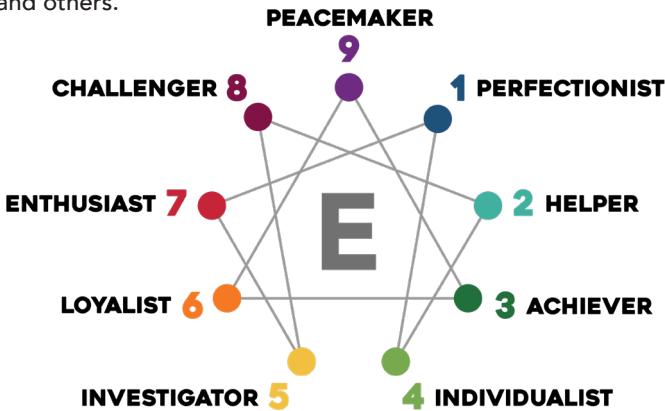


# EXPLORING THE ENNEAGRAM

The Enneagram (ennea = 9, gram = diagram) is a map for personal growth that identifies the 9 basic ways of relating to and perceiving the world. It accurately describes why you think, feel and behave in particular ways based upon your core fears and core desires. Understanding the Enneagram has the power to give you more self-awareness, forgiveness, and compassion for yourself and others.



## LEARN ABOUT THE NINE TYPES

The Enneagram describes nine different types — nine different ways of seeing the world. Personality quizzes and assessments often deal with surface behaviors and traits, but the Enneagram speaks to deeper parts of who you are. It doesn't just teach you about your strengths, it brings light to your shortcomings too.

- 1. THE PERFECTIONIST** -The Rational, Idealistic Type: principled, purposeful, self-controlled, and perfectionistic.
- 2. THE HELPER** -The Caring, Interpersonal Type: demonstrative, generous, people-pleasing, and possessive.
- 3. THE ACHIEVER** -The Success-Oriented, Pragmatic Type: adaptive, excelling, driven, and image-conscious
- 4. THE INDIVIDUALIST** -The Sensitive, Withdrawn Type: expressive, dramatic, self-absorbed, and temperamental.
- 5. THE INVESTIGATOR** -The Intense, Cerebral Type: perceptive, innovative, secretive, and isolated.
- 6. THE LOYALIST** -The Committed, Security-Oriented Type: engaging, responsible, anxious, and suspicious.

**7. THE ENTHUSIAST** -The Busy, Fun-Loving Type: spontaneous, versatile, distractible, and scattered.

**8. THE CHALLENGER** -The Powerful, Dominating Type: self-confident, decisive, willful, and confrontational.

**9. THE PEACEMAKER** -The Easygoing, Self-Effacing Type: receptive, reassuring, agreeable, and complacent.

These descriptions — from The Enneagram Institute — are just a brief overview of the types. For a more in depth look at each type, use the Additional Resources listed. By reading and listening to the experience of others who are further on their journey, you will begin to narrow down your own type.

"Determining your dominant Enneagram pattern requires thoughtful self-observation and self-reflection. The most reliable way to determine your type is to learn about the whole system and pay attention to your inner story and your life experience as you go."

- Marilyn Vancil, *Self to Lose, Self to Find*

## TAKE AN ASSESSMENT

Taking an Enneagram assessment (or test) can be a very useful way to validate what you have discovered so far. It is important to note that these tests can never be 100% accurate, so it's best to hold onto the results loosely. Uncovering the motivations at the core of your inner life is hard work and requires patience, self-awareness and humility.

We recommend the RHETI assessment by The Enneagram Institute. The cost is \$12, and in our experience the questions and methodology lead to better results and resources than the free alternatives.

To take the assessment, go to: <https://tests.enneagraminstitute.com/>. Click on the Buy a Code button.

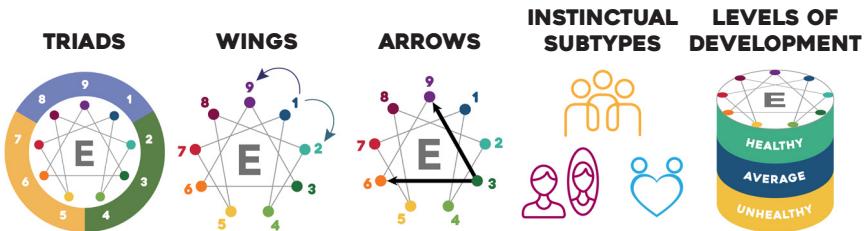
## YOU'VE FOUND YOUR TYPE, NOW WHAT?

Your journey doesn't end when you identify your type, this is just the beginning. Now is the time to acknowledge both the positive and negative aspects of your type and establish a support plan to move forward.

Use the Additional Resources to begin learning about the Enneagram Triads, Wings, Directions of Growth and Stress (Arrows), Subtypes, and Levels of Development. These tools can help you become more self-aware and provide a path towards growth.

Another great aspect of the Enneagram is learning to better understand the people around you. Everyone sees and interacts with the world in different ways with unique motivations, values, and priorities. When you learn about

each Enneagram type it can help you become more compassionate toward others and lead to stronger relationships.



## ADDITIONAL RESOURCES

### PODCASTS:

Annie F. Downs' That Sounds Fun Podcast features an excellent series called EnneaSummer. Each week is focused on a different enneagram number with honest interviews that help us grow in compassion for each type. There are three seasons of EnneaSummer from 2019 to 2021. To listen, search for EnneaSummer 2019, EnneaSummer 2020, or EnneaSummer 2021 on your favorite podcast platform.



The Your Enneagram Coach Podcast put together three episodes addressing the question, "Should Christians Use The Enneagram?"

Episode 64 - Thinking Theologically about the Enneagram

Episode 65 - A Response to the History of the Enneagram

Episode 66 - The Christian Approach to Using the Enneagram

The Basics series, one podcast for each type.

To listen, go to:

<https://www.yourenneagramcoach.com/podcast>

### WEBSITES:

The Enneagram Institute is full of great information such as type descriptions, how different numbers function in relationships, and common mistyping. <https://www.enneagraminstitute.com/>

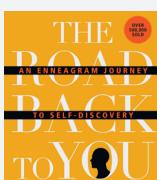
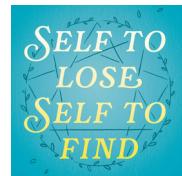


Your Enneagram Coach offers a variety of classes to help you explore the Enneagram from a biblical perspective.

<https://www.yourenneagramcoach.com/>

## **BOOK RECOMMENDATIONS:**

**Self To Lose, Self To Find** by Marilyn Vancil unpacks our human dilemma, sets the scriptural foundation, explores the nine Enneagram personalities, and shows us practical ways to have a more meaningful life and healthier relationships. The Enneagram invites us to see the innate gifts and inclinations of our original design—the person we were before trials and traumas began to shape us. It also reveals the strategies and false narratives that keep us from becoming who we're truly meant to be.



In **The Road Back to You** Ian Morgan Cron and Suzanne Stabile forge a unique approach - a practical, comprehensive way of accessing Enneagram wisdom and exploring its connections with Christian spirituality for a deeper knowledge of ourselves, compassion for others, and love for God. Witty and filled with stories, this book allows you to peek inside each of the nine Enneagram types, keeping you turning the pages long after you have read the chapter about your own number.

## **40 DAY DEVOTIONAL:**

The **40 Days On Being A \_\_\_** series was created by InterVarsity Press and series editor Suzanne Stabile. These nine brief books written by diverse authors will give you a glimpse inside the experiences of each type. Formatted as forty daily readings, each volume also includes opportunities for further engagement such as journaling prompts, reflection questions, a written prayer, or a spiritual practice after each day's reflection. The Enneagram is a profound tool for empathy, so no matter what your number, you will grow from these readings and enhance your relationships across the Enneagram spectrum.

