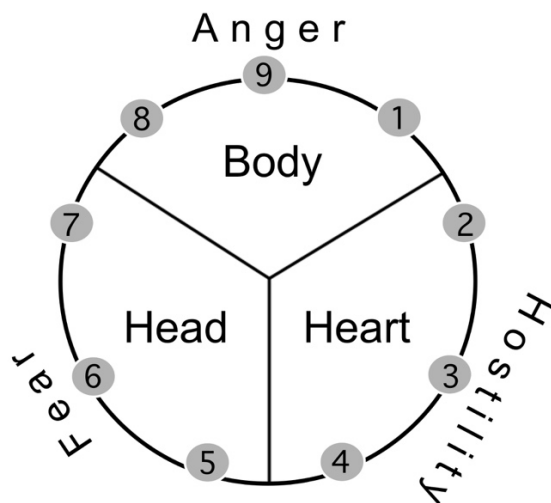


Protagonist Enneagram Worksheet

- Identify Emotional Center (Chapter 3)
- Identify who is the main character
- Identify protagonist's Enneagram Style (Chapter 5)

Use this worksheet to identify the main Enneagram style of your protagonist (or any character). Answer the questions as best you can, and review each of the character styles from Chapter 5, if necessary. What you want to take away from this worksheet is a fairly clear picture of the Enneagram style for your central hero/heroine. This will feed into all the other worksheets, so it is very important.

1. Identify the Emotional Center:



Question: "Which of the controlling emotions feel most applicable to your protagonist?"

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Question: “Is your protagonist focused more on thinking (head), feeling (heart), or relating (body)?”

Question: If you think you know which triad your protagonist belongs in, then ask yourself is your character overusing, blocked, or under-using their head, heart, or body?” (Remember, within each triad one style overuses, one style is more blocked, and one style underuses. Review Chapter 3 if you need clarity on this.)

2. Identify which character is actually the protagonist:

Question 1: “Who is in the most emotional pain?”

Question 2: “Who has the most to lose?”

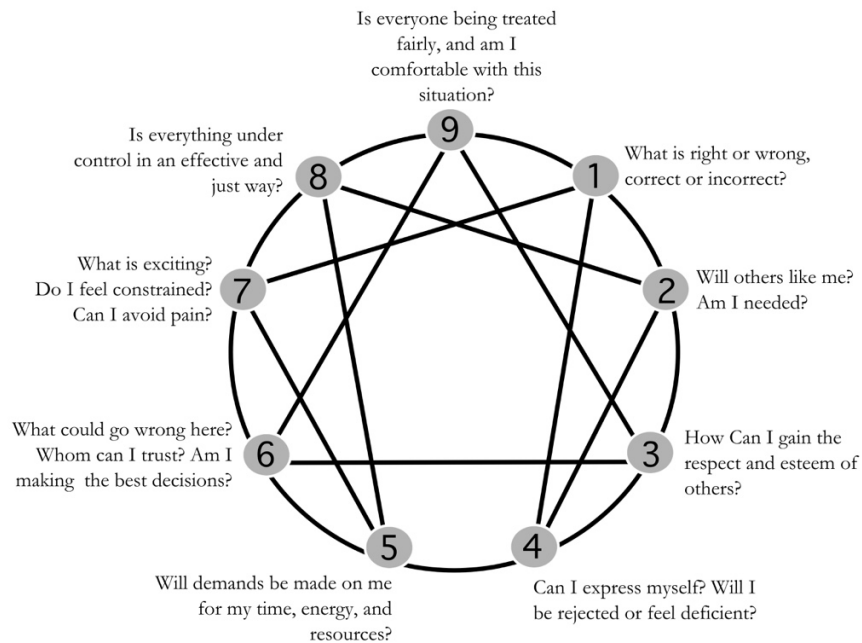
Question 3: “Who will change the most?”

3. Identify the protagonist's Enneagram Style: (Use patterns from Chapter 4 to help narrow down your protagonist's Enneagram. Review these patterns/images and then review the character profiles in Chapter 5 and these should give you a good idea what style your protagonist belongs to.)

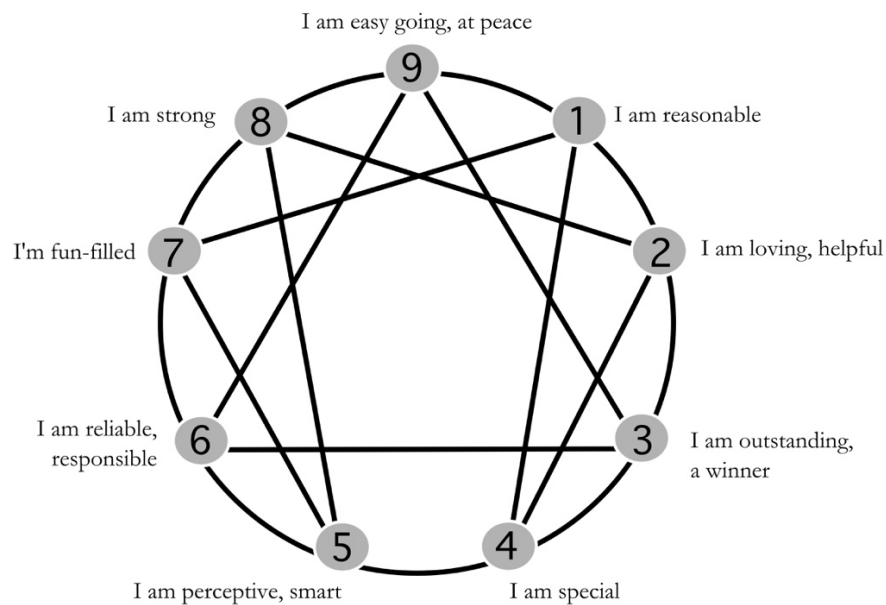
Question 1: “Which focus of attention feels most like your protagonist's?”

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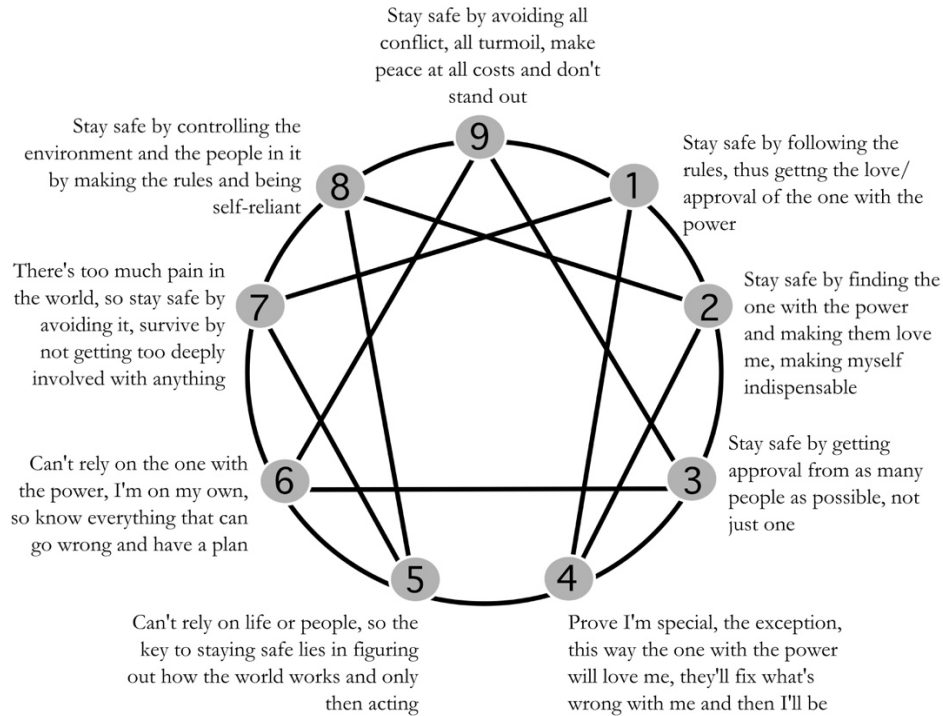
Question 2: “Which image feels most like your protagonist’s?”



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Question 4: “Which survival strategy feels most like your protagonist’s?”



Question 5: “After reviewing all the earlier patterns, review the profiles in Chapter 5 once again, and then ask which character profile sounds most similar to your protagonist.”

(After doing all this review and analysis, you should have a very solid feel for your protagonist’s Enneagram style.)