

Enneagram Resource Sheet

What Is The Enneagram?

"A system that shows us the nine ways that the people in the world default to in life. The Enneagram explains the "why" of all that we do, think, and feel. These nine types are based on our core motivations. When we delve into the Enneagram, we can better understand ourselves and begin to grow." - [The Enneagram Explained](#)



(Source: [The Enneagram Institute](#))

"The purpose of the enneagram is *not* to label you but to aid you in your journey of self-understanding & self development."

- The Essential Enneagram

(Source: [The Essential Enneagram](#) book)

What Are The Nine Types?

1. The Reformer

- Ones place a serious emphasis on following the rules and doing everything correctly
- They fear being imperfect and are often strict with themselves and others to get things done “right”
- Ones are ethical and principled – a source of goodness in the world
- Basic desire: to be good and have integrity
- Basic fear: being bad or corrupt
- Growth/integration: 7
- Stress/disintegration: 4

2. The Helper

- Twos are a source of love in the world
- Twos are willing to go the extra mile to help those around them
- They have a powerful desire to fit in
- Basic desire: to feel love
- Basic fear: Being unloved
- Growth/integration: 4
- Stress/disintegration: 8

3. The Achiever

- Threes are, as you might have guessed, ambitious
- Threes are conscious of their public image and care how others view them
- They worry about not being seen as valuable to others and fear failure
- Basic desire: to feel valuable
- Basic fear: to feel worthless
- Growth/integration: 6
- Stress/disintegration: 9

4. The Individualist

- Fours deeply value their uniqueness
- Fours experience deep and authentic emotions
- They are in constant search of their significance and have the ability to see beauty in all things
- Basic desire: to find their significance/identity
- Basic fear: having no identity or significance
- Growth/integration: 1
- Stress/disintegration: 2

5. The Investigator

- Fives seek knowledge and understanding of the world around them
- Fives tend to be more comfortable with data and information than others
- They are often the most withdrawn of the types
- Basic desire: to be capable and confident
- Basic fear: being helpless or incapable
- Growth/integration: 9
- Stress/disintegration: 3

6. The Loyalist

- Sixes are obsessed with being prepared for any problem and seeking security
- Sixes deeply fear being unprepared for anything and everything that might come their way
- They are a source of determination and strength
- Basic desire: to have support and guidance
- Basic fear: being without support and guidance
- Growth/integration: 9
- Stress/disintegration: 3

7. The Enthusiast

- Sevens are the most energetic of the types
- They are constantly on the lookout for the next fun thing or adventure
- Sevens fear being lonely, sadness, and experiencing pain so they actively seek to stay busy
- Basic desire: to be satisfied
- Basic fear: being trapped in pain
- Growth/integration: 5
- Stress/disintegration: 1

8. The Challenger

- Eights believe in themselves and are willing to stand up for what they believe in
- They typically are in leadership roles where they can control their environment
- Eights can seem against everything, even when they agree
- Basic desire: to protect themselves
- Basic fear: being controlled
- Growth/integration: 2
- Stress/disintegration: 5

9. The Peacemaker

- Nines are extremely laid back
- Nines go with the flow and often let others take charge or make decisions
- Nines fear pushing other people away due to prioritizing their own needs
- Basic desire: peace of mind
- Basic fear: loss, separation, fragmentation
- Growth/integration: 6
- Stress/disintegration: 3

Source: [The Enneagram Institute](#)

**"Your Enneagram type is determined by your
motives not by your actions."**

- Enneagram Explained

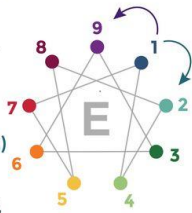
What Are Enneagram Wings?

“Everyone is a blend of their main Type and the two Types directly adjacent to it on the Enneagram. We use both our adjacent Types to some degree, and each number brings a unique flavor to our personalities. You can think of Wings like salt and pepper that enhance the flavor of a beautifully cooked filet mignon (Your Main Type)!” – [Your Enneagram Coach](#)

Type 1 WINGS

Type 1 with 9 Wing (1w9) “Idealist”

They tend to be cooler, more relaxed, introverted, cerebral, impersonal, objective, and detached.



Type 1 with 2 Wing (1w2) “Advocate”

They tend to be warmer, more helpful, critical, fiery, vocal, sensitive, action-oriented, and controlling.

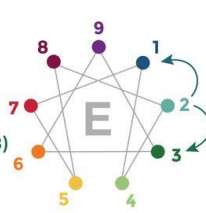


*Content from Enneagram Institute and Elizabeth Wagele
YOURENNEAGRAMCOACH.COM

Type 2 WINGS

Type 2 with 1 Wing (2w1) “Servant”

They tend to be more idealistic, reasonable, objective, self-critical, quietly serving, and judgemental.



Type 2 with 3 Wing (2w3) “Host/Hostess”

They tend to be more self-assured, charming, a flatterer, ambitious, outgoing, and competitive.



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Type 3 WINGS

Type 3 with 2 Wing (3w2) “The Star”

They are warmer, more encouraging, sociable, popular, enjoy being center of attention, and seductive.



Type 3 with 4 Wing (3w4) “The Professional”

They are more focused on work, success and introspection. They are more sensitive, artistic, imaginative, and pretentious.

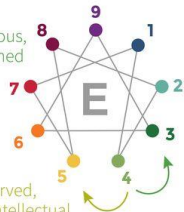


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Type 4 WINGS

Type 4 with 3 Wing (4w3) “The Aristocrat”

They are more extroverted, competitive, upbeat, ambitious, emotionally volatile, concerned with image and flamboyant.



Type 4 with 5 Wing (4w5) “The Bohemian”

They are more introverted, intellectual, withdrawn, reserved, observant, eccentric, have intellectual depth, and depressed.

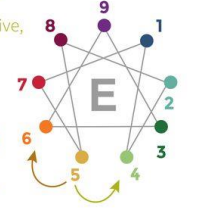


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Type 5 WINGS

Type 5 with 4 Wing (5w4) “The Iconoclast”

They tend to be more creative, humanistic, sensitive, empathetic, withdrawn, and self-absorbed.



Type 5 with 6 Wing (5w6) “The Problem Solver”

They are more extroverted, loyal, anxious, skeptical, cautious, and tend to be interested in the sciences.

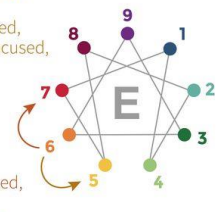


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Type 6 WINGS

Type 6 with 5 Wing (6w5) “The Defender”

They are more introverted, intellectual, cautious, focused, paranoid, anxious, and standoffish.



Type 6 with 7 Wing (6w7) “The Buddy”

They are more extroverted, materialistic, sociable, playful, funny, energetic, active, and impulsive.

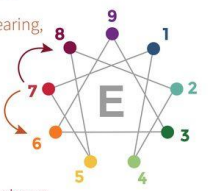


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Type 7 WINGS

Type 7 with 6 Wing (7w6) “The Entertainer”

They are more loyal, endearing, responsible, outgoing, relationship-oriented, playful, child-like, and anxious.



Type 7 with 8 Wing (7w8) “The Realist”

They are more free, passionate, adventurous, strong, seek intensity, are leaders, quick-minded, and creative.

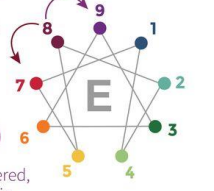


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Type 8 WINGS

Type 8 with 7 Wing (8w7) “The Maverick”

They are more extroverted, enterprising, energetic, quick, materialistic, interested in power, and egocentric.



Type 8 with 9 Wing (8w9) “The Bear”

They are more mild-mannered, gentle, receptive, enjoy their comforts, people-oriented, and quietly strong.

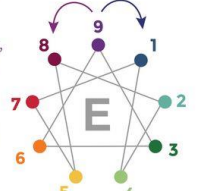


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Type 9 WINGS

Type 9 with 8 Wing (9w8) “Comfort Seeker”

They are more outgoing, assertive, anti-authoritarian, and may vacillate between being confrontational and conciliatory.



Type 9 with 1 Wing (9w1) “Dreamer”

They are more introverted, orderly, idealistic, critical, emotionally controlled, focused, cerebral, and compliant.

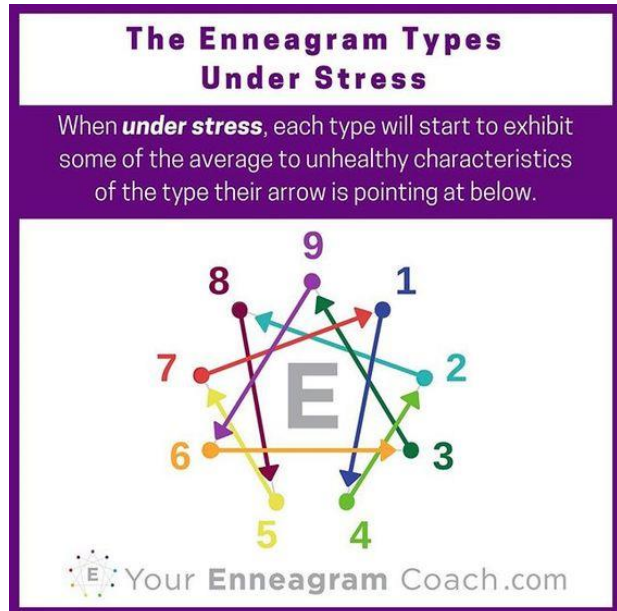
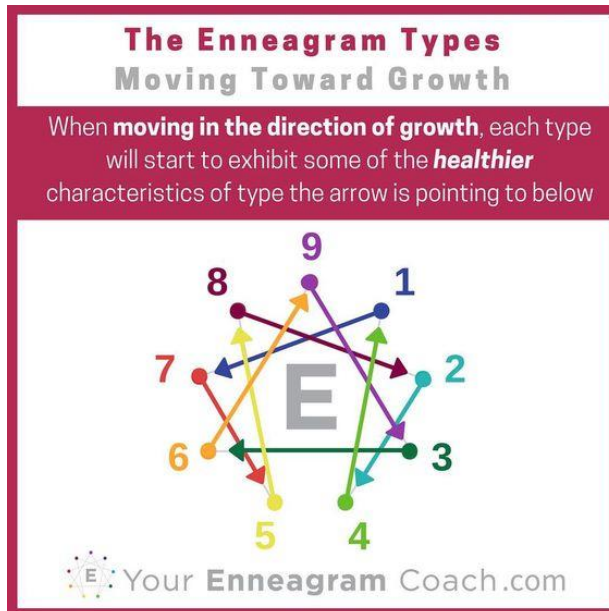


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(Source: [Your Enneagram Coach](#))

What Are Enneagram Arrows?

"There are two types of arrows that branch off of your Enneagram Type. These arrows express your Direction of Growth and your Direction of Stress, which means how you will likely act in different scenarios." – [Clover Leaf Blog](#)



(Source: [The Enneagram Coach Instagram](#))

"The point of learning your type is so you can relax your grip on those parts of your personality that are holding you back from a fuller life, not so you can resign yourself to them."

- The Road Back To You



DMA's Favorite Resources:

- Instagram accounts
 - @enneagramexplained
 - @enneagramashton
 - @enneagramandcoffee
 - @actualenneagram
 - @christinaswilcox
- Books
 - [The Sacred Enneagram: Finding Your Unique Path to Spiritual Growth](#) - Christopher L. Heuertz
 - [The Enneagram of Belonging: A Compassionate Journey of Self-Acceptance](#) - Christopher L. Heuertz
 - [The Road Back To You](#) - Ian Morgan Cron & Suzanne Stabile
 - [The Essential Enneagram](#) - David N. Daniels
- Podcasts
 - [Self Smarter Podcast: What Is The Enneagram & Why You SHOULD Care](#)
 - Brené & Chris Heuertz: A Skeptic and a Teacher on the Enneagram and Spiritual Contemplation
 - [Typology with Ian Morgan Cron](#)
 - [Your Enneagram Coach: The Podcast](#)