autonomy. Their stress response is anger / frustration / resentment.
- **Heart Types (2-3-4):** Their decisions are primarily made in the heart centre (emotional thinking). They have heart-driven minds. They fear being unworthy. They seek validation or attention. Their stress response is shame.
- **Head Types (5-6-7):** Their decisions are primarily made in the head centre (rational thinking). They have logical minds. They fear being helpless. They seek security. Their stress response is anxiety.

## Emotional Style:

The second way we compensate for the disconnect is by favouring one of the three centres in our “emotional body”; i.e. prioritising one of three emotional coping styles:

- **Belly Types (8-9-1):** Their decisions are primarily made in the belly centre (gut instincts and intuition). They have strong and intuitive minds. They fear losing control. They seek autonomy. Their stress response is anger / frustration / resentment.
- **Heart Types (2-3-4):** Their decisions are primarily made in the heart centre (emotional thinking). They have heart-driven minds. They fear being unworthy. They seek validation or attention. Their stress response is shame.
- **Head Types (5-6-7):** Their decisions are primarily made in the head centre (rational thinking). They have logical minds. They fear being helpless. They seek security. Their stress response is anxiety.

## Instinctive Style:

The third way we compensate for the disconnect is by favouring one of the three centres in our “etheric/energy body”; i.e. prioritising one of three instinctive styles. These three sub-types (or variants) are not type-specific, as the previous two groups were. Any enneatype can be any of these three sub-types (and we all have aspects of all three instincts):

- **Self-Preservation Types (Sp):** Their self-preservation instinct is dominant, so they prioritise physical safety, security, survival and well-being.
- **Sexual Types (Sx):** Their pair-bonding instinct is dominant, so they prioritise one-to-one connections, emotional intimacy and chemistry.
- **Social Types (So):** Their social instinct is dominant, so they prioritise others, groups, belonging and social standing.





# THE COMBINATION DETERMINES OUR ENNEATYPE

The combination of our **mental style** and **emotional style**  
determines our enneatype:

**3 mental styles x 3 emotional styles = 9 enneatypes**

The combination of our **mental style**, **emotional style** and **instinctive style**  
determines our subtype:

**3 mental styles x 3 emotional styles x 3 instinctive styles = 27 subtypes**

Balanced, integrated and well-rounded people don't have a dominant centre of intelligence; they utilise all three in harmony. So our dominant centre is actually where we are most out of balance, psychologically speaking. Excessive focus on one aspect of our being puts our entire being out of balance. The same applies to our dominant emotional and energetic centres, which put our entire being even further out of balance.

Our one-sided view of 'self' and 'life' limits and distorts our consciousness, which creates all of the fears, insecurities and reactive behaviours (associated with each enneatype) that cause us so much suffering in life. You might think that being disconnected from key aspects of true nature would hinder our development, but it is actually what facilitates our development. The difficulties that we encounter in life as a result of our disconnect provides the resistance that allows our consciousness to develop – just as the resistance of lifting weights helps our muscles to develop.

## Wings:

The nine enneatypes are not rigid divisions, so there is no such thing as a pure enneatype. Each enneatype is influenced by its neighbouring types, and the neighbouring types are known as "wings". Most people have one dominant wing (e.g. a Two with a Three wing), but for some people both wings influence them equally, in which case the wing usually isn't referred to.



# NINE ENNEAGRAM TYPES

## HOW TO DISCOVER YOUR ENNEAGRAM TYPE

Almost every book or website about **The Enneagram** (including this one) has nine lists of characteristics that are supposed to help you to discover your enneagram type (or enneatype). **The problem with just using characteristics to type ourselves is that some characteristics are 'typical' (i.e. characteristic of our type) but some are not.**

The behaviours that we directly employ to repress, avoid or distract us from our core issues are 'typical'. But those same behaviours may be employed by other enneagram types as a secondary means of avoiding their issues. For example, a Three may behave assertively (like an Eight) in order to be successful. So seeking success is a typical behaviour for a Three, but being assertive isn't – it is simply a means to an end.

So behaviour alone doesn't reveal our enneagram type – the beliefs, fears and motives that drive our behaviour are far more revealing. These factors are discussed in more detail on the individual enneagram type webpages, but below I have briefly described the motives that underlie each enneagram type's key characteristics. After you have read these nine overviews, please read the information at the bottom of this webpage before going on to read the appropriate individual enneagram type webpages.







# THE NINE ENNEATYPES

## Type 1: Reformer

### Other Names:

Perfectionist, Judge, Crusader, Critic, Organiser, Teacher, Moralist, Activist.

### Key Characteristics:

Principled, Rational, Wise, Integrity, Idealistic, Respectable, Objective, Fair, Purposeful, Self-Controlled, Discerning, Perfectionist, Conscientious, Ethical, Honest, Organised, Critical, Impatient, Anxious, Dissatisfied, Frustrated.

### Underlying Motives:

Ones have a strong desire to be good, honest and perfect. So they maintain high standards and strive to improve everything.

## Type 2: Helper

### Other Names:

Carer, Caretaker, Nurturer, Pleaser, Enabler, Manipulator, Martyr.

### Key Characteristics:

Caring, Generous, Sympathetic, Loving, Helpful, People-Pleasing, Thoughtful, Considerate, Warm-Hearted, Seductive, Sociable, Approachable, Vulnerable, Generous, Appreciated, Enthusiastic, Indispensable, Sentimental, Proud, Possessive, Needy, Emotional, Martyr.

### Underlying Motives:

Twos have a strong desire to be loved and accepted. So they are loving and kind to others in the hope that they will receive the same in return.

## Type 3: Achiever

### Other Names:

Performer, Motivator, Status Seeker, Role Model, Professional.

### Key Characteristics:

Ambitious, Accomplished, Image-Conscious, Confident, Successful, Competitive, Approval-Seeking, Adaptable, Charming, Efficient, Energetic, Focused, Driven, Inspirational, Performer, Professional, Direct, Abrupt, Emotionally-Detached, Workaholic, Vanity.

### Underlying Motives:

Threes have a strong desire to feel valued. So they strive to maintain a 'perfect' image to get approval and validation.

## Type 4: Individualist

### Other Names:

Artist, Romantic, Mystic, Melancholic, Sensationalist, Special One, Victim.

### Key Characteristics:

Self-Conscious, Sensitive, Honest, Reserved, Creative, Intense, Different, Individual, Expressive, Bohemian, Romantic, Emotional, Melodramatic, Self-Absorbed, Temperamental, Disappointed, Depressive, Vulnerable, Victim, Long-Suffering, Self-Pity, Inferior, Deficient.

### Underlying Motives:

Fours have a strong desire to be unique and special. They want to be significant and recognised for their unique identity.

## Type 5: Investigator

### Other Names:

Observer, Thinker, Innovator, Expert, Specialist.

### Key Characteristics:

Perceptive, Insightful, Cerebral, Objective, Inquisitive, Innovative, Visionary, Knowledgeable, Intellectual, Focused, Rational, Detached, Private, Secretive, Reclusive, Insecure, Vulnerable, Untrusting, Low-Key, Easily Overwhelmed, Eccentric, Stingy, Hoarder.

### Underlying Motives:

Fives have a strong desire to be capable and competent. They need to understand everything to enable them to feel more competent.

## Type 6: Loyalist

### Other Names:

Guardian, Sceptic, Traditionalist, Devotee, Advocate.

### Key Characteristics:

Committed, Reliable, Responsible, Trustworthy, Dependable, Dependent, Self-Doubt, Uncertain, Indecisive, Cautious, Suspicious, Alert, Trouble-Shooter, Friendly, Engaging, Security-Oriented, Worry, Anxious, Defensive, Defiant, Pessimistic, Catastrophising.

### Underlying Motives:

Sixes have a strong desire to feel supported. So they latch onto people who are competent and capable and draw upon their strengths.

## Type 7: Enthusiast

### Other Names:

Optimist, Adventurer, Connoisseur, Entertainer, Generalist.

### Key Characteristics:

Spontaneous, Enthusiastic, Energetic, Optimistic, Cheerful, Uninhibited, Curious, Sharp, Versatile, Visionary, Distractible, Scattered, Indecisive, Bold, Practical, Multi-Tasker, Fast Learner, Busy, Plan Ahead, Anticipatory, Anxious, Frustrated, Directionless, Lost in Life (in both senses).

### Underlying Motives:

Sevens have a strong desire to feel satisfied. So they plan their busy lives to ensure they will always be happy and satisfied.

## Type 8: Challenger

### Other Names:

Leader, Protector, Provider, Entrepreneur, Maverick, The Boss.

### Key Characteristics:

Assertive, Self-Assured, Strong, Decisive, Active, Wilful, Direct, Independent, Go-Getter, Aggressive, Protective, Resourceful, Industrious, Charismatic, Persuasive, Inspiring, Straight-Talking, Rugged, Vitality, Controlling, Confrontational, Loner, Intimidating, Frosty, Insensitive.

### Underlying Motives:

Eights have a strong desire to protect themselves. They want to feel safe and in control so they actively assert their strength and will.

## Type 9: Peacemaker

### Other Names:

Mediator, Reconciler, Comforter, Utopian, Healer.

### Key Characteristics:

Pleasant, Agreeable, Easy Going, Considerate, Gentle, Accommodating, Patient, Unassuming, Identity-less, Stable, Trusting, Receptive, Reassuring, Withdrawn, Dreamer, Go With The Flow, Avoid Conflict, Optimistic, Spiritual, Complacent, Resistant, Stubborn, Procrastination, Inaction, Numb.

### Underlying Motives:

Nines have a strong desire to be peaceful. They want to be comfortable, contented and stress-free.

## DISCOVERING YOUR ENNEAGRAM TYPE CAN BE COMPLEX

Discovering your enneagram type is not as simple as you might think, because in addition to the nine main enneatypes there are:

- **3 Subtypes:** Each of the nine main types has three subtypes (or variants), making 27 in all.
- **2 Wings:** Each main type is also influenced by its “wings” (adjacent enneatypes). Most people have one dominant wing, but for some people both wings influence them equally.
- **2 Lines/Arrows:** The lines of the enneagram symbol (which connect the nine types) indicate the directions our behaviour can move when we feel safe and relaxed (evolution) or when we feel stressed (devolution).
- **Level of Development:** Our overall level of personal development affects how much we exhibit the characteristics of our enneatype. The more developed our consciousness is, the less obvious our enneatype is, because our personality is more rounded, balanced and neutral, and the typical traits (especially the negative ones) are subtler.



Subtypes, Wings and Evolutionary / Devolutionary Behaviours are described in the sections on each individual enneatype.

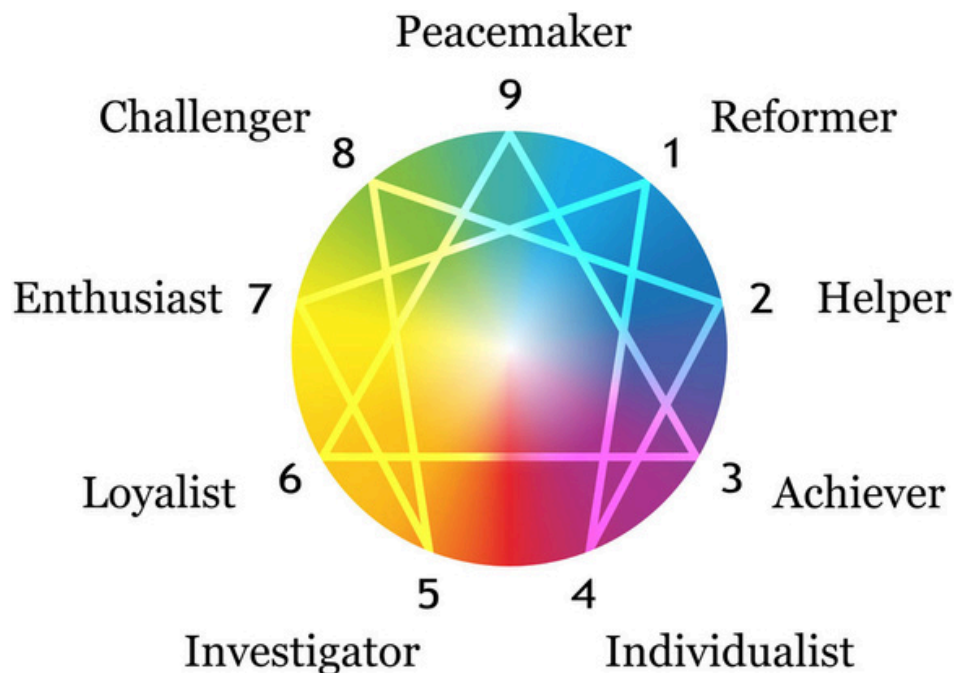
## NARROWING DOWN YOUR ENNEAGRAM TYPE

**Please bear the following factors in mind when trying to discover your enneagram type:**

- Don't rush into typing yourself. Take your time and read about your possible types from a few different sources. There is no point jumping to conclusions too early, because it won't benefit you at all in the long run.
- You will have some characteristics from all nine types, so you need to look out for the group of characteristics that really resonate with you (not necessarily the type with the most matching characteristics). This is the reason online enneagram tests are not that reliable.
- You will also have some characteristics from all three subtypes within your enneatype, because you have all three instincts (self-preservation, sexual and social) to some degree, but one will be more dominant.
- Think back to how you were at age 20, because as we get older we often try to repress or deny some of our characteristics.
- The information about "wings" and evolutionary / devolutionary behaviours can be very helpful in narrowing down your enneatype type.
- Types 6 and 9 are the most difficult to determine, because they are quite neutral, without too many standout characteristics.
- Look out for blind-spots: Not wanting to admit to all the characteristics of your personality, especially the 'negative' ones.
- Don't Idealise (want to be a particular type because you think it is nice) or Judge (not want to be a particular type because you don't like some of its characteristics).
- Even after you have decided which type you probably are, keep an open mind for a while because you may suddenly see a characteristic or pattern that you weren't really aware of before, and everything could change.

# DON'T BECOME IDENTIFIED WITH YOUR ENNEATYPE

The other factor to bear in mind once you have discovered your enneagram type, is not to become identified with it or use it to excuse your behaviour. Our enneatype is a basic description of nine generic personality types – nine archetypal patterns of behaviour. Our enneatype is not “who we are”. If anything, our enneatype is “who we are not”, because it describes generic patterns, programming and characteristics within our ego – not our true essence. Who we truly are is utterly unique and cannot be classified into one of nine broad types. Remember, there are hundreds of millions of people in the world of each enneatype. So becoming identified with your enneatype will prevent you using the [enneagram](#) for its primary purpose – for personal development and spiritual growth.





# ENNEATYPE 1: THE REFORMER

(PERFECTIONIST, JUDGE, CRUSADER, CRITIC, ORGANISER, TEACHER, MORALIST, ACTIVIST)

## KEY CHARACTERISTICS OF ENNEATYPE 1

Principled, Rational, Wise, Integrity, Idealistic, Respectable, Objective, Fair, Purposeful, Self-Controlled, Discerning, Perfectionist, Conscientious, Ethical, Honest, Organised, Critical, Impatient, Anxious, Dissatisfied, Frustrated.

## GENERAL DESCRIPTION

Ones attempt to embody the qualities of perfection, purity and completeness, and impose them on others. This gives Ones a very clear sense of (what they consider to be) right and wrong, and they believe that the world would be a better place if everybody lived by their standards. Ones have a sharp eye for imperfection, which is often accompanied by criticality and coercing others into doing things the 'right way'.

Ones resent the 'fact' that things are imperfect and they become frustrated when their efforts to improve things are not embraced by others. Ones don't like chaos or disorder so they are sharp, organised and well-presented.



# THE THREE SUB-TYPES (OR VARIANTS)

## Self-Preservation Ones

- Can look like Sixes.
- Independent, self-disciplined, organised and accurate, but can find it hard to relax.
- Their excessive sense of responsibility (originating from early childhood) makes them prone to worry and anxiety.
- Foresight, anticipation and control are very important to them.
- They believe they are imperfect, need to improve themselves and always do the right thing.
- They come across as warm, decent and kind but have a lot of repressed anger.
- They would benefit from relaxing, going easy on themselves and allowing more time for pleasure and play.

## Sexual Ones

- Countertype – Can look like Eights.
- Determined, intense, idealistic crusaders, but can be impulsive and jealous.
- Unlike other Ones, this countertype doesn't repress their desires or their anger.
- They are impatient and assertive, with a sense of entitlement that often results in the explicit expression of anger.
- They have a strong desire (fuelled by anger) to improve others and make everything how they think it should be.
- They are driven by a need to reform and perfect others.
- They would benefit from exploring the deeper motives behind their expressive anger and desire to reform other.

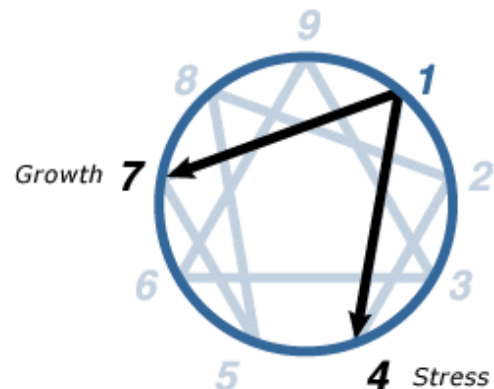
## Social Ones

- Strict but fair advisors, rule-makers and enforcers, but can be stubborn and stern.
- They believe they are perfect and demonstrate it by being a good example to others.
- They rigidly believe that their way is the right way (and everyone else is wrong), so often have an unconscious superiority complex.
- Their anger is only partially repressed, and is expressed in a cold, critical and cutting way.
- They would benefit from becoming conscious of their need for superiority and be open to learning from others.

## FURTHER INFORMATION ABOUT ENNEATYPE 1

### EVOLUTIONARY BEHAVIOURS (WHEN SAFE AND RELAXED)

- Ones become more spontaneous, enthusiastic and joyful, **like healthy Sevens**.
- Ones become more connected with their deeper emotions, **like healthy Fours**.



### DEVOLUTIONARY BEHAVIOURS (WHEN STRESSED)

- Ones become moody and irrational, like unhealthy Fours.
- Ones become restless and unfocused, like unhealthy Sevens.

## ONES WITH A NINE WING

Discerning, Wise, Idealistic, Civilised, Conservative, Casual, Natural, Introverted, Reserved, Kind, Generous, Considerate, Solitary, Impatient, Condescending, Uptight, Sarcastic.

## ONES WITH A TWO WING

Compassionate, Personal, Persuasive, Activist, Outgoing, Helpful, Altruistic, Advocate, Cultivated, Fashionable, Unique, Moody, Active, Vocal, Critical.

## GENERAL ADVICE FOR ONES

- Acknowledge your tendency to hold yourself and others to unrealistic standards.
- Learn to relax and realise that everything doesn't depend on you.
- Be more tolerant, patient and accepting of others.
- Get in touch with your repressed feelings and impulses.

# CORE BELIEFS & STRATEGIES OF TYPE 1S

## LOST ESSENTIAL QUALITY: BRILLIANCY (COMPLETENESS)

Brilliancy is an aspect of higher intelligence where the understanding is perfect, pure, complete and instant. It is like a brilliant flash of inspiration; hence the name. Brilliancy feels complete in the sense that it is a synthesis of all the other undifferentiated essential qualities.

## MENTAL IDEAL (HOLY IDEA): PURE PERFECTION

The mind's sense of the lost essential quality – the inherent purity and perfection of true nature.

## EMOTIONAL IDEAL (VIRTUE): SERENITY

The heart's sense of the lost essential quality – the serenity that arises from the purity and perfection of true nature.

## **CORE BELIEF:**

### **I AM IMPURE / IMPERFECT / BAD / FAULTY**

The loss of the essential quality (brilliancy), the mental ideal (pure perfection) and the emotional ideal (serenity) contribute to the development a core belief of being inherently impure, imperfect, defective or corrupt.

## **CORE MOTIVATION (TO DISPROVE THE CORE BELIEF): TO BE GOOD / HONEST / PURE / PERFECT**

In an attempt to correct the core belief (being impure) and to reconnect with the essential quality (brilliancy), the mental ideal (pure perfection) and the emotional ideal (serenity), Ones develop a strong desire to be good, honest and perfect. They want to be right and strive to improve everything, and they maintain high standards to avoid being criticised by others.

## **MENTAL STRATEGY (FIXATION): JUDGEMENT / CONDEMNATION**

The ego-mind doesn't see purity and perfection; it only sees imperfection and how things could be better, which is expressed as judgement/condemnation.

## **EMOTIONAL STRATEGY (PASSION): FRUSTRATION / ANGER / RESENTMENT**

The felt sense of imperfection gives rise to frustration, anger and resentment.

## **EGO IDEAL (WHAT WE ASPIRE TO BE): TO BE PURE / PERFECT / COMPLETE**

The ego-ideal (to be Pure/Perfect) is an aspirational idealised idea of ourself that incorporates the lost essential quality (Brilliancy).

# ENNEATYPE 2: THE HELPER

(CARER, CARETAKER, NURTURER, PLEASER, ENABLER, MANIPULATOR, MARTYR)

## KEY CHARACTERISTICS OF ENNEATYPE 2

Caring, Generous, Sympathetic, Loving, Helpful, People-Pleasing, Thoughtful, Considerate, Warm-Hearted, Seductive, Sociable, Approachable, Vulnerable, Generous, Appreciated, Enthusiastic, Indispensable, Sentimental, Proud, Possessive, Needy, Emotional, Martyr.

## GENERAL DESCRIPTION

Twos have a deep desire for intimate union, either physical or emotional. So they attempt to emulate these qualities by trying to become someone special that others will love deeply. Twos are very loving and sensitive to other people's emotional needs, but it is a case of giving in order to receive.

They don't like to ask for affection or attention because they expect others to be like them and sense when it is needed. Twos need to be needed and don't like to be ignored or rejected. They can be perceived as being clingy, needy and sentimental, with a sense of self-importance.



# THE THREE SUB-TYPES (OR VARIANTS)

## Self-Preservation Twos

- Countertype – Can look like Sixes or Sevens.
- Loving, caring and nurturing, but don't like asking for help or being dependant on others.
- Unlike other Twos, this countertype is less outgoing and doesn't see themselves as needy (even though they are).
- They are lovable, cute and innocently seductive because they subconsciously want to be taken care of.
- They have a child-like sense of self-importance and entitlement just for being who they are, and they get upset when they don't get special treatment.
- They would benefit from becoming more conscious of their dependency needs and developing more-mature relationships.

## Sexual Twos

- Can look like Fours.
- Romantic, seductive and wild at heart, but can be manipulative and strong-willed.
- They inspire affection, attraction or allegiance in others, so they can have their own way and get what they want, because they don't like taking "no" for an answer.
- The attractive nature that is inherent in all Twos is amplified by the sexual instinct, so their active seduction may even become aggressive.
- They subtly manipulate people into meeting their needs without having to explicitly ask for anything.
- They would benefit from establishing clearer boundaries with others, which would help them to become more authentic and less manipulative.



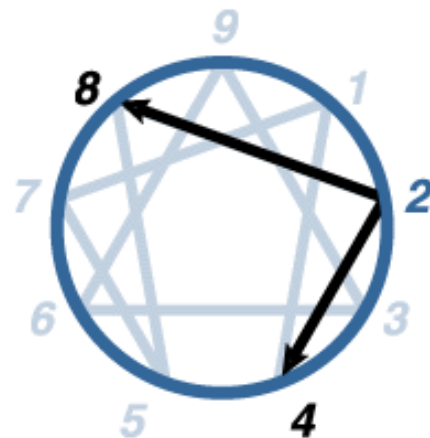
## Social Twos

- Can look like Threes or Eights.
- Diplomatic, influential, ambitious and engaging social coordinators who use their seductive powers in a more intellectual way.
- They charm and seduce groups in order to gain power and influence over them.
- They are proud, ambitious, well-connected, and do what is required to get themselves noticed.
- They often have a hidden (subconscious) agenda when helping or giving, in that they only do it to get something they want.
- They would benefit from noticing how their need for power distracts them from their deeper feelings and needs.

## FURTHER INFORMATION ABOUT ENNEATYPE 2

### EVOLUTIONARY BEHAVIOURS (WHEN SAFE AND RELAXED)

- Twos become more self-nurturing and emotionally aware, like healthy Fours.
- Twos become more confident and assertive, like healthy Eights.



### DEVOLUTIONARY BEHAVIOURS (WHEN STRESSED)

- Twos become aggressive and dominating, like unhealthy Eights.
- Twos become depressed and self-pitiful, like unhealthy Fours.

## TWOS WITH A ONE WING

Selfless, Warm, Efficient, Purposeful, Responsible, Appropriate, Good Samaritan, Caretaker, Dutiful, Inconspicuous, Modest, Elegant, Classic, Self-Critical, Martyr.

## TWOS WITH A THREE WING

Outgoing, Friendly, Charming, Cheerful, Generous, Good Host / Hostess, Fun, Playful, Glamorous, Adaptable, Focused, Direct, Ambitious, Sentimental, Self-Important, Arrogant.

## GENERAL ADVICE FOR TWOS

- Acknowledge your desire to call attention to what you have done for others.
- Don't be so concerned about what others think of you.
- Establish boundaries that allow you to empathise with others without becoming entangled in their problems.
- Be honest about your motives when doing anything for anyone.

# CORE BELIEFS & STRATEGIES OF TYPE 2S

## LOST ESSENTIAL QUALITY: UNITY (MERGING GOLD)

Merging Gold is a state of blissful union in which all sense of being a separate individual dissolves into the oneness. It is the state of being so in love that we melt into sublime oneness with our beloved.

## MENTAL IDEAL (HOLY IDEA): UNIVERSAL SUPPORT (WILL)

Merging Gold is a state of blissful union in which all sense of being a separate individual dissolves into the oneness. It is the state of being so in love that we melt into sublime oneness with our beloved.



## **EMOTIONAL IDEAL (VIRTUE): HUMILITY**

The heart's sense of the lost essential quality – the humility that arises from being at one with the universe and at one with the unfolding of life.

## **CORE BELIEF: I AM UNWANTED / UNLOVEABLE**

The loss of the essential quality (unity), the mental ideal (supported by the universe) and the emotional ideal (humility) contribute to the development a core belief of being inherently unwanted, unlovable and unsupported.

## **CORE MOTIVATION (TO DISPROVE THE CORE BELIEF): TO BE LOVED AND ACCEPTED**

In an attempt to correct the core belief (being unlovable) and to reconnect with the essential quality (unity), the holy idea (held by universe) and the virtue (humility), Twos develop a strong desire to be loved and deeply accepted.

## **MENTAL STRATEGY (FIXATION): APPRECIATION (FLATTERY)**

The ego-mind doesn't see a nurturing and supportive universe, so Twos assume that role for others in the hope that they will be loved, accepted and appreciated in return.

## **EMOTIONAL STRATEGY (PASSION): PRIDE**

The felt sense of pride that comes from their own good deeds and from being praised by others.

## **EGO IDEAL (WHAT WE ASPIRE TO BE): TO BE LOVEABLE**

The ego-ideal (to be lovable) is an aspirational idealised idea of ourself that incorporates the lost essential quality (Unity).

# ENNEATYPE 3: THE ACHIEVER

(PERFORMER, MOTIVATOR, STATUS SEEKER, ROLE MODEL, PROFESSIONAL)

## KEY CHARACTERISTICS OF ENNEATYPE 3

Ambitious, Accomplished, Image-Conscious, Confident, Successful, Competitive, Approval-Seeking, Adaptable, Charming, Efficient, Energetic, Focused, Driven, Inspirational, Performer, Professional, Direct, Abrupt, Emotionally-Detached, Workaholic, Vanity.

## GENERAL DESCRIPTION

Threes are driven to achieve their full potential, but their attempts to emulate completeness and perfection are distorted into achieving and vanity. Their desire for approval drives them to continually strive to achieve a self-image that matches (what they believe is) society's idealised image. Their sense of value is determined by their image and achievements, so getting the job done is always their number one priority, even if it is at the expense of their other needs. Threes find it difficult to relax, so they are always doing something – even when 'relaxing'. Threes come across as professional, polished and well-presented, but at the lower levels of development they appear shallow, inauthentic and fake.



# THE THREE SUB-TYPES (OR VARIANTS)

## Self-Preservation Threes

- Countertype – Can look like Ones.
- Pragmatic, ambitious, productive and reliable, but can find it difficult to disengage from work.
- Unlike other Threes, this countertype doesn't actively express their vanity. They still want to be seen as attractive and successful, but don't openly advertise it.
- They want to be a good person / friend / partner / parent / employee because they think their goodness hides their vanity, but their goodness is actually motivated by vanity.
- They only tend to see their image-based reasons for doing things, because they don't want to admit their real reasons or true feelings.
- They are self-reliant workaholics who appear calm, confident and in control, but they are often more stressed than they would care to admit.
- They would benefit from slowing down and turning their attention inwards to acknowledge their real feelings and insecurities.

## Sexual Threes

- Can look like Twos or Sevens.
- Charismatic, enthusiastic and supportive, but tend to compete for attention and affection.
- They come across as sweet and a little shy, but their personal appeal and sex-appeal are always in the back of their mind.
- Pleasing and supporting other people brings them approval and love, without them having to be a conventional achiever.
- They are positive and enthusiastic, and more emotionally connected than other Threes.
- They would benefit from relaxing their need to be seen as attractive and supportive, which would enable them to tune into their real needs and relate more authentically.

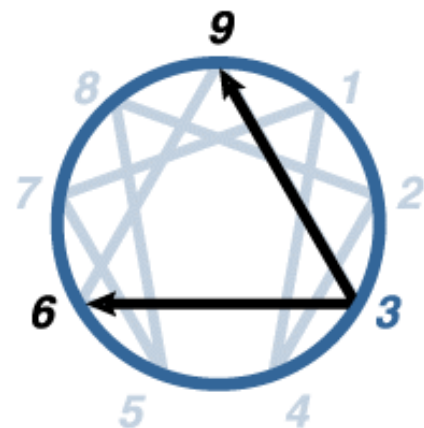
## Social Threes

- Competitive, attention-seeking and influential, but may cut corners or cover up failures.
- They have a flawless image and want to be seen, admired and applauded.
- They know how to talk to people, make a good impression and climb the social ladder.
- They are highly competitive and have a talent for marketing themselves or whatever they want to promote.
- They are devastated by criticism, but would never show it.
- They need to keep some people at a distance, because if they get too close they may see through the highly-polished façade.
- They would benefit from observing the differences between their image and their real self, and realising that their real self is more lovable than their image.

## FURTHER INFORMATION ABOUT ENNEATYPE 3

### EVOLUTIONARY BEHAVIOURS (WHEN SAFE AND RELAXED)

- Threes become more cooperative and committed to others, like healthy Sixes.
- Threes become more relaxed and receptive, like healthy Nines.



### DEVOLUTIONARY BEHAVIOURS (WHEN STRESSED)

- Threes become disengaged and apathetic, like unhealthy Nines.
- Threes become more anxious and self-doubting, like unhealthy Sixes.

## THREES WITH A TWO WING

Charming, Spontaneous, Friendly, Fun, Popular, Cheerful, Supportive, Caring, Self Esteem, Impressive, Flashy, Covertly Competitive, Seek Validation, Artificial, Chameleon.

## THREES WITH A FOUR WING

Professional, Polished, Outstanding, Career Oriented, Ambitious, Focused, Perfectionist, Serious, Diplomatic, Elegant, Private, Self-Doubt, Moody, Critical, Arrogant.

## GENERAL ADVICE FOR THREES

- Acknowledge your desire to impress others.
- Learn to cooperate and work with others without needing to be the centre of attention or taking the credit (or offloading the blame).
- Learning to relax and practicing meditation will help you to let down your façade and become more authentic.
- Find someone (a friend or a therapist) with whom you can let your guard down, open up to and share your feelings with.

# CORE BELIEFS & STRATEGIES OF TYPE 3S

## LOST ESSENTIAL QUALITY: PERSONAL ESSENCE (THE PEARL)

The Pearl is the complete embodiment of true nature, where potential has been fully actualised to become a perfected human being.

## MENTAL IDEAL (HOLY IDEA): HARMONY

The mind's sense of the lost essential quality – the harmonious functioning of personal essence within the oneness of true nature.





## **EMOTIONAL IDEAL (VIRTUE): AUTHENTICITY (TRUTH)**

The heart's sense of the lost essential quality – the authenticity of being that comes from abiding in true nature.

## **CORE BELIEF: I AM WORTHLESS / INSIGNIFICANT**

The loss of the essential quality (personal essence), the mental ideal (harmony) and the emotional ideal (authenticity) contribute to the development a core belief of being worthless and insignificant.

## **CORE MOTIVATION (TO DISPROVE THE CORE BELIEF): TO BE VALUED / WORTHWHILE**

In an attempt to correct the core belief (worthless) and to reconnect with the essential quality (personal essence), the mental ideal (harmony) and the emotional ideal (authenticity), Threes develop a strong desire to be valued. They seek approval and validation because want to feel worthwhile.

## **MENTAL STRATEGY (FIXATION): VANITY**

The ego-mind doesn't see the authentic personal essence, so it puts its energy into cultivating a 'perfect' persona.

## **EMOTIONAL STRATEGY (PASSION): INAUTHENTICITY (SELF-DECEIT)**

The felt sense of inauthenticity that comes from presenting a false persona as if it were true nature.

## **EGO IDEAL (WHAT WE ASPIRE TO BE): TO BE ACCOMPLISHED / SUCCESSFUL**

The ego-ideal (to be accomplished / successful) is an aspirational idealised idea of ourself that incorporates the lost essential quality (Personal Essence).

# ENNEATYPE 4: THE INDIVIDUALIST

(ARTIST, ROMANTIC, MYSTIC, MELANCHOLIC, SENSATIONALIST, SPECIAL ONE, VICTIM)

## KEY CHARACTERISTICS OF ENNEATYPE 4

Self-Conscious, Sensitive, Honest, Reserved, Creative, Intense, Different, Individual, Expressive, Bohemian, Romantic, Emotional, Melodramatic, Self-Absorbed, Temperamental, Disappointed, Depressive, Vulnerable, Victim, Long-Suffering, Self-Pity, Inferior, Deficient.

## GENERAL DESCRIPTION

Fours lack their true sense of 'beingness', so they try to emulate it by being seen as individual, original and authentic. Their disconnect from true 'being' means that Fours often feel isolated, lonely and disconnected from others. They are highly sensitive to abandonment and neglect, and seem to suffer more than most, so they tend to dramatise their emotions and wallow in melancholic self-pity. They are often dissatisfied with their lot in life, believing that other people seem to have the qualities that they lack.

Some Fours exude sadness and despair, while others seem happy enough, but there is always a degree of underlying dissatisfaction and despondency.



# THE THREE SUB-TYPES (OR VARIANTS)

## Self-Preservation Fours

- Countertype – Can look like Ones or Twos.
- Independent, creative and sensitive, but often internalise their emotions.
- Unlike other Fours, this countertype doesn't express their suffering so much, because they have learned to bear their pain without self-pity.
- Envy motivates them to work hard to get what other have and they lack.
- They are stoic, strong and can endure a lot, so sometimes put themselves in challenging situations.
- They are empathic, nurturing, humanitarian and will stand up for the underdog.
- They would benefit from sharing their true feelings more, and being more light-hearted and easy-going on themselves.

## Sexual Fours

- Can look like Threes or Eights.
- Dramatic, creative and highly-strung, but can feel inferior and misunderstood.
- They are intense and demanding but can also turn on the charm to attract what they want.
- They are assertive and outspoken, and can become angry to avoid feeling their painful deeper emotions.
- They sometimes make others suffer because they have suffered enough and want to even things out.
- They can be envious, competitive and arrogant, and would rather feel superior than present a good image to others.
- They would benefit from learning to be with their own suffering without projecting it onto others, and getting in touch with the true feelings that underlie their anger.

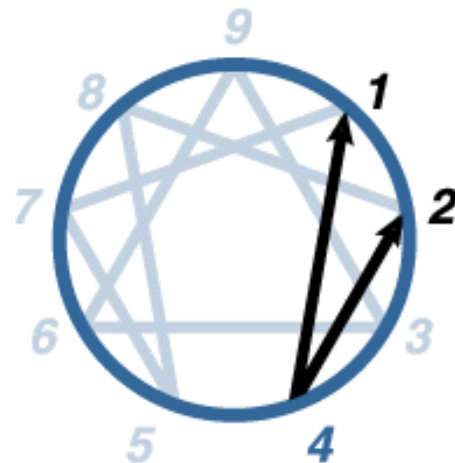
## Social Fours

- Emotionally over-sensitive; they feel deeply, suffer a lot and look to others to rescue them.
- Their suffering makes them feel unique, and they love telling others about it to attract sympathy and admiration.
- They have a deep desire to be understood for who they really are, but often get caught up in their own negativity which triggers shame and envy.
- Their sub-conscious sense of inferiority is so strong that they often put themselves down and turn on themselves, even to the extent of sub-consciously manifesting ill-health.
- They are ashamed of sexuality, anger and expressing their wants and needs.
- They would benefit from working on their inferiority complex to become more self-reliant and develop more self-esteem.

## FURTHER INFORMATION ABOUT ENNEATYPE 4

### EVOLUTIONARY BEHAVIOURS (WHEN SAFE AND RELAXED)

- Fours become more objective and principled, like healthy Ones.
- Fours become more empathic and interpersonal, like healthy Twos.



### DEVOLUTIONARY BEHAVIOURS (WHEN STRESSED)

- Fours become over involved and clingy, like unhealthy Twos.
- Fours become critical and frustrated, like unhealthy Ones.

## FOURS WITH A THREE WING

Expressive, Creative, Kind, Ambitious, Passionate, Energetic, Sociable, Image-Conscious, Seek Recognition, Grandiose, Glamorous, Sophisticated.

## FOURS WITH A FIVE WING

Creative, Original, Unconventional, Mysterious, Independent, Artistic, Bohemian, Eccentric, Defiant, Personal, Introverted, Minimalistic, Sincere.

## GENERAL ADVICE FOR FOURS

- Acknowledge your desire for special treatment and don't expect your friends to be your emotional dumping ground.
- Remember that your personal feelings are not objective facts, so they don't provide accurate information about other peoples' motives.
- Recognise that moodiness isn't a sign of sensitivity; it is a sign that your heart is shut down and you are avoiding your deeper emotions.
- Be more positive, constructive and pro-active, and create routines that take you out of your melancholic comfort zone.

## CORE BELIEFS & STRATEGIES OF TYPE 4S

### LOST ESSENTIAL QUALITY: TRUE-SELF (THE POINT)

The Point is our true-Self; our true identity; our true being; our uniquely individual qualities, value and purpose.

### MENTAL IDEAL (HOLY IDEA): ORIGINAL NATURE

The mind's sense of the lost essential quality – the inherent originality and individuality of our original nature (true-Self).



## **EMOTIONAL IDEAL (VIRTUE): EQUANIMITY**

The heart's sense of the lost essential quality – the emotional balance that comes from being our true-Self.

## **CORE BELIEF: I AM INVISIBLE / DON'T EXIST / POINT-LESS**

The loss of the essential quality (true-Self), the mental ideal (original nature) and the emotional ideal (equanimity) contribute to the development a core belief of being invisible and irrelevant.

## **CORE MOTIVATION (TO DISPROVE THE CORE BELIEF): TO BE SIGNIFICANT / SPECIAL / UNIQUE**

In an attempt to correct the core belief (invisible) and to reconnect with the essential quality (true-Self), the mental ideal (original nature) and the emotional ideal (equanimity), Fours develop a strong desire to be unique and special. They want to be significant and recognised for their unique identity.

## **MENTAL STRATEGY (FIXATION): FANTASISING / LONGING**

The ego-mind doesn't see the unique true-Self, so it fantasises about who we might have been and longs for what might have been.

## **EMOTIONAL STRATEGY (PASSION): ENVY**

The felt sense of envy that arises as a result of the longing and fantasies.

## **EGO IDEAL (WHAT WE ASPIRE TO BE): TO BE SENSITIVE, CREATIVE AND UNIQUE**

The ego-ideal (to be unique) is an aspirational idealised idea of ourself that incorporates the lost essential quality (True-Self).

# ENNEATYPE 5: THE INVESTIGATOR

(OBSERVER, THINKER, INNOVATOR, EXPERT, SPECIALIST)

## KEY CHARACTERISTICS OF ENNEATYPE 5

Perceptive, Insightful, Cerebral, Objective, Inquisitive, Innovative, Visionary, Knowledgeable, Intellectual, Focused, Rational, Detached, Private, Secretive, Reclusive, Insecure, Vulnerable, Untrusting, Low-Key, Easily Overwhelmed, Eccentric, Stingy, Hoarder.

## GENERAL DESCRIPTION

Fives believe that they need to understand life in order to make sense of it, so they observe life from a distance and mentally analyse everything. Fives like the solitude of their mental bubble because it protects them from direct engagement with the real-world, which they fear. Their excessive mental focus makes their emotions and will feel insubstantial, so they refrain from engaging with life, choosing to live simply and prudently.

Reclusive  
Expert Perceptive  
Private Innovative  
Visionary Inquisitive Specialist  
Untrusting Detached  
Observer Knowledgeable Low-Key  
**Investigator**  
Secretive Intellectual Innovator  
Objective Overwhelmed Thinker  
Vulnerable Insecure  
Insightful Focused  
Eccentric Hoarder  
Rational  
Stingy



# THE THREE SUB-TYPES (OR VARIANTS)

## Self-Preservation Fives

- Shy and detached collectors of information and objects, who prefer to observe rather than participate.
- They retreat from life into the privacy and security of their own mentally-created version of the world.
- They need to create, maintain and control their physical, emotional and social boundaries in order to feel safe.
- Their need to remain 'hidden' creates difficulties with communication, expressing themselves (especially anger) and getting their needs and desires met.
- They would benefit from relaxing their boundaries more often, and making efforts to connect with their feelings and other people.

## Sexual Fives

- Countertype – can look like Fours or Sixes.
- Mysterious, secretive and perceptive, they tend to have one or two close friends or confidants.
- Unlike other Fives, this countertype is romantic, passionate, intense and emotionally sensitive.
- They are generally closed, but have a deep need for openness and intimacy with the right person under the right circumstances.
- They hold other people to very high standards and are easily disappointed.
- They seek their one great love who can give them the ultimate relationship, which combines absolute trust and divine mystical union.
- They would benefit from relaxing their tendency to hold people to high standards in order to avoid intimacy, and feel into their fear around emotions and relationships.

## Social Fives

- Quirky, intellectual and insightful, they enjoy social and intellectual recognition but tend to avoid intimacy.
- They are more out-going and social than other Fives, but their desire for connection is completely outweighed by their intense thirst for knowledge.
- They do not relate directly to people, but relate to their outstanding characteristics – an idealised version of them.
- They seek meaning by searching for the extraordinary, but their focus on the exceptional and the spiritual leaves them disinterested with ordinary people and ordinary life.
- They would benefit from expanding their interest from knowledge and ideals to emotions and people, then they may discover more meaning in actual relationships than idealised ones.

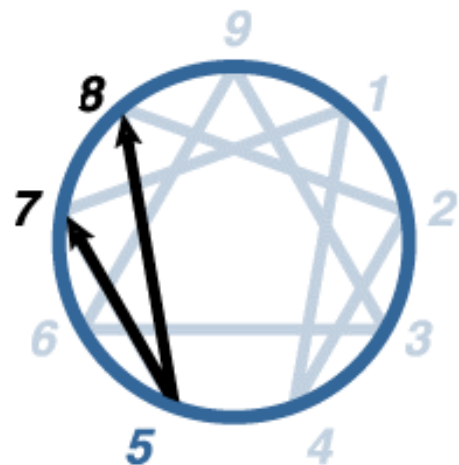
## FURTHER INFORMATION ABOUT ENNEATYPE 5

### EVOLUTIONARY BEHAVIOURS (WHEN SAFE AND RELAXED)

- Fives become more self-confident and decisive, like healthy Eights.
- Fives become more outgoing and positive, like healthy Sevens.

### DEVOLUTIONARY BEHAVIOURS (WHEN STRESSED)

- Fives become hyperactive and scattered, like unhealthy Sevens.
- Fives become more antisocial and hostile, like unhealthy Eights.



## FIVES WITH A FOUR WING

Expressive, Creative, Kind, Ambitious, Passionate, Energetic, Sociable, Image-Conscious, Seek Recognition, Grandiose, Glamorous, Sophisticated.

## FIVES WITH A SIX WING

Curious, Perceptive, Imaginative, Introspective, Whimsical, Artistic, Understated, Intuitive, Inquisitive, Cerebral, Quiet, Surreal, Independent, Impractical, Dark.

## GENERAL ADVICE FOR FIVES

- Acknowledge your tendency to detach from your feelings and go into your head.
- Talk about your emotions with a trusted friend or therapist, especially those related to insecurity, inadequacy, incompetency and rejection.
- Connecting with your body (through awareness or exercise) will settle your mind and allow you to be more at ease and function better in the world.
- Go out into the world and become an active part of it – you can begin by simply sharing your knowledge and wisdom with other people.

# CORE BELIEFS & STRATEGIES OF TYPE 5S

## LOST ESSENTIAL QUALITY: HIGHER GUIDANCE

Higher Guidance is an inherent knowingness that comes from being attuned to the living unity of life. It is the ability to intuitively and objectively analyse and synthesise information, resulting in complete understanding.

## MENTAL IDEAL (HOLY IDEA): OMNISCIENCE

The mind's sense of the lost essential quality – the direct knowingness that comes from being an integral aspect of the one universal mind.

## **EMOTIONAL IDEAL (VIRTUE): NON-ATTACHMENT**

The heart's sense of the lost essential quality – the sense of non-attachment that comes from the objectivity and transparency (non-clinginess) of true nature.

## **CORE BELIEF: I AM INADEQUATE / INCAPABLE**

The loss of the essential quality (higher guidance), the mental ideal (omniscience) and the emotional ideal (non-attachment) contribute to the development a core belief of being inadequate.

## **CORE MOTIVATION (TO DISPROVE THE CORE BELIEF): TO BE CAPABLE AND COMPETENT**

In an attempt to correct the core belief (inadequate) and to reconnect with the essential quality (higher guidance), the mental ideal (omniscience) and the emotional ideal (non-attachment), Fives develop a strong desire to be capable and competent. They need to understand everything to enable them to feel more competent.

## **MENTAL STRATEGY (FIXATION): ACCUMULATION**

The ego-mind doesn't feel all-knowing, so it collects and retains information in order to build up a repository of knowledge.

## **EMOTIONAL STRATEGY (PASSION): AVERICE (HOARDING)**

The sense of inadequacy and lack leads to the hoarding of resources that the ego feels are required to function competently in the world.

## **EGO IDEAL (WHAT WE ASPIRE TO BE): TO BE KNOWLEDGEABLE**

The ego-ideal (to be knowledgeable) is an aspirational idealised idea of ourself that incorporates the lost essential quality (Higher Guidance).

# ENNEATYPE 6: THE LOYALIST

(GUARDIAN, SCEPTIC, TRADITIONALIST, DEVOTEE, ADVOCATE)

## KEY CHARACTERISTICS OF ENNEATYPE 6

Committed, Reliable, Responsible, Trustworthy, Dependable, Dependent, Self-Doubt, Uncertain, Indecisive, Cautious, Suspicious, Alert, Trouble-Shooter, Friendly, Engaging, Security-Oriented, Worry, Anxious, Defensive, Defiant, Pessimistic, Catastrophising.

## GENERAL DESCRIPTION

Sixes doubt their ability to protect themselves or make the right decisions. They are plagued by insecurity, fear, anxiety, suspicion, indecisiveness and self-doubt. They believe that all of these issues will be resolved if they have the support of someone who will give them confidence and dispel their doubt. And when they find someone they can rely on, Sixes are incredibly loyal for fear of losing their support. Some Sixes are what is known as 'counterphobic', meaning they "feel the fear and do it anyway". They behave like the confident, strong, self-assured person that regular Sixes look to for support, but it is all a just a façade.



# THE THREE SUB-TYPES (OR VARIANTS)

## Self-Preservation Sixes

- Can look like Twos.
- Warm, affectionate, supportive and dependable, but their fear and anxiety also makes them dependent.
- Their home is their haven, and family is their greatest asset.
- They are hesitant to share their thoughts or opinions, for fear of making a mistake.
- They are cautious, insecure, uncertain, indecisive, vague, unfocused and timid.
- They don't trust their own capabilities, so they draw strength and courage from those who are strong, confident and capable.
- They are afraid of other people's aggression and are afraid of expressing their own.
- They would benefit from making decisions, taking risks, stating their opinions and expressing their anger.

## Sexual Sixes

- Countertype – can look like Eights.
- Bold, assertive and braver than other Sixes, because they are detached from their fear.
- The motto of this countertype is "feel the fear and do it anyway" or "attack is the best defence".
- They use strength, aggression and intimidation to hide their inner anxiety.
- They are gung-ho, risk-taking, adrenaline junkies who like to rebel and stir up a bit of trouble.
- They are often tentative with new people and sceptical of new ideas.
- They would benefit from allowing themselves to disarm and become more vulnerable so that they can get in touch with their inner fear and anxiety.

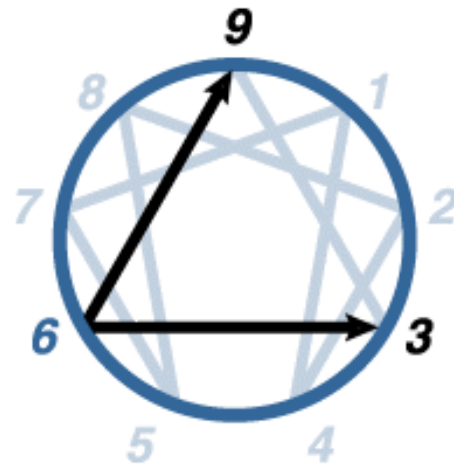
## Social Sixes

- Can look like Ones.
- Dutiful upholders of traditional values, social ideals and defenders of the weak.
- They deal with their anxiety through obedience, rules, guidelines and rigid ideologies.
- They are clear, precise and efficient, but often see things as black and white.
- They defend against uncertainty by becoming too sure, and maybe even fanatical.
- Their fear of disapproval means they always feel it is safer to do the right thing.
- They would benefit from letting go of the rules, rigid ideologies and their sense of duty to become more intuitive, playful and free.

## FURTHER INFORMATION ABOUT ENNEATYPE 6

### EVOLUTIONARY BEHAVIOURS (WHEN SAFE AND RELAXED)

- Sixes become more relaxed and optimistic, like health Nines.
- Sixes become more confident and decisive, like healthy Threes.



### DEVOLUTIONARY BEHAVIOURS (WHEN STRESSED)

- Sixes become competitive and arrogant, like unhealthy Threes.
- Sixes become numb and detached, like unhealthy Nines.

## SIXES WITH A FIVE WING

Problem-Solver, Analytical, Intelligent, Serious, Refined, Authentic, Conscientious, Faithful, Supportive, Defender, Outspoken, Rebellious, Reactive, Suspicious, Blaming.

## SIXES WITH A SEVEN WING

Light-Hearted, Warm, Engaging, Humorous, Interested, Committed, Loyal, Indecisive, Opinionated, Easily Distracted, Cautious, Insecure, Self-Deprecating, Superficial.

## GENERAL ADVICE FOR SIXES

- Acknowledge your tendencies to be dependent and defensive.
- Get out of your head and into your body, which will help you to enjoy the present instead of worrying about the future.
- Learn to trust yourself, your decisions and your abilities instead of habitually of going to others for help and advice.
- Develop your will and strength by taking a few risks, breaking your familiar routines and stepping out of your comfort zone.

# CORE BELIEFS & STRATEGIES OF TYPE 6S

## LOST ESSENTIAL QUALITY: PERSONAL WILL

Personal Will is the experience of inner support, which gives us a sense of confidence, steadfastness, groundedness, stability and resilience.

## MENTAL IDEAL (HOLY IDEA): FAITH

The mind's sense of the lost essential quality – the faith and unshakable confidence that come from the steadfast presence of personal will.



## **EMOTIONAL IDEAL (VIRTUE): COURAGE**

The heart's sense of the lost essential quality – the fearless courage that arises in the steadfast presence of personal will.

## **CORE BELIEF: I AM HELPLESS / WEAK / INSECURE**

The loss of the essential quality (personal will), the mental ideal (faith) and the emotional ideal (courage) contribute to the development a core belief of being helpless and alone.

## **CORE MOTIVATION (TO DISPROVE THE CORE BELIEF): TO FEEL SUPPORTED (BY BEING LOYAL)**

In an attempt to correct the core belief (helpless) and to reconnect with the essential quality (personal will), the mental ideal (faith) and the emotional ideal (courage), Sixes develop a strong desire to be supported. So they latch onto people who are steadfast, strong and capable to draw upon their strengths.

## **MENTAL STRATEGY (FIXATION): SELF-DOUBT / WORRY**

The ego-mind doesn't feel confident or supported, so it doubts its own capabilities and worries about everything.

## **EMOTIONAL STRATEGY (PASSION): FEAR / ANXIETY**

The felt sense of fear and anxiety that come from NOT feeling supported in the world.

## **EGO IDEAL (WHAT WE ASPIRE TO BE): TO BE LOYAL / DEVOTED**

The ego-ideal (to be loyal) is an aspirational idealised idea of oneself that incorporates the lost essential quality (Personal Will).

# ENNEATYPE 7: THE ENTHUSIAST

(OPTIMIST, ADVENTURER, CONNOISSEUR, ENTERTAINER, GENERALIST)

## KEY CHARACTERISTICS OF ENNEATYPE 7

Spontaneous, Enthusiastic, Energetic, Optimistic, Cheerful, Uninhibited, Curious, Sharp, Versatile, Visionary, Distractible, Scattered, Indecisive, Bold, Practical, Multi-Tasker, Fast Learner, Busy, Plan Ahead, Anticipatory, Anxious, Frustrated, Directionless, Lost in Life (in both senses).

## GENERAL DESCRIPTION

Sevens want to experience positive feelings so they are always looking for things to get excited about, and they always appear optimistic and enthusiastic to keep up the (often subconscious) façade. They lack the trust that life can be naturally joyous so they often plan their activities well in advance, so they can always be sure of doing something that will bring them happiness. Sevens are naturally charming and talkative, but they can sometimes seem wired or shallow, because they are so busy 'doing' that they lose contact with 'being'.



# THE THREE SUB-TYPES (OR VARIANTS)

## Self-Preservation Sevens

- Energetic, joyful and motivated networkers who often embrace unconventional lifestyles or family styles.
- They are friendly, cheerful, fun-loving, sensual and indulgent.
- They love the good things in life but risk becoming self-interested and pleasure-seeking.
- They are down-to-earth, practical and pragmatic, but also opportunistic and good at getting what they want.
- They build a close network of people whom they trust and can rely on, but can be distrusting of people they don't know.
- They would benefit from inquiring into their self-indulgent tendencies to get in touch with their deeper feelings and notice how these tendencies shape their relationships.

## Sexual Sevens

- Romantic, idealistic dreamers who need to imagine something better than the ordinary mundane reality.
- They have a subconscious need to avoid the boring, painful or frightening aspects of life, so they see the world through rose-tinted glasses.
- They are inclined to end jobs and relationships that have become boring and predictable (love 'em and leave 'em).
- Their lack of objectivity means they often embellish or exaggerate the truth, and it also makes them suggestible, gullible and easily led.
- Their light-hearted positivity is their way of avoiding their deeper emotions, which they perceive are negative and unpleasant.
- They would benefit from exploring why they live in a rose-tinted fantasy world, and why they avoid or deny the negative aspects of reality.

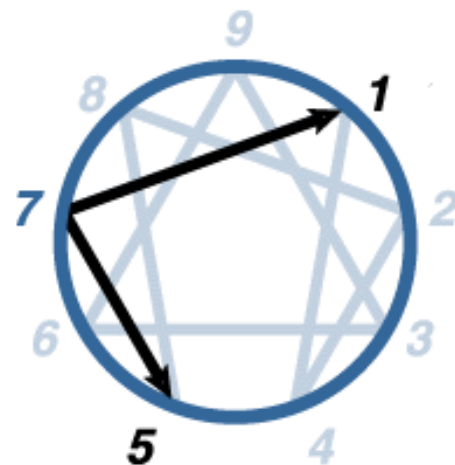
## Social Sevens

- Countertype – Can look like Twos.
- Responsible, kind, helpful and generous, and will gladly sacrifice their share to benefit others.
- They subconsciously sense their indulgent inner nature but offset it by avoiding excess and trying to be good and pure.
- They are concerned with the alleviation of pain and suffering in others, but also subconsciously in themselves.
- They are visionary and imaginative planners, but can subconsciously undermine their efforts when it comes to fulfilling their plans.
- They would benefit from inquiring into their anti-indulgent/indulgent nature and their motives for helping others to see how it masks their inner feeling of deficiency.

## FURTHER INFORMATION ABOUT ENNEATYPE 7

### EVOLUTIONARY BEHAVIOURS (WHEN SAFE AND RELAXED)

- Sevens become more focused and profound, **like healthy Fives.**
- Sevens become more discerning and disciplined, **like healthy Ones.**



### DEVOLUTIONARY BEHAVIOURS (WHEN STRESSED)

- Sevens become perfectionistic and critical, **like unhealthy Ones.**
- Sevens become more self-centred and detached, **like unhealthy Fives.**

## SEVENS WITH A SIX WING

Eye-Catching, Entertaining, Exciting, Playful, Positive, Humorous, Relaxed, Curious, Creative, Communicative, Productive, Wavering, Insecure, Inferior, Manic.

## SEVENS WITH AN EIGHT WING

Realist, Materialistic, Driven, Adventurous, Passionate, Loving, Strong, Creative, Earthy, Practical, Pragmatic, Organised, Multi-Tasker, Hard-Working, Assertive, Direct, Witty, Jaded.

## GENERAL ADVICE FOR SEVENS

- Acknowledge that your need for constant distraction or stimulation is an avoidance mechanism, and tune in to what you are really feeling (or trying to avoid feeling).
- Notice how your feelings actually feel in your body – it will help you to discover that authentic feelings can add depth and colour to your life.
- Realise that what you are really seeking will not be found by trying to “get it all”, but by being present with what is already here and now.
- Practice body-awareness (i.e. quietly feeling the presence of your entire body) to bring you out of your mind and ground yourself in your body.

## CORE BELIEFS & STRATEGIES OF TYPE 7S

### LOST ESSENTIAL QUALITY: JOY

Essential Joy is the expression of a warm and open heart. It includes a range of positive feelings from peaceful appreciation, to fundamental happiness, to abundant joy.

### MENTAL IDEAL (HOLY IDEA): WISDOM

The mind’s sense of the lost essential quality – the wisdom that comes from knowing that the divine plan/life/universe is unfolding perfectly in each and every moment.



## **EMOTIONAL IDEAL (VIRTUE): CLARITY (SOBRIETY)**

The heart's sense of the lost essential quality – the clear and direct (sober) experience of life that comes from accepting and allowing everything just as it is.

## **CORE BELIEF: I AM DEPRIVED / LACKING / NOT ENOUGH (SOMETIMES HIDDEN BENEATH "I AM TOO MUCH")**

The loss of the essential quality (joy), the mental ideal (wisdom) and the emotional ideal (clarity) contribute to the development a core belief of being deprived.

## **CORE MOTIVATION (TO DISPROVE THE CORE BELIEF): TO BE SATISFIED**

In an attempt to correct the core belief (deprived) and to reconnect with the essential quality (joy), the mental ideal (wisdom) and the emotional ideal (clarity), Sevens develop a strong desire to be satisfied. They fear their desires won't be met so they try to find satisfaction themselves.

## **MENTAL STRATEGY (FIXATION): PLANNING**

The ego-mind doesn't see the inherent wisdom of the universe so they plan their lives to ensure they will always be happy and satisfied.

## **EMOTIONAL STRATEGY (PASSION): GREED (GLUTTONY)**

They don't know exactly what they want so they choose everything.

## **EGO IDEAL (WHAT WE ASPIRE TO BE): TO BE HAPPY AND COMPOSED**

The ego-ideal (to be happy) is an aspirational idealised idea of ourself that incorporates the lost essential quality (Joy).

# ENNEATYPE 8: THE CHALLENGER

(LEADER, PROTECTOR, PROVIDER, ENTREPRENEUR, MAVERICK, THE BOSS)

## KEY CHARACTERISTICS OF ENNEATYPE 8

Assertive, Self-Assured, Strong, Decisive, Active, Wilful, Direct, Independent, Go-Getter, Aggressive, Protective, Resourceful, Industrious, Charismatic, Persuasive, Inspiring, Straight-Talking, Rugged, Vitality, Controlling, Confrontational, Intimidating, Loner, Frosty, Insensitive, Angry.

## GENERAL DESCRIPTION

Eights believe that strength is the answer to all of life's problems, so they assert themselves over others to try to maintain control over their environment. They have little tolerance for (what they consider to be) weakness in themselves or others, so they have difficulty being receptive, vulnerable or showing their softer side, or allowing others to do so. Eights use passion, force and aggressive determination to get their own way and to mask their weaknesses. They always want to take charge, and find it difficult to go along with someone else's wishes, because they don't want to be subject to anyone else's will. Eights passionately fight for what they believe in, and they are fierce defenders of (what they consider to be) the truth.



# THE THREE SUB-TYPES (OR VARIANTS)

## Self-Preservation Eights

- Can look like Ones.
- Strong, direct, confident, independent, protective, productive and prepared.
- They are survivors, driven by a powerful instinct to take care of themselves and their needs, especially material needs.
- They are seen as pillars of strength and often assume the role of a guardian.
- When their needs are not satisfied, they become frustrated and intolerant.
- They don't care much for social conventions and can appear unsociable.
- They know how to do business, to negotiate and get the upper hand over anybody.
- They would benefit from letting down their defences, expressing more thoughts and emotions, and depending on others for the fulfilment of some of their needs.

## Sexual Eights

- Strong, outspoken, provocative and rebellious, with some anti-social tendencies.
- They don't mind being seen as bad, in fact they actually quite like it.
- They are passionate and intense, and can be charismatic and captivating.
- They have a desire to serve a worthy cause, but only when they can take the lead or a significant role.
- They are more emotional than other Eights; usually only showing "strong" emotions, but they occasionally surprise by showing a bit of their vulnerable side.
- They would benefit from consciously expressing their softer, more vulnerable side, and exploring what lies beneath their need to rebel.



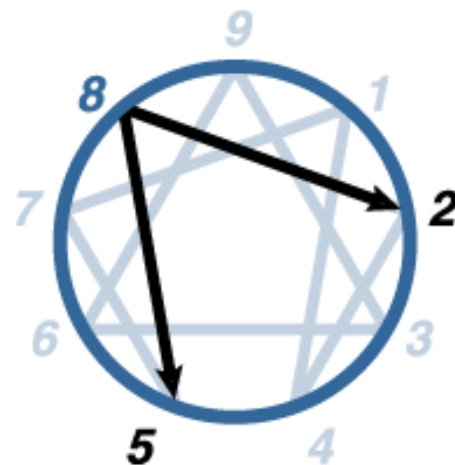
## Social Eights

- Countertype – Can look like Twos.
- Unlike other Eights, these are friendly, helpful, loyal and supportive.
- They usually only express aggression in service to others, e.g. protecting the weak or fighting injustice.
- They are less rebellious than other Eights, but have little regard for arbitrary rules or societal conventions.
- Having become a protector at a very early age, they have lost sight of their own needs for love, care and protection.
- They would benefit from learning to consciously protect their inner child (as they protect other vulnerable people), and be open to receiving love, care and help from other people.

## FURTHER INFORMATION ABOUT ENNEATYPE 8

### EVOLUTIONARY BEHAVIOURS (WHEN SAFE AND RELAXED)

- Eights become more open-hearted and caring, **like healthy Twos.**
- Eights become more perceptive and objective, **like healthy Fives.**



### DEVOLUTIONARY BEHAVIOURS (WHEN STRESSED)

- Eights become secretive and fearful, **like unhealthy Fives.**
- Eights become co-dependent and take everything personally, **like unhealthy Twos.**

## EIGHTS WITH A SEVEN WING

Independent, Practical, Industrious, Outspoken, Persuasive, Charismatic, Confident, Adventurous, Competitive, Exaggerate, Impatient, Impulsive, Intense, Confrontational.

## EIGHTS WITH A NINE WING

Strong, Steady, Solid, Grounded, Practical, Uncomplicated, Easy-Going, Warm, Intuitive, Confident, Reassuring, Protective, Determined, Authoritative, Strategic, Stubborn.

## GENERAL ADVICE FOR EIGHTS

- Acknowledge that your need to be in control is a strategy for avoiding your insecurities.
- Relinquishing control doesn't mean sacrificing your true power (in fact it is a sign of true strength), so allow other people to have their way sometimes.
- Rather than using your power to control others, use it to help and inspire others.
- The world is not against you, so let down your defences, feel your vulnerability and share your intimate feelings with those you really trust.

## CORE BELIEFS & STRATEGIES OF TYPE 8S

### LOST ESSENTIAL QUALITY: STRENGTH

Essential Strength has a sense of aliveness, vitality, vibrancy, capability, courage, power and forcefulness.

### MENTAL IDEAL (HOLY IDEA): TRUTH (TRUE NATURE)

The mind's sense of the lost essential quality – where each individual is a unique aspect of the one ultimate Truth (True Nature).

## **EMOTIONAL IDEAL (VIRTUE): INNOCENCE**

The heart's sense of the lost essential quality – the innocence, simplicity and wonder that comes from being one with true nature.

### **CORE BELIEF:**

## **I AM VULNERABLE / NOT SAFE / POWERLESS / NOT IN CONTROL**

The loss of the essential quality (strength), the mental ideal (truth) and the emotional ideal (innocence) contribute to the development a core belief of being vulnerable to control or harm by others.

## **CORE MOTIVATION (TO DISPROVE THE CORE BELIEF): TO PROTECT THEMSELVES (BE SAFE & IN CONTROL)**

In an attempt to correct the core belief (vulnerable) and to reconnect with the essential quality (strength), the mental ideal (truth) and the emotional ideal (innocence), Eights develop a strong desire to protect themselves. They want to be safe and in control.

## **MENTAL STRATEGY (FIXATION): JUSTICE**

The ego-mind doesn't see the one Truth (True Nature), so they become fixated on enforcing their own truth (self-defined justice).

## **EMOTIONAL STRATEGY (PASSION): LUST (FOR POWER & CONTROL)**

They lust for power and control to counteract the vulnerability that comes from the loss of essential strength.

## **EGO IDEAL (WHAT WE ASPIRE TO BE): TO BE POWERFUL, STRONG & UNASSAILABLE**

The ego-ideal (to be powerful) is an aspirational idealised idea of ourself that incorporates the lost essential quality (True Nature).

# ENNEATYPE 9: THE PEACEMAKER

(MEDIATOR, RECONCILER, COMFORTER, UTOPIAN, HEALER)

## KEY CHARACTERISTICS OF ENNEATYPE 9

Pleasant, Agreeable, Easy Going, Considerate, Gentle, Patient, Accommodating, Unassuming, Identity-less, Stable, Trusting, Receptive, Reassuring, Withdrawn, Dreamer, Go With The Flow, Avoid Conflict, Optimistic, Spiritual, Complacent, Resistant, Stubborn, Procrastination, Inaction, Numb.

## GENERAL DESCRIPTION

Nines feel that they lack an intimate connection with the universe, so they yearn to be included, noticed, loved and appreciated in their everyday lives. Their strategy for achieving this is to be supportive and loving to others, but more importantly to never do anything that might cause them to be rejected. So Nines are pleasant and non-confrontational – they fade into the background and barely ever assert themselves. They rarely form their own opinions because they want what the group wants, so they may come across as indecisive, wishy-washy and a pushover. Their focus is always on what other people think and want, and this mental attunement makes them great mediators

Peacemaker

Patient Agreeable Healer  
Inaction Complacent Mediator  
Resistant Reconciler Trusting  
Spiritual Considerate Pleasant  
Procrastination Stubborn  
Numb Comforter Identity-less Receptive  
Stable Unassuming Positive  
Flow Optimistic Utopian  
Reassuring  
Withdrawn Gentle

# THE THREE SUB-TYPES (OR VARIANTS)

## Self-Preservation Nines

- Calm, steady, homely, comfort seekers who are concerned with meeting their physical needs, e.g. eating, reading, relaxing and their general well-being.
- Having lost touch with their deeper sense of being, they find a substitute sense of 'being' in the cosiness of their comfort zone.
- They find comfort in the familiar, in routines and in maintaining the status quo, so they try to avoid conflict and overstimulation.
- They love to potter around at home, and time management can be challenging, so they avoid taking on too much.
- Like all Nines, they are reluctant to make decisions or take action, but unlike other Nines, they are more irritable, stubborn and need more alone time.
- They would benefit from owning their anger and using it to connect with their deeper power, which would enable them to express more decisiveness, action and strength.

## Sexual Eights

- Can look like Fours.
- Kind, gentle and sweet, but not very assertive or self-assured, so they find it difficult to "stand on their own two feet".
- Having lost touch with their deeper sense of being, they find a substitute sense of 'being' by merging with another person or connecting with nature.
- Their indistinct sense of self can make it difficult to establish personal boundaries and challenging to be on their own.
- They live vicariously (through other people) so they often take on other people's beliefs, attitudes, feelings and behaviours, so they lack their own purpose in life.
- They don't pay much attention to themselves and often sacrifice their own desires to go along with others.

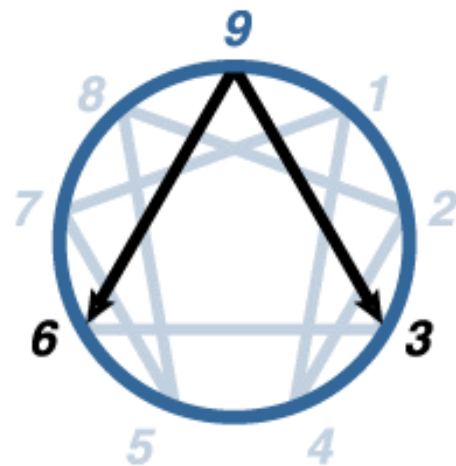
## Social Nines

- Countertype – Can look like Threes.
- Friendly, social and cooperative; they enjoy group participation but often at the expense of their own wants.
- Unlike other Nines, this countertype is not held back by inaction – they keep busy, work hard and enjoy social activities, but within their familiar environment.
- They are light-hearted, fun and sociable people who love to be part of the group (especially a group of oddballs or misfits), because it hides their subconscious sadness about being different and not fitting in.
- They are generous, unselfish, considerate and fair, which make them good mediators, facilitators and group leaders.

## FURTHER INFORMATION ABOUT ENNEATYPE 9

### EVOLUTIONARY BEHAVIOURS (WHEN SAFE AND RELAXED)

- Nines become more energetic and self-developing, **like healthy Threes.**
- Nines become more engaging and courageous, **like healthy Sixes.**



### DEVOLUTIONARY BEHAVIOURS (WHEN STRESSED)

- Nines become anxious and worried, **like unhealthy Sixes.**
- Nines become hyperactive and shallow, **like unhealthy Threes.**

## NINES WITH AN EIGHT WING

Gentle, Strong, Natural, Comfortable, Loving, Kind, Helpful, Social, Practical, Balanced, Arbitrator, Indulgent, Unfocused, Stubborn, Defensive, Explosive.

## NINES WITH A ONE WING

Dreamer, Imaginative, Idealistic, Harmonious, Friendly, Reassuring, Helpful, Purposeful, Humorous, Calm, Ordered, Reserved, Respectable, Puritanical, Perfectionist, Superior.

## GENERAL ADVICE FOR NINES

- Inquire into your tendencies to avoid engaging with yourself deeply and to avoid engaging with life fully.
- Accept that you have to be yourself and express yourself if you want authentic relationships with other people.
- Learn to recognise what you want, instead of trying to work out what everyone else wants, and don't be afraid to say it.
- Acknowledge that your inner peace is artificial (because you suppress your anger and anxiety), and know that you must accept these emotions if you want true inner peace.

## CORE BELIEFS & STRATEGIES OF TYPE 9S

### LOST ESSENTIAL QUALITY: BASIC TRUST

Basic Trust is the felt experience that the universe is loving and supportive. It gives us the sense of being held in a warm and benevolent (masculine) presence. It makes us feel at home and at-one with the universe. It allows us to relax into our being and relax into life.

### MENTAL IDEAL (HOLY IDEA): LOVE

The mind's sense of the lost essential quality – the recognition that all is one and that the oneness is inherently loving and supportive.



## **EMOTIONAL IDEAL (VIRTUE): DYNAMISM (ACTION)**

The heart's sense of the lost essential quality – the dynamism that comes from being an active participant in the unfolding of the oneness.

## **CORE BELIEF: I AM SEPARATE / ISOLATED / ALONE / LOST**

The loss of the essential quality (basic trust), the mental ideal (love) and the emotional ideal (dynamism) contribute to the development a core belief of being separated, isolated or lost.

## **CORE MOTIVATION (TO DISPROVE THE CORE BELIEF): TO BE PEACEFUL**

In an attempt to correct the core belief (separated) and to reconnect with the essential quality (basic trust), the mental ideal (love) and the emotional ideal (dynamism), Nines develop a strong desire to be peaceful. They want to be comfortable, contented and stress-free.

## **MENTAL STRATEGY (FIXATION): DISSOCIATION (LAZINESS)**

The ego-mind doesn't see the loving oneness – it only sees isolation but doesn't really want to acknowledge it, so their attention becomes unfocused, dissociated, lazy and dreamy.

## **EMOTIONAL STRATEGY (PASSION): DISENGAGEMENT (SLOTH)**

They disengage from the immediacy and dynamism of life to maintain their (artificial) sense of inner peace.

## **EGO IDEAL (WHAT WE ASPIRE TO BE): TO BE WARM, BENEVOLENT & INCLUDED**

The ego-ideal (to be included) is an aspirational idealised idea of ourself that incorporates the lost essential quality (Basic Trust).