

THE 9 ENNEAGRAM TYPES (IN BRIEF)

1. THE REFORMER

The Rational, Idealistic Type:

Principled, Purposeful, Self-Controlled, and Perfectionistic

Basic Fear: Of being corrupt/evil, defective

Basic Desire: To be good, to have integrity, to be balanced

Key Motivations: Want to be right, to strive higher and improve everything, to be consistent with their ideals, to justify themselves, to be beyond criticism so as not to be condemned by anyone.

Fictional character examples:

Atticus from *To Kill A Mockingbird*

Elinor from *Sense And Sensibility*

Mr. Carson from *Downton Abbey*

Laura from *Lark Rise to Candleford*

2. THE HELPER

The Caring, Interpersonal Type:

Generous, Demonstrative, People-Pleasing, and Possessive

Basic Fear: Of being unwanted, unworthy of being loved

Basic Desire: To feel loved

Key Motivations: Want to be loved, to express their feelings for others, to be needed and appreciated, to get others to respond to them, to vindicate their claims about themselves.

Fictional character examples:

Jane from *Jane Eyre*

Prince Caspian from *The Chronicles of Narnia*

Lady Sybil from *Downton Abbey*

Peter Parker from *Spider-Man*

3. THE ACHIEVER

The Success-Oriented, Pragmatic Type:

Adaptable, Excelling, Driven, and Image-Conscious

Basic Fear: Of being worthless

Basic Desire: To feel valuable and worthwhile

Key Motivations: Want to be affirmed, to distinguish themselves from others, to have attention, to be admired, and to impress others.

Fictional character examples:

P.T. Barnum from *The Greatest Showman*

Emma Woodhouse from *Emma*

Harry Selfridge from *Mr. Selfridge*

George Warleggen from *Poldark*

4. THE INDIVIDUALIST

The Sensitive, Introspective Type:

Expressive, Dramatic, Self-Absorbed, and Temperamental

Basic Fear: That they have no identity or personal significance

Basic Desire: To find themselves and their significance (to create an identity)

Key Motivations: Want to express themselves and their individuality, to create and surround themselves with beauty, to maintain certain moods and feelings, to withdraw to protect their self-image, to take care of emotional needs before attending to anything else, to attract a "rescuer."

Fictional character examples:

Anne Shirley from *Anne of Green Gables*

Mr. Rochester from *Jane Eyre*

Marianne from *Sense And Sensibility*

Jo March from *Little Women*

5. THE INVESTIGATOR

The Intense, Cerebral Type:

Perceptive, Innovative, Secretive, and Isolated

Basic Fear: Being useless, helpless, or incapable

Basic Desire: To be capable and competent

Key Motivations: Want to possess knowledge, to understand the environment, to have everything figured out as a way of defending the self from threats from the environment.

Fictional character examples:

Sherlock from *Sherlock Holmes*

Caroline from *Poldark*

Mr. Darcy from *Pride And Prejudice*

Violet from *Downton Abbey*

6. THE LOYALIST

The Committed, Security-Oriented Type:

Engaging, Responsible, Anxious, and Suspicious

Basic Fear: Of being without support and guidance

Basic Desire: To have security and support

Key Motivations: Want to have security, to feel supported by others, to have certitude and reassurance, to test the attitudes of others toward them, to fight against anxiety and insecurity.

Fictional character examples:

Demelza from *Poldark*

Colonel Brandon from *Sense And Sensibility*

Susan from *The Chronicles of Narnia*

Matthew from *Downton Abbey*

7. THE ENTHUSIAST

The Busy, Variety-Seeking Type:

Spontaneous, Versatile, Acquisitive, and Scattered

Basic Fear: Of being deprived and in pain

Basic Desire: To be satisfied and content—to have their needs fulfilled

Key Motivations: Want to maintain their freedom and happiness, to avoid missing out on worthwhile experiences, to keep themselves excited and occupied, to avoid and discharge pain.

Fictional character examples:

Elizabeth Bennet from *Pride And Prejudice*

Theodore Laurence from *Little Women*

Becky Sharp from *Vanity Fair*

Fisher Bloom from *Lark Rise to Candleford*

8. THE CHALLENGER

The Powerful, Dominating Type:

Self-Confident, Decisive, Willful, and Confrontational

Basic Fear: Of being harmed or controlled by others

Basic Desire: To protect themselves (to be in control of their own life and destiny)

Key Motivations: Want to be self-reliant, to prove their strength and resist weakness, to be important in their world, to dominate the environment, and to stay in control of their situation.

Fictional character examples:

Lady Mary from *Downton Abbey*

Ross Poldark from *Poldark*

Scarlett O'Hara from *Gone With The Wind*

Scrooge from *A Christmas Carol*

9. THE PEACEMAKER

The Easygoing, Self-Effacing Type:

Receptive, Reassuring Agreeable, and Complacent

Basic Fear: Of loss and separation

Basic Desire: To have inner stability "peace of mind"

Key Motivations: Want to create harmony in their environment, to avoid conflicts and tension, to preserve things as they are, to resist whatever would upset or disturb them.

Fictional character examples:

Jane Bennet from *Pride and Prejudice*

Dwight Enys from *Poldark*

Anne Elliot from *Persuasion*

Edward Ferrars from *Sense And Sensibility*

MORE ABOUT THE ENNEAGRAM TYPES

MY FAVORITE SITES:

[The Enneagram Institute](#)

[Eclectic Energies](#)

[The Enneagram at Work](#)

[Nine Ways to Love](#)

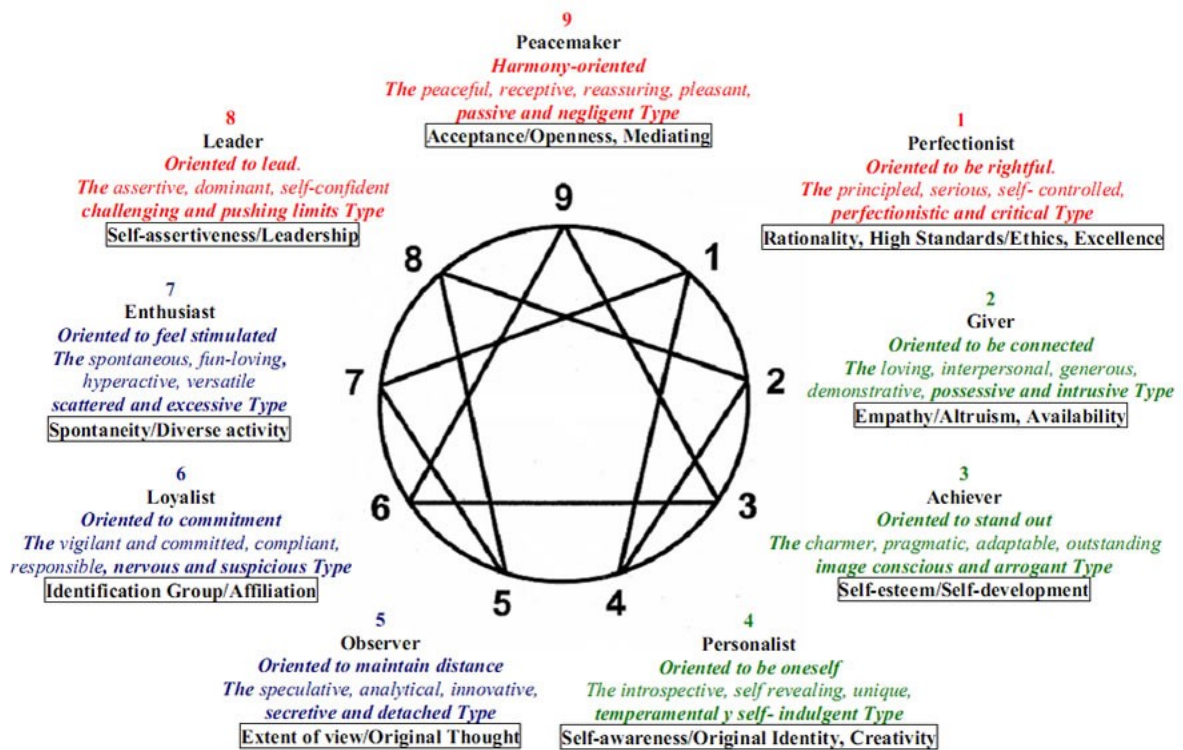
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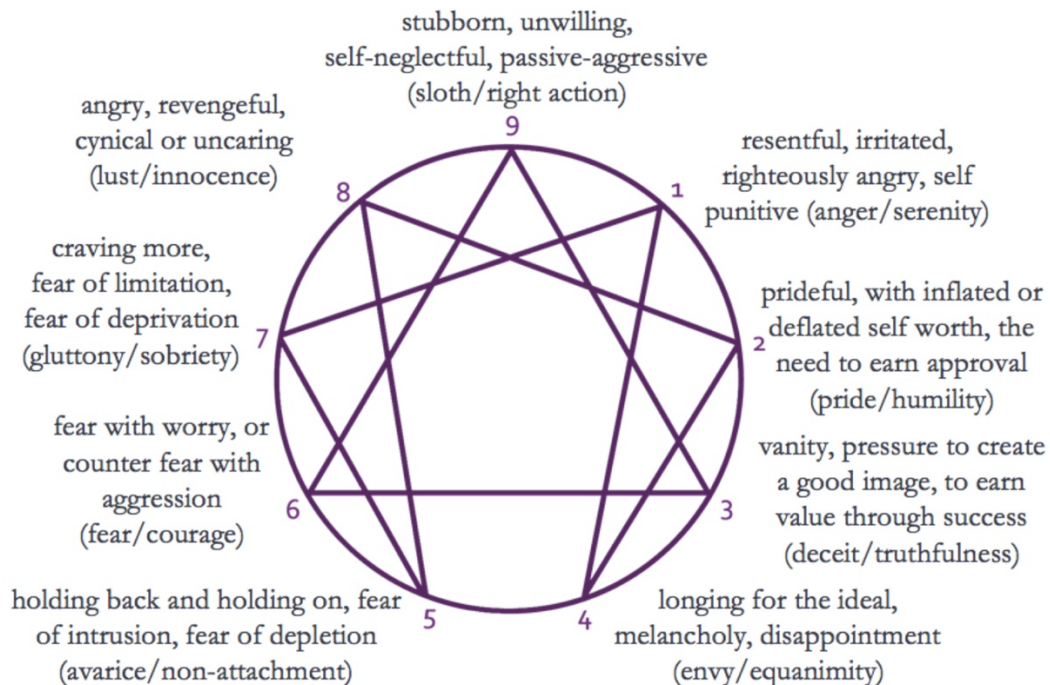
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ENNEAGRAM GRAPHS AND CHARTS



Habits of Emotion



Type Eight: The Challenger

Basic Desire: to protect oneself (deteriorates into constant fighting) / Basic Fear: being harmed or controlled by others / Pattern: trying to force or control your life

Type Nine: The Peacemaker

Basic Desire: to be at peace (deteriorates into stubborn neglectfulness) / Basic Fear: loss of connection and fragmentation / Pattern: resisting being affected by your experience

Type One: The Reformer

Basic Desire: to have integrity (deteriorates into perfectionism) / Basic Fear: being bad, corrupt, evil, or defective / Pattern: value-judging, condemning yourself and others

Type Seven: The Enthusiast

Basic Desire: to be happy (deteriorates into frenetic escapism) / Basic Fear: being deprived or trapped in pain / Pattern: always anticipating what you are going to do next

Type Two: The Helper

Basic Desire: to be loved (deteriorates into the need to be needed) / Basic Fear: being unworthy of being loved / Pattern: giving your value away to others

Type Six: The Loyalist

Basic Desire: to be secure (deteriorates into an attachment to beliefs) / Basic Fear: being without support or guidance / Pattern: becoming dependent on something outside yourself for support

Type Three: The Achiever

Basic Desire: to be valuable (deteriorates into chasing after success) / Basic Fear: being worthless or without value. / Pattern: trying to be other than you authentically are

Type Five: The Investigator

Basic Desire: to be competent (deteriorates into useless specialization) / Basic Fear: being useless, incapable or incompetent / Pattern: overinterpreting your experience

Type Four: The Individualist

Basic Desire: to be oneself (deteriorates into self-indulgence) / Basic Fear: being without identity or personal significance / Pattern: making negative comparisons



Instinctual variants:

Self-preservation: preoccupied with the well-being of the body and having enough resources to meet life's demands

Sexual: preoccupied with one-on-one relationships and constantly aware of the chemistry between themselves and others

Social: preoccupied with social dynamics and connection with other people and aware of how their actions are affecting them

Source: "The Wisdom of the Enneagram" by Don Richard Riso and Russ Hudson

Enneagram

CHEATSHEET

One - The Perfectionist, moralistic, contained, detail-oriented, judgemental, idealistic

Two - The Giver, people-pleasing, manipulative, helpful, warm, craves connection

Three - The Achiever, success-oriented, confident, seeks respect and attention

Four - The Romantic, moody, artsy, wants to be unique, craves depth

Five - The Observer, intellectual, reserved, isolated, curious, guarded

Six - The Loyalist, skeptical, scans environment, plans for worst-case scenarios, craves consistency/reliability/certainty

Seven - The Enthusiast, overscheduled, optimistic reframing, Fear of Missing Out, loves possibilities

Eight - The Boss, power-oriented, aggressive/strong, guarded, protecting those weaker than they are

Nine - The Mediator, calm, peaceful, conflict-averse, has a hard time changing patterns

@highly sensitive extrovert