

Whats Your Personality Type An Introduction to the Enneagram

The enneagram of personality is a system used by numerous mental health professionals to get more insight into one's character and as a method for self-development.

人格脑图是许多心理健康专家用来更深入地了解一个人的性格并作为自我发展的方法的系统。

The Neogram consists of nine personality archetypes that are interconnected in different ways.

Neogram 由九种人格原型组成，它们以不同的方式相互关联。

Some say that the enemogram is liberating compared to the conventional methodology of mental health disorders because none of the archetypes are inferior or defective in themselves.

有人说，与传统的心理健康障碍方法相比，灌肠图是一种解放，因为没有一个原型本身是劣等或有缺陷的。

Nevertheless as it focuses as much on negative traits as on positive traits, it isn't an ego flattering tool either The neogram leaves room for overlap between and within different personality types.

然而，由于它既关注积极特征，也关注消极特征，它也不是一个自我奉承的工具。neogram 为不同人格类型之间和内部的重叠留出了空间。

Also, a technologist that nobody is purely one type, but rather a basic type that transforms within its own range of characteristics and also corresponds with types that it's connected to This video is an introduction to the Neogram of and LED There's no consensus on the exact origins of the Enneagram, but it's certain that he use and meaning of it have changed throughout the centuries as there are different interpretations and usages by different people from several time periods.

此外，技术专家，没有人是纯粹的一种类型，而是一种基本类型，在其自身的特征范围内转换，也与它所连接的类型相对应 此视频是对 Neogram 和 LED 的介绍 没有共识关于九型人格的确切起源，但可以肯定的是，他对它的使用和含义在几个世纪以来都发生了变化，因为不同时期的不同人有不同的解释和用法。

The Enneagram symbol appears in the Islamic Sufi tradition and variations of it are found in the sacred geometry of the Pythagoreans.

九型人格符号出现在伊斯兰苏菲派传统中，它的变体出现在毕达哥拉斯的神圣几何学中。

Some believe that Jewish neoplatonists philosopher Philo brought the Neogram into esoteric Judaism.

一些人认为，犹太新柏拉图主义哲学家斐洛将新格拉姆带入了深奥的犹太教。

I was later represented in the capitalistic nine-fold symbol the tree of life The Neogram as we know it today is based on the teachings of the Bolivian psychospiritual teacher Oscar Ijazo and the Chilean psychiatrist Claudio Nagongo was influenced by Russian mistake, George Jeff who made the Neogram figure publicly known and as possibly retrieved it from a Sufi monastery in Afghanistan at and of the 19th century.

后来我在资本主义的九折符号中代表生命之树我们今天所知道的Neogram是基于玻利维亚心理精神老师Oscar Ijazo的教义，智利精神病学家Claudio Nagongo受到俄罗斯错误的影响，George Jeff Neogram 人物为公众所知，并可能在 19 世纪和 19 世纪从阿富汗的一座苏菲派修道院中取回。

The word a neogram is derived from the Greek words, anea and grammos anea means 9

and grammos means something that is drawn or written Unsurprisingly the neogram of personality contains nine different notes each node refers to one archetype The way in which the enemogram is set up already shows the equivalence between the archetypes.

neogram这个词来源于希腊语，anea和grammos anea的意思是9，grammos的意思是画或写的东西 不出所料，个性的neogram包含九个不同的音符，每个节点都指一个原型 灌肠图的方式设置已经显示了原型之间的等价性。

None of the notes is in a preferable position as they are all parts of the same circle.

没有一个音符处于最佳位置，因为它们都是同一个圆圈的一部分。

The numbers attributed to the notes solely function as a way to identify the archetypes but are in no way a rating system, meaning that a seven isn't better than a two.

归因于笔记的数字仅用作识别原型的一种方式，但绝不是评级系统，这意味着七不比二好。

Of course.

当然。

There are differences in traits but every type has positive as well as negative traits which are all significant in their own ways.

特征存在差异，但每种类型都有积极和消极的特征，这些特征都以各自的方式显着。

The level of appreciation for each personality type depends on personal and cultural preferences and there's empirical evidence that the archetypes play a significant role when it comes to made selection The Enneagram also distinguishes the nine archetypes through the manner in which they are interconnected.

对每种人格类型的欣赏程度取决于个人和文化偏好，并且有经验证据表明，原型在进行选择时起着重要作用。九型人格还通过它们相互关联的方式来区分九种原型。

For example, they can be divided into three groups.

例如，它们可以分为三组。

Meaning that these groups consist of personalities that share similar characteristics.

这意味着这些群体由具有相似特征的人物组成。

Another example is that every type is connected to at least one type from another group.

另一个例子是每种类型都与另一组中的至少一种类型相关联。

This signifies the potential of developing characteristics that don't typically manifest in one's personality type, but are present nonetheless Be it and healthy or unhealthy ways Later on in the video.

这意味着发展特征的潜力，这些特征通常不会在一个人的性格类型中表现出来，但仍然存在，无论是健康还是不健康的方式，稍后在视频中。

We'll explore this a bit further So what archetypes does the enneagram present In this section of the video?

我们将进一步探讨这一点 那么九型图在视频的这一部分中呈现了哪些原型？

We'll briefly explore the characteristics of each archetype.

我们将简要探讨每种原型的特征。

These short descriptions are not complete but they give a concise insight into each type.

这些简短的描述并不完整，但它们简要介绍了每种类型。

The first one is the perfectionist a perfectionist wants to be right?

第一个是完美主义者想要成为的完美主义者，对吗？

They are driven to realize their ideal images and with that they want to change the world as it is into something better.

他们被驱使去实现他们的理想形象，并因此想要改变世界，使其变得更好。

They worship perfection and are therefore burdened with the fear of imperfection and can become quite angry.

他们崇拜完美，因此背负着对不完美的恐惧，并且会变得非常愤怒。

When things aren't the weight are supposed to be Norms and values are very important to them and they can be quite fault finding because of this Perfectionists are characterized by honesty reliability productivity orderliness and discipline, but they can also be judgmental rigid over fussy dominant and jealous.

当事情不是重量应该是规范时，价值观对他们来说非常重要，因此他们可能会非常挑剔完美主义者的特点是诚实可靠生产力有序和纪律，但他们也可能是判断力强于挑剔的主导者和嫉妒。

Therefore, developing patients is bene for this archetype.

因此，发展患者有利于这种原型。

The second one is the helper helpers want to be loved and appreciated and share their love and appreciation with others, Even though there cannot be enough solidarity in this world helpers often use their love as currency to buy appreciation and affection, but sometimes also to purchase a sense of superiority and importance and even power over other people.

第二个是帮助者希望被爱和被欣赏并与他人分享他们的爱和欣赏，即使这个世界上没有足够的团结帮助者经常用他们的爱作为货币来购买欣赏和感情，但有时还可以购买一种优越感和重要性，甚至是对他人的权力。

Thus they could fall into the trap of manipulation Helpers are generally, caring, warm friendly and generous, But it can also be manipulative possessive dismissive of their own needs and often act out of fear of being unloved.

因此，他们可能会落入操纵的陷阱 帮助者通常是有爱心的，热情友好和慷慨，但也可能是操纵性的占有欲不屑一顾自己的需要，并且常常出于害怕不被爱而采取行动。

Therefore developing true solidarity instead of transactional love is beneficial for this archetype.

因此，发展真正的团结而不是交易性的爱对这种原型是有益的。

The third one is the achiever achievers want to be successful.

第三个是成就者成就者想要成功。

How others see them is of utmost importance.

其他人如何看待他们至关重要。

They are prone to push themselves to always be the best and are allergic to failure.

他们倾向于强迫自己永远是最好的，并且对失败过敏。

Even if their behavior goes at the expense of other people, They run the risks to become narcissists and frauds.

即使他们的行为以牺牲他人为代价，他们也冒着成为自恋者和欺诈者的风险。

Everything is allowed as long as it prevents them to experience what they fear.

一切都是允许的，只要它阻止他们体验他们害怕的东西。

The most Worthlessness Achievers are characterized by industriousness confidence direction and high energy, but it can also be pretentious narcissistic superficial and impatient.

最无价值的成就者的特点是勤奋自信方向和精力充沛，但也可能是自命不凡的自恋肤浅和不耐烦。

Therefore, developing truthfulness and authenticity is beneficial for this archetype.

因此，培养真实性和真实性有利于这种原型。

The fourth one is the individualist individualists want to be unique.

第四个是个人主义者，个人主义者想要独一无二。

They dread the idea of being seen as insignificant and ordinary.

他们害怕被视为微不足道和平凡的想法。

They're often artistic and their compassion and emotional depth granted them the ability to empathize with others.

他们通常很有艺术性，他们的同情心和情感深度赋予他们同情他人的能力。

However, deliberate separation from the herd often leads too difficulties with experiencing simple and mundane forms of happiness that quote unquote normal people seem to experience so easily.

然而，故意与众分离往往会导致难以体验简单而平凡的幸福形式，而引用普通人似乎很容易体验的方式。

The vigilists are characterized by creativity expressiveness supportiveness and warmth, but they can also be melancholic stubborn shy and envious of other people's happiness, therefore, developing equanimity in their emotional world is beneficial for this archetype.

守夜人的特点是创造力表现力支持和温暖，但他们也可能忧郁固执害羞和嫉妒他人的幸福，因此，在他们的情感世界中发展平静有利于这种原型。

The fifth one is the observer Observers want to acquire knowledge in which they find understanding as well as safety.

第五个是观察者 观察者想要获得他们认为理解和安全的知识。

They crave independence and self-preservation which also makes them distant detached and closed off from the world.

他们渴望独立和自我保护，这也使他们远离世界，与世隔绝。

This is related to their fear of being helpless and incapable of finding their own way.

这与他们害怕无助和无法找到自己的方式有关。

Thus they put emphasis on being a self-reliant as possible and trust mainly their thoughts.

因此，他们强调尽可能自力更生，并主要相信自己的想法。

Observers are characterized by objectivity sensitivity, analytical skills and conceptual thinking but they can also be emotionally distant Cynical, greedy, unassertive and intellectually arrogant.

观察者的特点是客观敏感、分析能力和概念思维，但他们也可能在情感上疏远愤世嫉俗、贪婪、不自信和智力上的傲慢。

Therefore, the development of the emotional world is beneficial for this archetype.

因此，情感世界的发展有利于这种原型。

The sixth one is the loyalist Loyalists want to be beautiful Being part of something makes them feel safe and they can be reliable participants within a group.

第六个是忠诚者 忠诚者想要变得美丽 成为某事的一部分让他们感到安全，他们可以成为团队中可靠的参与者。

The dark side of their behavior.

他们行为的阴暗面。

Is that it stems from a place of fear on the one hand, they seek guidance and want to belong somewhere and believe in something or someone to ease their anxiety On the other hand.

是不是一方面源于恐惧的地方，另一方面他们寻求指导并希望属于某个地方并相信某事或某人以缓解他们的焦虑。

They are suspicious of authority.

他们怀疑权威。

This makes them complacent in one situation and rebellious in another Loyalists are generally caring, thoughtful, responsible and of course loyal but they can also be unpredictable dominant defensive and paranoid.

这使他们在一种情况下自满而在另一种情况下叛逆忠诚主义者通常关心、周到、负责任，当然也很忠诚，但他们也可能是不可预测的占主导地位的防御性和偏执狂。

Therefore, the development of courage and trust in oneself is beneficial for this archetype.

因此，对自己的勇气和信任的发展有利于这种原型。

The seventh one is the enthusiast Enthusiasts want to be fulfilled.

第七个是发烧友想要实现的。

They are commonly referred to as the Epicurions among the other personality types.

在其他人格类型中，他们通常被称为 Epicurions。

Having fun engaging in activities and seeking happiness already enthusiasts main objectives.

乐于参与活动并寻求幸福已经是爱好者的主要目标。

However, underneath the ongoing search for gratification heights of fear of being unfulfilled because that would lead to a possibly unpleasant confrontation with themselves.

然而，在不断寻求满足的高度的背后，是害怕得不到满足，因为这可能会导致与自己发生不愉快的对抗。

Thus they often impulsively jump from one pleasure to another to stay out of negative, thoughts and emotions enthusiasts are characterized by spontaneity a lively fantasy curiosity and the ability to oversee complex situations but they can also be undisciplined, impulsive manic confused and narcissistic.

因此，他们经常冲动地从一种乐趣跳到另一种乐趣，以避免消极情绪，思想和情感爱好者的特点是自发性、活泼的幻想好奇心和监督复杂情况的能力，但他们也可能不守纪律、冲动狂躁、困惑和自恋。

Therefore coming to terms with the reality of suffering as well as a more thoughtful

approach to life are beneficial for this archetype.

因此，接受苦难的现实以及更周到的生活方式对这种原型是有益的。

The eighth one is the challenger. Challengers want to be strong and independent. Their lives revolve around strength, which means gaining strength as well as using it to become as self-sufficient as possible.

第八个是挑战者。挑战者想要变得强大和独立，他们的生活围绕着力量，这意味着获得力量并利用它成为一个尽可能自给自足的人。

This desire to be strong comes from a fear of being violated and controlled.

这种坚强的愿望来自于对被侵犯和控制的恐惧。

Needless to say, challengers despise being dependent and feeling weak, even though we have a strong and sometimes aggressive demeanor in relationships.

毋庸置疑，挑战者鄙视依赖和感到软弱，即使我们在人际关系中表现出强烈且有时具有侵略性的举止。

They are often very caring, loyal, and generous. Challengers are characterized by protectiveness, high energy, confidence, authority, and directness, but it can also be rebellious, intensive, vengeful, violent, and domineering.

他们往往非常有爱心、忠诚和大方。挑战者的特点是保护性高能量、自信权威和直接，但也可以是叛逆密集的报复性暴力和霸道。

Therefore, learning the value of being vulnerable and the ability to let others lead are beneficial for this archetype.

因此，学习脆弱的价值和让他人领导的能力对这种原型是有益的。

The ninth one is the peacemaker. Peacemakers want to be content. In general,

第九个是和平缔造者。Peacemakers 希望得到满足。总的来说。

They are nice people and it's difficult to make them angry.

他们是好人，很难让他们生气。

All the people consider it in their way of speaking and dedicated to achieve peace among others as well as in themselves.

所有人都以他们的说话方式考虑它，并致力于实现他人之间以及他们自己的和平。

The flip side is that peacemakers tend to walk away from conflict, avoid pain and suffering and likely suppress their own feelings and needs.

另一方面是和平缔造者倾向于远离冲突，避免痛苦和痛苦，并可能压抑自己的感受和需求。

Thus, their niceness often goes at the expense of genuine expression, which could lead to self-dimagement.

因此，他们的友善往往以牺牲真实表达为代价，这可能导致自我形象化。

Peacemakers are characterized by patients' friendliness, diplomacy, and empathy, but they can also be unassertive, stubborn, evasive, and disengaged.

和平缔造者的特点是对患者友好、外交和同理心，但他们也可以是不自信的、顽固的回避和脱离接触。

Therefore, becoming more decisive and vigorous is beneficial for this archetype.

因此，变得更加果断和充满活力有利于这种原型。

If one wants to use the Enneagram for personal insight and development, the essential starting point is the identification of one's basic personality type. From this insight, it's

possible to further explore once personality and the interconnectedness with other archetypes, Even though a personality can be developed in different ways and is therefore a flexible entity.

如果一个人想使用九型人格来进行个人洞察和发展，基本的起点是识别曾经的基本人格类型从这个洞察力中，可以进一步探索曾经的人格以及与其他原型的相互联系，即使一个人格可以以不同的方式开发，因此是一个灵活的实体。

We are not able to change it completely According to the Neogram Institute.

根据 Neogram Institute 的说法，我们无法完全改变它。

We cannot change our core personality archetype as its formation has been decided before birth.

我们无法改变我们的核心人格原型，因为它的形成在出生前就已经决定了。

I quote Everyone emerges from childhood with one of the nine types dominating their personality with inborn temperament and other prenatal factors being the main determinant of our type.

我引用每个人都从童年开始，以九种类型中的一种主导他们的性格，与生俱来的气质和其他产前因素是我们类型的主要决定因素。

This is one area where most of the major a neogram authors agree.

这是大多数主要的新词作者都同意的一个领域。

We are born with a dominant type.

我们生来就有一种占主导地位的类型。

Subsequently this inborn orientation largely determines the way in which we learn to ad child childhood environment and quote.

随后，这种与生俱来的取向在很大程度上决定了我们学习宣传儿童童年环境和引用的方式。

We can however alter our personality into a healthy direction when we gain sufficient insight and self-awareness.

然而，当我们获得足够的洞察力和自我意识时，我们可以将我们的个性转变为健康的方向。

Moreover in an ideal scenario we can cultivate positive characteristics of all nine types in order to achieve a fully developed and individuate itself.

此外，在理想情况下，我们可以培养所有九种类型的积极特征，以实现全面发展和个性化。

Aside from studying one's basic archetypes features.

除了研究一个人的基本原型特征。

It's perhaps even more interesting to investigate the relationship between oneself and other archetypes.

调查自己与其他原型之间的关系可能更有趣。

The structure of the Neogram offers us several tools that identify how we relate to other personalities and how we manifest traits from other types.

Neogram 的结构为我们提供了几种工具，这些工具可以识别我们与其他人格的关系以及我们如何表现其他类型的特征。

When we look at the placement of the notes we can see that some are closer to each other and others are not This isn't a random thing We can divide the nine archetypes

into three groups also known as intelligence centers which determine how we perceive information The Enneagram three centers The head, the body and the heart center.

当我们查看笔记的位置时，我们可以看到一些彼此更接近，而另一些则不然九型人格三个中心 头部、身体和心脏中心。

Also called a respectively, the thinking action and feeling center Someone in the head center approaches the world with logic and reason and sees it mainly through concepts and ideas Someone in the body center is strongly engaged with the world and acts mainly based on intuition and instinct.

也分别称为思维动作和感觉中心 头部中心的某人以逻辑和理性接近世界，主要通过概念和想法来看待世界 身体中心的某人与世界密切相关，主要基于直觉和本能行事。

And lastly, someone in the heart center relates to the world through a deep connection with feelings and emotions.

最后，心中心的某个人通过与感觉和情绪的深层联系与世界联系起来。

As with the archetypes each center isn't inherently, good or bad, but they all have healthy and unhealthy characteristics As the head the body and the heart can be used and constructive as well as destructive ways.

与原型一样，每个中心都不是天生的，好或坏，但它们都具有健康和不健康的特征。作为头部，身体和心脏可以被使用和建设性以及破坏性的方式。

When we look at the placement of the notes on the circle.

当我们查看音符在圆圈上的位置时。

We see that every personality has two wings.

我们看到每个人格都有两个翅膀。

For example, type eight has seven and nine as wings and type one has nine and two as wings A gain.

例如，八型有七和九作为翅膀，一型有九和二作为翅膀 A 增益。

This isn't a random thing wing types are closely related to one's basic archetype.

这不是随机的事情，翅膀类型与一个人的基本原型密切相关。

This means that one is likely to possess traits that actually belong to the wing archetypes.

这意味着一个人很可能拥有实际上属于机翼原型的特征。

It depends on the individual to what degree one has traits of their wing types and which wing type is dominant.

这取决于个人在多大程度上具有其翼型特征以及哪种翼型占主导地位。

For example once basic personality type can be a six combined with a strong five and a weaker seven or vice versa When we look at the lines between the notes.

例如，当我们查看音符之间的线条时，曾经的基本人格类型可以是六与强五和弱七相结合，反之亦然。

We discover that each archetype is connected to two other types aside from their wings.

我们发现除了翅膀之外，每个原型都与其他两种类型相关联。

Every archetype has a healthy and unhealthy connection with types that they are connected to.

每个原型与它们所连接的类型都有健康和不健康的联系。

Therefore these connections are called lines of integration and lines of this integration, The direction of integration represents personal growth and healthy self development.

因此这些连接被称为整合线和整合线，整合的方向代表个人成长和健康的自我发展。

The direction of this integration represents how one acts when experiencing stress When working with the neogram and remember that people change constantly and in different directions.

这种整合的方向代表了一个人在遇到压力时的行为方式。当与neogram一起工作时，请记住人们不断地向不同的方向变化。

Even though a person is born as a certain archetype he or she has the ability to develop traits of all archetypes.

即使一个人天生具有某种原型，他或她也有能力发展所有原型的特征。

This change isn't necessarily progressive or linear healthy well-developed traits can deteriorate and unhealthy traits can be transformed into healthy ones By self-neglect or unfavorable circumstances.

这种变化不一定是渐进的，也不一定是线性的，健康发达的性状会恶化，不健康的性状可以通过自我忽视或不利的环境转化为健康的性状。

One can regress into the realm of destructiveness, But through self-awareness and active engagement in self-development one can become a well-rounded individual and your Neogramus gained popularity among mental health professionals but has been a target of criticism as well as some people question.

一个人可以退回到破坏性的领域，但是通过自我意识和积极参与自我发展，一个人可以成为一个全面的个体，你的 Neogramus 在心理健康专业人士中很受欢迎，但也成为了一些人的批评对象问题。

Its validity due to the lack of scientific basis.

其有效性是由于缺乏科学依据。

Others accuse the Neogram of being too vague and open to interpretation.

其他人则指责 Neogram 过于含糊且易于解读。

Nevertheless, it's safe to say that the a neogram of personality is an ingenious system that has awakened the interests of mystics philosophers psychologists and many others throughout the ages For many it has been a valuable tool for self-development which has granted profound insights through a philosophical lands.

尽管如此，可以肯定地说，人格新格是一个巧妙的系统，它唤醒了神秘主义者、哲学家、心理学家和许多其他人的兴趣。对于许多人来说，它是自我发展的宝贵工具，通过哲学的土地。

There's much more to be a Neogram than the basics presented in this video For further learning, you'll find several links in the description.

除了本视频中介绍的基础知识之外，Neogram 还有更多内容。为了进一步学习，您会在说明中找到几个链接。

Thank you for watching.

谢谢收看。

