

The Enneagram Personality Test

What is the Enneagram?

The Enneagram is a personality system that aims to reveal how emotions drive our lives and how we engage with others in an effort to get what we want and need. The Enneagram defines **nine personality types**, each with its own set of strengths, weaknesses, and opportunities for personal growth.

Your Enneagram type reveals what motivates you on a very deep level, and illuminates the path you must take to achieve a higher level of self-actualization.

Your Enneagram Scores

The 9 Types of the Enneagram

Each of the nine types of the Enneagram has its own driving force, which is centered around a particular emotion. Some types experience strong emotions, while other types aim to avoid emotions in one form or another. However, whether running from emotions or diving into them, each type describes some aspect of emotional experience.

The nine types of the Enneagram are commonly divided into three groups of three types each: Body Types, Head Types, and Heart Types. Each of these groups is considered to be driven by a particular center of intelligence and a particular core emotion.

Body Types

Body types are driven by instinct and are tuned into their five senses as a primary means of gathering information. Body types often feel their emotions and reactions in their stomach and have a "gut sense" for things.

For body types, the core emotion is **anger**. This does not necessarily mean that all body types experience anger frequently. Some people who are body types repress their anger; however it is still a driving force in their thoughts and actions.

Your scores for the body types:

EIGHT | 75% MATCH

Eights see themselves as strong and powerful and seek to stand up for what they believe in. They rarely see themselves as having vulnerabilities and have the belief that they can handle pretty much anything that comes their way. Eights have easy access to their anger, and as a result, are sometimes seen as intimidating to others. However, Eights typically see themselves as fighters, standing up for what is right and protecting the weak.

NINE | 58% MATCH

Nines are defined by a desire to live in peaceful harmony with their environment. They want a sense of balance and calm, and aspire to a kind of homeostasis where nothing disturbs their inner peace. They tend to be easygoing and accepting of what is happening around them, but can become resistant and willfully oblivious when something in the environment threatens to throw them off balance.

ONE | 98% MATCH

Ones are defined by their belief that everything must be in order, and by their feeling that they must always be "right." They show great commitment and determination to improve conditions that they find need improvement, and they are forward in encouraging others to improve their performance, too.

Head Types

Head types are driven by intellect and tend to analyze and rationalize their emotions. Head types make choices and evaluations based on their logical analysis and interpretations of things. They are prone to "overthinking" things.

For head types, the core emotion is **fear**. This does not necessarily mean that all head types knowingly experience a lot of fear; for some, fear is more of an unconscious driving force.

Your scores for the head types:

FIVE | 95% MATCH

Fives are driven by a belief that their resources are scarce, and that they don't have enough of what they need. Unlike other types who go out into the world to get what they need, Fives instead aim to need as little as possible. To achieve this, they withdraw from the world, retreating into their minds to conserve their time, energy and other resources.

SIX | 88% MATCH

Sixes are preoccupied with security, seek safety, and like to be prepared for problems. They have active minds which are constantly scanning for danger and creating contingency plans. They are highly attuned to risk and typically have a clear idea of what they will do in any worst-case scenario. They are good at seeing how things will play out, particularly understanding how things could go wrong.

SEVEN | 47% MATCH

Sevens are defined by their desire to experience everything good and pleasurable that the world has to offer, while avoiding pain, boredom, and limitations. Although Sevens appear enthusiastic and fun-loving, deep down, they have a fear of getting stuck in negative emotions. Thus, they tend to disconnect from their deeper feelings, instead focusing on their imagination and zest for life to keep them moving forward and gathering new, pleasurable experiences.

Heart Types

Heart types are driven by their emotions and their desire to connect with other people. Heart types are driven by a strong sense of empathy and their sense of what people are experiencing, both themselves and others.

For heart types, the core emotion is **sadness**, which originates from a sense of disconnection with self or others. Some heart types experience sadness more acutely, while others proactively try to connect with people to circumvent their core sadness.

Your scores for the heart types: \

TWO | 52% MATCH

Twos want to be liked and find ways that they can be of service to others so that they can belong. They have a strong need to be affiliated with others, and pursue acceptance by being kind, caring, and helpful. They are highly altruistic and empathetic and often have an intuitive sense of what other people need and want. They sometimes give too much of themselves because they are so eager to be connected with others.

THREE | 68% MATCH

Threes are defined by their desire to achieve. They want to advance in the world and will sacrifice almost anything for success; vigorously pursuing tasks and becoming utterly absorbed in the pursuit of attainment. But they will only choose a task in the first place if it promises rewards and brings prestige. Threes like to stand out. They have a burning need to be admired and see life as a game where winning is emphasized.

FOUR | 80% MATCH

Fours are defined by their belief that they are different from other people, and by their feelings of envy for what others have. Fours have the sense that something is missing from their lives, and they worry that they will never have the happiness that other people experience. At their core, Fours passionately long for the type of deep connection that will make them feel whole and accepted.

Your Type in Depth

Your primary type is **One**. In this section, we'll dive deep into the One profile to understand how it drives your core emotions, fears, and desires, as well as how it impacts you in relationships and at work.

In a Nutshell

Ones are defined by their belief that everything must be in order, and by their feeling that they must always be "right." They show great commitment and determination to improve conditions that they find need improvement, and they are forward in encouraging others to improve their performance, too.

At their core, Ones are the "model children" of the Enneagram world—dutiful, responsible and perfection-seeking. At the same time, they are idealists, in the sense that they believe they know exactly how to perfect the world and they wonder why others do not see it. Many Ones proselytize about the one true set of rules; the one true course of action; or how things "ought" to be. They are often drawn to positions of teaching, advocacy or inspirational leadership where they can share their vision and seek to reform the world. As teachers, they are creative, exemplary and motivating.

Ones can be uncompromising in their pursuit of perfection and ironically, this behavior is itself imperfect. Ones are perpetually in danger of building up totalitarian systems, even if only in the One's own head, where they try to lay down the laws of decent society and stop listening to other points of view. To see the imperfect, and to accept and endure it, is the life task of the One if he wants to be happy.

Strengths

Supremely disciplined and focused
Works conscientiously
High moral standards
Deep yearning for integrity
Constantly seeks betterment for themselves and others

Challenges

Can be deeply self critical ("I am never enough!")
Avoids making mistakes at all costs
Puts work before pleasure, missing out on opportunities as a result
Can be critical and nagging (the raised forefinger; it's my way or the highway) Often exhibit passive-aggressive behavior, which others can sense

Core Weakness

Resentment: That the world is not as perfect as it should be, and people keep doing the wrong thing or refusing to follow the rules.

Although Ones strive for perfection, they can hardly bear the mistakes of their fellow human beings. And they are even stricter with themselves. Ones can harbor deep feelings of inferiority and frustration over their own perceived inadequacies and, rather than confronting these emotions, Ones tend to suppress their anger. This leads to continual resentment and irritation with others, with themselves, and with the world at large for not being good enough. Ones often struggle with just being silly or enjoying the good things in life.

Core Belief

"There is always something to improve."

Core Fear

Being flawed and imperfect, and therefore bad. Making mistakes or doing something inappropriate and bringing shame on themselves. Being defective, evil or corruptible because they did not do everything as correctly as they could have done.

Above all, Ones want to be right. They want to raise the bar and strive higher, and behave consistently with their ideals. Somewhere in their development, Ones picked up the idea that they must be better than they currently are, and they fear being blamed, corrected and alienated for not meeting expectations. Ones have a strong inner critic and may grow resentful and exhausted because they're trying to improve things and others don't understand what they're doing. Passive-aggressive behavior, sulking and the silent treatment play out when Ones feel underappreciated.

Core Desire

To live according to my own personal integrity. To be right, balanced, virtuous and good.

Core Traits

Perfectionism. Ones dream of making things perfect, which means they are entirely driven towards improvement and feel it is their duty to make things right. If they're falling short of their own ideals, Ones

correct the behavior right away, even if it means denying their own pleasure. By these extreme quality standards, nothing can ever be good enough—even themselves. As such, Ones have a keen appreciation of excellence—and an even keener eye for flaws.

Morally good. The One wants to be good. As children, they are rule-abiding, hardworking and model students. As adults, they are sensible, conscientious, responsible, serious and self disciplined. Ones get worried if their life is messy, or there's a lack of quality in any area. Their attention automatically goes toward seeing and correcting what's wrong, and doing the right thing. They are highly principled, and have an urgent need to adhere to certain values and standards.

Closed mindedness. While the One's perfectionism is born of good intentions, it can also be a burden. Nobody enjoys being told what to do, and others may get defensive around the One who can be judgmental and critical when faced with an error of judgment, a deliberate stepping outside the lines, or a mistake. Since Ones believe wholeheartedly in their convictions, they tend to be closed minded and rigid in their approach. To Ones, something is either right or wrong, good or bad—there is no middle ground.

Sensitive to criticism. Though often critical of others, Ones are sensitive to criticism directed at themselves. Under critical fire, especially from loved ones, Ones start to think their behavior is below standard and they are not worthy of the respect they've been given. In response, Ones can become defensive and aggressive, often hurling back criticisms of their own. That's not to say that Ones reject the

criticism outright—after some initial pushback, Ones listen carefully and are rather too adept at internalizing the blame. They are rarely self-forgiving and live life in a state of “should have,” “I must” and “I ought to.” Constant criticism makes them feel like they're carrying the world on their shoulders—which can push them even deeper into their quest for perfection.

Objective. While Ones may be perceived as idealistic, their idealism is rooted in objectivity. Ones are able to see and judge people, situations and details rationally and without emotion, and this trait manifests externally as self-discipline, truth-seeking and old-fashioned common sense. Even though Ones may experience a lot of anger, they rarely express it outwardly. When irritation builds, Ones tend to become more objective and excessively polite. When they do choose to vent, their arguments will be well thought through and they will be able to justify the grievance with a list of objective details based on factual experiences and disappointments. When operating in this mode, it's hard for others to prove a One wrong.

Emotional Life

At their best, the strengths of the One are those of a relaxed person, unencumbered by wild and volatile emotional swings. They want everything to be at least 100 percent and work hard to achieve those standards, but they do so in a way that is systematic, punctual, reliable and disciplined. Ones have excellent self-control. They are not prone to wearing their hearts on their sleeves, preferring to have a task, goal or vision and work responsibly towards it.

When passion does run deep, it tends to take the form of anger. Ones have a habit of turning this anger inwards so it fuels their inner critic. This makes it hard for Ones to show themselves any kindness since anger is a “bad” emotion. Ones, of course, exist to be “good.”

In positive conditions, subliminal anger can trigger the One's need to improve, which can be a force for great advancement in this world. In negative conditions, anger fuels the One's sense of having fallen short of their own high standards. Striving for improvement is exhausting—a never-ending cycle of trying and being pushed back—and Ones can find themselves drowning in responsibilities and repressing anger while trying to appear calm and competent.

The One's anger is fueled, in part, by the fact that they often do not have any confidence in themselves. Feelings of inferiority are painful emotions which Ones naturally tend to stifle, but they can erupt

periodically in fits of temper, frustration, irritability and harsh criticism. Outbursts can seemingly come out of nowhere, blindsiding others, and for this reason, Ones can be difficult to live with.

On the other side, Ones are passionate about their convictions. They tend to be loyal and capable friends and partners with a sincere heart and good intentions towards others. At their best, they connect positively with their desire to show caring and can relax and have fun with their loved ones.

Childhood Origins

At some point in their childhood, Ones have convinced themselves that only the “good” and the “right” are lovable, and they have to be perfect to be loved. It’s hard for Ones to believe in the idea of unconditional love. Young Ones thrive on words of encouragement and affirmation that are not connected solely to their performance. Adults often must work hard to show that the One is accepted, flaws and all.

Being exact is important to Ones, and this manifests as a tidy and obedient child who often becomes the teachers’ pet for being rule-abiding, punctual and well behaved. Some Ones apply too much pressure on themselves, even at this early stage of development. They are the type most likely to break down or beat themselves up when they make mistakes, no matter how slight the infraction.

The One’s inner critic, so prevalent in adulthood, is formed in childhood. Ones tend to stand out from their peers because of their intense dedication to a task, and they will stick at something until the result is right for them, even if they have no fun in the matter. Young Ones can seem more like little adults than children, and it’s possible they attract more responsibility than other types because they repeatedly show themselves to be reliable.

That said, perfectionist Ones can easily lapse into states of anxiety if adults place too much responsibility on them. Ones need encouragement to get in touch with their playful side so they have less time to focus on what they “should” be doing and learn life lessons that do not exclusively focus on what is right and what to avoid.

In Relationships

Ones are known for being faithful, loyal and dedicated. In relationships, and they tend to go all in. As improvement-oriented perfectionists, they notice all the little things that may seem “off” about the relationship, and are driven to reform the relationship until it is the very best it can be. Ones approach relationships, as with most things, from a logical perspective. They look for compatibility of values and opinions and once those connections are established, Ones will stick to their commitments and promises to the very end.

The Good:

Steady, reliable and truthful partners
Devoted to improving the relationship
Take great care of their loved ones, offering practical and emotional support whenever it’s needed

The Bad:

Often disconnected from the carefree, romantic side of love
Critical and passive-aggressive when they feel unappreciated
Find it hard to forgive mistakes

Ones tend to have overly high expectations of their partner and must resist the urge to nitpick when reality does not match up. Ones naturally see flaws everywhere, including in their relationships, and while they believe that criticism is necessary for growth, others are more inclined to keep the peace and let things go. In relationships, Ones must work hard to avoid power struggles where they stubbornly dig

into an argument simply to demonstrate that they are right. A partner who brings humor to the table is especially helpful as Ones often struggle to connect to their carefree, romantic side.

Ones are organized characters, so they appreciate a partner who honors their need for structure and cleanliness. Reciprocity is also key for Ones, and they will appreciate small gestures that show their partner cares: remembering important dates, being on time, and offering compliments that focus on the One's achievement, loyalty and dependability.

Above all though, Ones need a partner who will be gentle with their criticisms. If a One feels insecure or criticized, the defensive reaction is to make strong judgments and get dogmatic in their communication. This leads to supercritical and self-critical thinking and passive-aggressive behavior. Others feel that, too, and Ones often do well with partners who respect their need to spend time apart, so they can focus on their own interests and do whatever they need to do to prevent the steam building up like a pressure cooker.

At Work

Ones are the poster children of the working world—conscientious, reasonable, logical, self-disciplined, hardworking and meticulous. They do everything to the best of their ability with high standards of integrity; not just doing the job, but doing it *right*. They take their responsibilities seriously and put work ahead of play in virtually every situation. This makes them popular with employers, clients and coworkers but it can be a source of friction in personal relationships. The term “workaholic” was invented for the perfectionist, diligent One.

What the One needs at work:

The freedom to work in their own way and meet their own standards of perfection
Opportunities for growth
Work they believe is deeply good
Merit-based reward systems

Autonomy is important to Ones as they need the freedom to work at their own pace so they can meet their own high standards of performance. They operate well in meritocratic environments that reward competence and conscientiousness. They work less effectively in high-pressure environments where tight deadlines and quick decision-making may cause them to make mistakes.

Since a One's worst fear is not doing the right thing, it makes sense that they operate through the lens of growth and development. Ones are often high achievers who want to improve everything, and they are exceptionally good at driving improvements dynamically and encouraging employees to reach ambitious

stretch goals. As such, they make exceptional mentors, managers and leaders. Their leadership style is hands-off—developmental rather than overbearing—as Ones are dedicated to helping people become self-responsible and working things out for themselves.

The Spectrum of Health

Like all types, Ones express their characteristics differently depending on how well they are functioning. When Ones are healthy, happy, and well-adapted, they will tend to display more of the positive qualities of their type. When they are less healthy and happy, they will show more of their characteristic weaknesses.

Stressed

When Ones are psychologically unhealthy, they are some of the most inflexible and dogmatic of all the types. Because they are truth-seekers, they become convinced that they are objectively right and others are objectively wrong. They can become rigid, self-righteous, controlling, intolerant and preachy, lecturing others for failing to live up to their responsibilities.

Stressed ones can be described as:

Dogmatic Impatient Reprimanding Angry Controlling Disillusioned Obsessive Corrosive Self-punishing

Average

At average levels of psychological health, Ones notice imperfection everywhere except within themselves, as they do not want to face their own inner critic. They display strong opinions about everything and believe they know what is best for others. They can become incredibly disheartened when others refuse to shape up and see the error of their ways.

Average ones can be described as:

Opinionated
Judgmental
Hesitant
Puritanical
Hard on themselves and others

Nitpicking Scrupulous Frustrated
Easily overwhelmed

Thriving

At their best, Ones see the perfection that already exists around them and accept reality on its own terms. They are reasonable, ethical, truthful, visionary and highly principled. Deeply in touch with their moral values, they continue to strive for excellence but they are respectful of others and open to hearing alternative points of view.

Thriving ones can be described as:

Fair Openhearted Just
Ethical Principled Trustworthy Self-aware Respectful Uplifting Inspirational

Transformations

Essential to the Enneagram is the idea of growth and movement. Rather than being locked into a static personality type, the Enneagram shows how we can shift and change, both under stress and in times of expansion and growth. The two primary ways our personalities undergo transformation is through **wings** and **arrows**.

Wings

In the Enneagram, each type is considered to have two potential *wings*. Your potential wings are the types which are adjacent to your primary type on the Enneagram diagram. For most people, their primary type explains the core of their behavior, while the wing drives secondary (and sometimes contradictory!) aspects of who they are. Learning about your wing will help you to understand your personality in more depth.

Wings are also a way to think about development. In studying the Enneagram, the first goal is always to understand ourselves as we are. The second goal is to understand how to move out of our patterns so that we may become more well-rounded, adaptable, and effective as people. Wings can help us to

understand who we are, but they can also help us to see new behaviors that we might experiment with in order to grow and develop. Because our wings are adjacent to our own patterns, they can be easier to “try on” as compared with other, unrelated types.

As a One, you may have either a Nine or a Two wing, or a bit of both. These wings modify how you express your type, and add depth to understanding what drives you. If there are some aspects of who you are that do not seem to fit with your primary type, then understanding your wings may explain why.

Your wing expression:

The Nine Wing

Nines are easygoing, self-effacing people who are motivated to create harmony in their environments and heal conflicts. At their core, they desire peace—both outwardly and within themselves. Nines have a great yearning to go with the flow and feel at one with the cosmos. They may have difficulty saying no, however, and can be very uncertain about their own wants and needs.

A Nine wing brings serenity and moderation to the One personality type. Where Ones can get involved and angrily passionate about their desire to make the world right, Nines take a more detached and emotionally reserved approach. A One with a Nine wing, then, will be idealistic and want to improve themselves and the world around them, but will tend to teach and explain their opinions calmly rather than being critical or nitpicky. This can help to moderate some of the frustrated outbursts typical to the One personality.

Developing a Nine wing can also help Ones to be more flexible. Nines are optimistic, accepting and adaptive in their behavior and, while they certainly have strong opinions, they aren’t consumed by them in the same way that Ones are. Ones with a Nine wing are typically better positioned to consider alternative viewpoints and adapt to others preferences, rather than being wholly focused on their own.

Contributions of a Nine wing

Flexibility Emotional control Balance
Calm
Scholarly objectivity

The Two Wing

Twos are caring, empathetic people who want to establish themselves as generous and unselfish in the eyes of others. At their core, Twos fear being unwanted so they adopt a strategy of people-pleasing to prove they are worthy of someone’s love.

A Two wing brings compassion and a helpful-oriented structure to the One personality type. While Ones tend to force their opinions on others when they experience difficult emotions, Twos are sensitive to the needs of others and are willing to go out of their way to be of assistance to people. Developing a Two wing for Ones, then, can help them to turn the One’s idealism into something more interpersonal, using those strong opinions in the lifelong service of others to stand up for and defend those around them. Ones with a Two wing are often activists and strong advocates for a cause.

Developing a Two wing can also help Ones work more collaboratively—sharing creative ideas and solutions rather than judging others by how closely they match the One’s worldview. Ones with a two wing are often willing to make personal sacrifices if this will help others. This shift towards tolerance allows them to loosen up, soften their corrections and let go of their righteous judgments.

Contributions of a Two wing

Empathy

Sensitivity

Warm, human, interpersonal qualities Compassion

Arrows

Arrows in the Enneagram represent a path to development. Each Enneagram type is connected to two other types in the diagram, and each connection is marked with an arrow in a particular direction. These arrows can be thought of as pointing in the direction of growth. One arrow points towards your primary type, indicating that you must grow *from* this development point. The other arrow points away from your primary type, indicating that you will grow *toward* this development point.

In contrast with wings, which are somewhat related with our primary type, arrows point to aspects of our personality that may be completely neglected. We tend to access our arrow points during times of upheaval, when we are experiencing stress or profound personal growth. Accessing arrow points is often difficult and disruptive, but integrating these points with our personalities is an important part of becoming our highest selves.

Ones connect with development points of type Four and Seven. The characteristics of these types present key developmental stages in the growth of the One personality type. You may have already developed somewhat through your arrows, or you may find that your arrows present new opportunities for you to think about how to be more effective.

Your scores for each of your arrow points can give you some idea of how much you've already developed through these points. Higher scores indicate that you've already developed somewhat, while lower scores indicate an area for future growth.

Developing Through Seven

The **origin point** of the One is type Seven. This represents a mode that is blocked or repressed for the One. For Ones, the origin point of Seven One represents a repressed sense of joy. Ones tend to overfocus on the pressure to excel and be better, but adopting more of the healthy behaviors of Sevens allows Ones to realize that being better means taking good, tender care of themselves. Sevens allow themselves to relax and take vacations, for example, which does not come so naturally to average Ones.

A key development point, then, is for the One to rediscover the concept of having spontaneous fun. Where Ones focus on “should dos”, feeling that they must play by the rules, Sevens are instinctively optimistic, fun loving and self-forgiving. A One can grow by experimenting a little and allowing themselves to make mistakes, having fun with the process. Sevens believe that mistakes make us better, and as the One starts to loosen the reins and take situations less seriously, they often discover that it's noble to strive for goodness—but much more worthwhile to do so while having fun and allowing yourself to enjoy the good things in life.

Tasks for development through the origin point

Prioritize play and enjoyment. Chasing perfection can be tiring. We are all a work-in-progress, and you need to lighten up and enjoy the experience.

Pursue new opportunities or experiences to keep you engaged and excited, and make sure you do not miss out

Desire being “good enough.” Remember that you may be imperfect, as everyone is, and the best you can do is reach for excellence. Surround yourself with people who appreciate your strengths and who can call

you out if you're asking too much of yourself. No matter how many mistakes you're making, you are worthy of love and approval.

Developing Through Four

The **growth point** of the One is type Four. This represents a mode that the One can move towards as they seek to grow into new ways of being. For Ones who have developed their own characteristics into a healthy mode of being, discovering and adopting more of the healthy behaviors of Fours can open up their growth even further. This means discovering the deep sense of emotional awareness and non-conformity that are so natural to Fours.

Where Ones focus on improvement, feeling that they can better everything and everyone in their path, Fours instinctively want to express their creativity and uniqueness, placing their feelings at the center of their universe. A One can grow, then, by thinking less about what they should do and more about what they want to do (rather than societal expectations).

A key development point, then, is for the One to rediscover warm and empathetic connections with themselves and with other people. To develop through the growth point, Ones should let go of control and get back in touch with their heart-felt ideals, which ultimately will lead them where they want to go.

Tasks for development through the growth point

Rediscover your individual expression. Instead of being guided by what you should do, consider what you want to do. Practice saying “how do I feel about this?” rather than “what is the right thing to do?”

Seek a listening ear. Understand that other people can help you work through problems and reflect on the positive aspects of life.

Engage in a creative endeavor. Choose activities that allow for a great range of depth and expression and allow you to feel things “in the flow” without evaluating the rightness or wrongness of the situation. Allow yourself to nonjudgmentally feel and be.

A Path Forward

Like all types, Ones have patterns that they act out unconsciously based on their own core beliefs and fears. Sometimes these patterns work for us; sometimes they hold us back. In recognizing our patterns and how they limit us, we can begin to grow beyond the limitations of our unconscious fears.

Although the Enneagram can be extremely useful in understanding who you are and why you do the things you do, the real value of the system is uncovered when you begin to understand it as a way to grow and develop. The Enneagram can help us to see our patterns objectively, so that we can begin to understand that they are not inevitable—we can choose to take another approach if we need to. And, it can help us to understand what we need to do in order to grow and become happier, more effective, more actualized people.

Each type has particular patterns they must examine and overcome in order to move forward. In order to express the highest aspects of themselves, Ones must work on their ability to accept and forgive imperfections in themselves and others. They must learn to rein in their judgment when it does not serve them. And they must accept that there is more than one right way to do things and that other “wrong” ways simply represent a different perspective or approach.

Growth tasks for Ones

Pay attention to your judgment. This is your blind spot. Notice when you are thinking in terms of black/white; right/wrong and actively seek out other sides to the story
Develop an appreciation for the “good enough” over the “perfect”

Learn to let duty, order and the improvement of the world be. Instead, play and celebrate life. Put pleasure on your to-do list.
Make small mistakes on purpose and notice how inconsequential they are in the grand scheme of things. Move on.

Be gentle with yourself. Spend some time listening to your inner critic and consider, are you making unfair judgments about yourself? Can you replace these criticisms with statements that reflect the best sides of your personality? Remember, you have a right to be here, a right to be vulnerable, and a right to be confident in yourself as a force for moral good.

Practice physical relaxation, allowing yourself to let go of anger, frustration or other bad feelings. Don't worry, be happy.

When Ones are operating at their best, they are a powerful force for change in the world. They passionately pursue what they perceive to be right and fight hard to remove all that is corrupt or ill-intentioned. Ones are able to connect and care for their communities and act as bold advocates for justice, growth, and reform. Although it is never easy to examine and overcome our old patterns, Ones who do so will find that life can be even richer and more inspiring than they ever thought possible.

MANTRA FOR ONES

Change what can be changed, accept what cannot be changed, and develop the wisdom to know the difference.

What Makes You Unique

Although your Enneagram type explains a great deal about you, it doesn't explain everything! Within your type, you have reached a specific level of development and growth which is unique to you, and you have also had experiences that have required you to stretch into different modes and develop traits that are not necessarily typical for your Enneagram type. In this section, we'll look at the traits that are unique to you—both those traits that can be used as super-strengths, and those which may be holding you back.

Below, you'll find information on the top 3 traits you can harness as your personal superpowers, and the top 3 traits which may be stopping you from achieving what you desire. One important thing to remember is that personality traits are never all good, or all bad. Every trait has its possible benefits and potential downsides—it's all in how you use it.

Your Top 3 Personality Superpowers

Which of your personality traits are your biggest assets? We all have our strengths and weaknesses, and many psychologists believe that the key to success is not in trying to overcome all your flaws, but rather in making the most of what you have going for you. Let's look now at some traits that you may be able to deploy to your benefit.

As you read over this section, remember that even beneficial personality traits can work against you if they are overused. For each superpower below, you'll see how it can benefit your life, as well as how it may backfire if not kept in balance.

DISCIPLINE

Self-Discipline. Temptations and distractions are no match for your singleminded focus. When you have a goal, nothing can get in your way. You have a tremendous amount of willpower which only flourishes when you are tasked with achieving something, and you are unlikely to become waylaid on the path to what you want. While this steadfastness can sometimes make you blind to new opportunities—you're so focused on the path ahead, you may not notice potential detours—for the most part, your persistence pays off. Make sure you apply this superpower to tasks that truly matter to you—not just meaningless busywork—and you'll find your self-discipline to be a key asset on your road to success.

IMPROVEMENT

Self Improvement. You see yourself as a work in progress, and are always willing and motivated to learn something new. You want to understand how to be the best you can be—whether at work, in your relationships, or in your own mind. You enjoy exploring psychology and other systems of understand and improving oneself, and you are probably a voracious reader and lifelong learner. Self-acceptance may not be a strength of yours; because you see yourself as an ongoing project, you may never feel really satisfied with who you are now. Be mindful of recognizing your progress, and give yourself regular pats on the back as you press forward on your quest for self-actualization.

VIGILANCE

Vigilance. You can see disaster coming from a mile away, and you're rarely blindsided when something goes wrong. You know where the emergency exits are, literally and figuratively, and you are capable of great clarity and leadership in a crisis. Your mind tends to be very active, envisioning problems before they even begin. This can be a good thing when put to productive use (especially in a career that tasks

you with troubleshooting), but it can also consume a lot of your mental energy. You may be prone to mental exhaustion if you're scanning for danger 24/7, so be sure you also take some time for creativity, exploration, and just plain rest.

Your Top 3 Personality Blindspots

Now, let's take a look at those aspects of your personality that are likely to get in your way, cause you stress, or interfere with you achieving what you want. These are traits that you need to be especially conscious of, as they can tend to sidetrack you if you are not paying attention.

As with your strengths, these traits are not always negative; in fact, by being aware of them, you'll be more able to turn them to your advantage. The goal is not to eliminate these qualities from your personality; rather, you want to explore and master them so you can choose the most effective behavior for yourself in any given situation.

Alienation. You feel separate from other people, and tend to think that others can't truly understand you. Most likely, you grew up around people—either family or social groups—who made you feel like an outsider. There's nothing wrong with appreciating yourself as a unique person, but everyone needs a sense of belonging. You'll live a fuller life if you put some time and energy into finding your "tribe." Somewhere out there are people who are just as offbeat as you are, and who will make you feel like you're finally understood.

Security Seeking. You see the world as a risky place, and you're concerned about securing a safe spot in it, surrounded by the people and resources that can protect you. Although this means you tend to be less vulnerable than someone who takes a more haphazard approach, it also means some tradeoffs. You're reluctant to take risks, even those which could benefit you, and you may hang on to situations and relationships for longer than you should simply because you fear losing what you have. Although there's nothing wrong with wanting security, be careful not to confuse comfort and habit with protection. Sometimes, the most secure situation will actually be well outside of your comfort zone.

Pain Avoidance. Nobody wants to feel sad, right? Avoiding painful situations or emotions is natural, but you take it to an extreme. What goes up must come down, and sad moments are inevitable in a life that is full and rich. By avoiding what's difficult, you're also shutting yourself off to some of the most beautiful experiences in life. Reconsider the idea that you should never feel blue, and reassure yourself that if you allow yourself to feel sadness, that eventually it will pass. You'll find the happy times are even sweeter when you're not so determined to block out the negative.

Making the Most of Who You Are

The Enneagram presents a rich opportunity to discover what drives us, what matters to us, and who we are at our core. You may have found that your Enneagram report confirmed some of what you already knew about yourself. You may have also found words for aspects of yourself that you were aware of, but didn't know how to describe. And you may have also seen some sides to yourself that you were uncomfortable with.

Many people find that taking an Enneagram assessment and discovering their type helps them to get back in touch with important parts of themselves that have been obscured or pushed aside in daily life. Others find that the Enneagram helps them to understand the paths they might take to be more fulfilled and empowered in their goals. Whatever your purpose with the Enneagram, we thank you for allowing us to help you along your way. We wish you the best of luck in your journey to your higher self!

Help Others with Your Review

What did you think of your Enneagram report? Did it help you to better understand how your type shapes your life?

Your feedback can help other users understand what to expect when they purchase their full report. We'd love it if you would share your experience to help others make their choice.

Our team also reads every review, so if you have suggestions or comments you'd like us to hear, feel free to include them!