

# Enneagram Report Page

At this point on this page you may want to print this report.

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This is a summary of the Enneagram types that you chose initially, and the types that you chose as your Primary Type and Secondary Type.

Initially you chose the following Action, Feeling and Thinking Styles.

Your Enneagram Action Style

## ADAPTIVE PEACEMAKER / MEDIATOR / CONNECTOR



MEDIATION




- I need peace and harmony - I dislike conflict and tension
- I push my anger down - I hide it away - to keep the peace
- I am relaxed, easy-going and content when all is at peace and going well therefore I dislike change
- I am non-judgemental, I seek to understand everyone's point of view and I am a good mediator
- I sacrifice/minimise my own feelings and needs for the sake of peace and harmony
- I can procrastinate and become distracted from important tasks
- I am a good listener and observer
- I am slow to act - I first need to understand a situation and then I decide how to act or adapt to keep peace
- I worry if everyone is being heard and seen - including me
- I automatically blend in with other people's positive energy but become upset and stressed by negative energy, anger and conflict





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Enneagram 9: When it comes to working with others, I am most comfortable...

9 SP: Self Preservation - Doing things I like by adhering to routines I am used to, plus balancing alone time with team work.

## INTENSE EMOTIONAL/TRAGIC ROMANTIC






- I am very sensitive and compassionate
- I seek meaning and purpose
- I envy others - something is missing in my life - I want what others have
- I spend a lot of time thinking about what I need and how I am feeling
- I am intuitive, creative and can connect with the intensity and drama of life's experiences
- I want to be seen to be unique - I am not like everyone else
- I am attracted to things that express emotions like music, art, sculpture, singing etc.
- I often feel people don't understand me
- I feel that something is missing or wrong with me and easily notice what is missing in situations too
- I feel emotions (joy and sadness) intensely and often replay these over and over again


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Enneagram 4: When it comes to experiencing emotional pain...


4 SP: Self Preservation - I try not to talk about my feelings with others - I share what is happening with one or two people I trust.


## ENTHUSIASTIC VISIONARY / CONNOISSEUR / EPICURE












- I am a visionary with great imagination and ideas
- I am enthusiastic, upbeat, fun, optimistic and have a great sense of humour
- I am adventurous and curious and love to try new things
- I connect information, I'm a quick thinker, I see the bigger picture
- I can multitask and need variety, I become bored with routine
- I reframe negatives into positives and avoid unpleasant and uncomfortable situations
- I react defensively to negative feedback and I can be rebellious
- I am a good starter/initiator but not good at finishing
- I like to focus on the future and like to have options to consider
- I hate feeling limited or trapped and avoid pain and conflict
- I continuously seek new and stimulating experiences, people, ideas and events to keep my life exciting and fun





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Enneagram 7: When it comes to new ideas and projects...

7 SP: Self Preservation - I think about how to make things happen in practical ways so I can be successful and reap rewards.

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