

# TYPE SEVEN

**Commonly Called:** The enthusiast, epicure, generalist, joyful person

**Type Summary:** Adventurers who are energetic, and buoyant people. They are imaginative, love possibilities, are action-oriented, and seek fun. However, they get overly caught-up in planning and imagining. They seek security, and escape boredom and pain, through distraction. Others can find them unreliable and self-centered due to their mental busyness.

Intelligence Center	Energy Center	Conflict Style
Head	Expanding - Active	Positive Outlook

## Operating Under the Surface: The Seven's Descent into Deeper

**Childhood wound:** "What wounds?" In reality, often escaped into activities and thoughts to avoid pain and struggle.

**Basic fear:** Being deprived and trapped in pain

**Basic need:** To be happy, active and imagining

**Focus of attention:** Multiple options and activities, pleasure

**Areas of avoidance:** Pain, boredom, extended focus

**Passion:** Gluttony - for ideas and experiences

**Fixation:** Planning - activating imagination and options

**Defense mechanism:** Sublimation – giving things a lift, making them interesting and stimulating

### Common struggles:

- Routine
- Monkey mind
- Impatience
- Too many unfinished projects and "irons in the fire"
- Short attention spans and follow-through

## Pathways to Awakening: The Seven's Ascent into Presence

**What needs surrendering:** Addiction to stimulation

**Growth challenge:** Living in the now & seeking simplicity

**Path to Presence:** Slowing the mind; accessing emotions and body awareness

**Virtue:** Sobriety – staying centered and focused

**Divine quality:** Joy

### Gifts & Strengths:

- Visioning and possibility-oriented
- High-energy
- Optimistic and enthusiastic
- "Jack & Jill" of all trades
- Warm and charming
- Creative

## Enneagram Lines: How we stay stuck & become free

