



UNDERSTANDING THE ENNEAGRAM

:: A Guide to the Nine Personality Types ::

The Enneagram is a personality framework that identifies nine core motivations that influence how we think, feel, behave, and relate to others. Unlike many personality systems that focus primarily on behavior, the Enneagram explores the deeper motivations behind behavior.

No personality type is better than another. Each type reflects unique strengths, challenges, fears, desires, and growth opportunities.

The goal is not to become a different number, but to become a healthier version of who you already are.

Enneagram One- The Reformer

Core Desire

To be good, right, and ethical.

Core Fear

Being wrong, corrupt, irresponsible, or defective.

Strengths

- Responsible
- Principled
- Dependable
- Organized
- Conscientious

Challenges

- Perfectionism
- Self-criticism
- Criticism of others
- Difficulty relaxing

At Their Best

Wise, discerning, fair-minded, and inspiring.

Growth Question

Where can I embrace progress instead of perfection?

Enneagram Two - The Helper

Core Desire

To feel loved, appreciated, and needed.

Core Fear

Being unwanted, unloved, or insignificant.

Strengths

- Caring
- Generous
- Encouraging
- Empathetic
- Relational

Challenges

- People-pleasing
- Difficulty setting boundaries
- Resentment when unappreciated
- Neglecting personal needs

At Their Best

Selfless, compassionate, and deeply supportive.

Growth Question

Can I believe I am worthy even when I am not helping?

Enneagram Three - The Achiever

Core Desire

To be valuable, successful, and admired.

Core Fear

Being a failure or worthless.

Strengths

- Ambitious
- Productive
- Adaptable
- Goal-oriented
- Motivating

Challenges

- Overworking
- Image management
- Difficulty slowing down
- Disconnecting from emotions

At Their Best

Authentic, confident, and inspiring.

Growth Question

Who am I apart from my accomplishments?

Enneagram Four - The Individualist

Core Desire

To find identity and significance.

Core Fear

Having no personal significance or identity.

Strengths

- Creative
- Emotionally aware
- Deep
- Authentic
- Compassionate

Challenges

- Envy
- Moodiness
- Comparison
- Feeling misunderstood

At Their Best

Creative, emotionally balanced, and deeply insightful.

Growth Question

Can I appreciate what is present instead of longing for what is missing?

Enneagram Five - The Investigator

Core Desire

To be capable, knowledgeable, and competent.

Core Fear

Being helpless, overwhelmed, or incapable.

Strengths

- Analytical
- Thoughtful
- Independent
- Observant
- Innovative

Challenges

- Isolation
- Emotional detachment
- Overthinking
- Difficulty asking for help

At Their Best

Visionary, wise, and highly perceptive.

Growth Question

What would happen if I fully engaged with life instead of observing it?

Enneagram Six - The Loyalist

Core Desire

To be secure, supported, and prepared.

Core Fear

Being without guidance, support, or security.

Strengths

- Loyal
- Responsible
- Prepared
- Courageous
- Dependable

Challenges

- Anxiety
- Overthinking
- Worst-case-scenario thinking
- Difficulty trusting themselves

At Their Best

Courageous, grounded, and trustworthy.

Growth Question

Can I trust myself as much as I trust others?

Enneagram Seven - The Enthusiast

Core Desire

To be satisfied, free, and happy.

Core Fear

Being trapped in pain, deprivation, or limitation.

Strengths

- Optimistic
- Fun-loving
- Visionary
- Energetic
- Adaptable

Challenges

- Impulsivity
- Avoidance of difficult emotions
- Overcommitting
- Restlessness

At Their Best

Joyful, focused, and grateful.

Growth Question

What happens when I stay present with discomfort instead of escaping it?

Enneagram Eight - The Challenger

Core Desire

To protect themselves and remain in control.

Core Fear

Being controlled, harmed, or vulnerable.

Strengths

- Strong
- Decisive
- Courageous
- Protective
- Direct

Challenges

- Intimidation
- Anger
- Control issues
- Difficulty showing vulnerability

At Their Best

Powerful, compassionate, and protective.

Growth Question

What strength might I discover through vulnerability?

Enneagram Nine - The Peacemaker

Core Desire

To experience inner peace and harmony.

Core Fear

Conflict, loss of connection, and disruption.

Strengths

- Calm
- Accepting
- Patient
- Supportive
- Diplomatic

Challenges

- Conflict avoidance
- Passivity
- Procrastination
- Losing themselves in others

At Their Best

Grounded, engaged, and unifying.

Growth Question

How can I honor my own voice while maintaining peace?
