

TYPE ONE

Commonly Called: The perfectionist, reformer, idealist, moralist

Type Summary: Perfectionists or reformers who have high ideals, morals and standards. They are detail-oriented, conscientious and dependable. However, they can overly focus on right and wrong. This leads to becoming critical of self and others, and to taking rigid stances.

Intelligence Center	Energy Center	Conflict Style
Body	Reconciling - Containing	Competency

Operating Under the Surface: The One's Descent into Deeper Knowing

Childhood wound: Often experienced high expectations and/or criticism and created control and boundaries by focusing on and correcting what is wrong.

Basic fear: Being bad, defective, and corrupt

Basic need: To be good, perfect

Focus of attention: Right and wrong, correctness

Areas of avoidance: Mistakes; criticism from self or others

Passion: Anger at others and self

Fixation: Resentment of others (outer); self-criticism (inner)

Defense mechanism: Reaction formation – presenting the opposite of one's inner feeling

Common struggles:

- Perfection and obsession with details
- Self-righteousness and opinionated
- Rigidity
- Judgmental of self and others
- Controlling

Pathways to Awakening: The One's Ascent into Presence

What needs surrendering: The serious, critical mind

Growth challenge: Compassion toward self, others, while seeing both/and rather than either/or

Path to Presence: A light and open-hearted acceptance of the way that things are

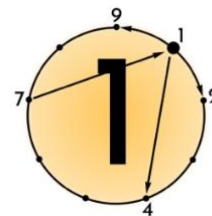
Virtue: Serenity – right and wrong are part of same whole

Divine quality: Perfection

Gifts & Strengths:

- Principled and high integrity
- Perceptive
- Meticulous and organized
- Disciplined
- High ideals and sense of purpose
- Honest

Enneagram Lines: How we stay stuck & become free



TYPE TWO

Commonly Called: The helper, caretaker, giver, mentor

Type Summary: Helpers and givers who are warmhearted, nurturing, and are sensitive to other's needs. They love connection to and serving others. However, they can give so much attention to the needs of others that they ignore their own needs. This leads both to their becoming depleted and to feeling quietly resentful about being under-appreciated.

Intelligence Center	Energy Center	Conflict Style
Heart	Reconciling - Containing	Positive Outlook

Operating Under the Surface: The Two's Descent into Deeper Knowing

Childhood wound: Often felt rewarded for, or pressured to, be helping or pleasing, and therefore believed that love and attention resulted from giving to others

Basic fear: Being unloved and unwanted for who they are apart from their giving

Basic need: To feel loved and be appreciated

Focus of attention: Other's needs and wants

Areas of avoidance: Personal needs; being perceived as selfish

Passion: Pride – a private thought stream that says, "I am so helpful. Why don't more people notice!"

Fixation: Flattery – giving to others to get recognition back

Defense mechanism: Repression – pushing down personal thoughts and feelings to focus on others

Common struggles:

- Over-functioning
- Burnout
- Quietly self-righteous
- Indirectness
- Weak boundaries

Pathways to Awakening: The Two's Ascent into Presence

What needs surrendering: Co-dependence, giving to get

Growth challenge: Learning how to balance dependency and autonomy.

Path to Presence: Internalize and own one's needs and self-worth

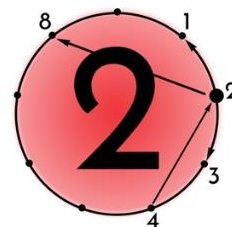
Virtue: Humility; connected but not co-dependent

Divine quality: Love

Gifts & Strengths:

- Warmhearted
- Sensitive
- Giving and generous
- Romantic
- Appreciative and supportive
- Energetic and expressive

Enneagram Lines: How we stay stuck & become free



TYPE THREE

Commonly Called: The achiever, performer, motivator, succeeder

Type Summary: Achievers who are energetic, optimistic, self-assured and goal-oriented. They love getting things done, and done in ways that are noticeable. However, their focus on achievement can become overly-consuming. It can compromise their authenticity and relationships, and lead them to be out of touch with their own feelings.

Intelligence Center	Energy Center	Conflict Style
Heart	Expanding - Active	Competency

Operating Under the Surface: The Three's Descent into Deeper

Childhood wound: Often felt rewarded for achievement and therefore believed that love and attention resulted from being impressive or successful

Basic fear: Failure, being worthless apart from achievements

Basic need: To be appreciated for successes

Focus of attention: Achievement that wins attention and reward

Areas of avoidance: Looking foolish or inadequate; accessing feelings

Passion: Deceit - presenting a false self or image

Fixation: Vanity - success, looking good

Defense mechanism: Identification – reading others and matching them to “win the deal” (the chameleon)

Common struggles:

- Losing touch with self, feel empty
- Overly ambitious
- Overly competitive
- Autocratic and workaholic tendencies
- Impatient and abrupt

Pathways to Awakening: The Three's Ascent into Presence

What needs surrendering: Striving and emphasis on image

Growth challenge: Finding & expressing inner essence; being versus doing

Path to Presence: Developing access to feelings and functioning out of integrity

Virtue: Authenticity - presenting my real self

Divine quality: Efficacy

Gifts & Strengths:

- Productive
- Responsible and see projects to completion
- Optimistic
- Efficient and goal oriented
- High energy
- Ability to “take charge”

Enneagram Lines: How we stay stuck & become free



TYPE FOUR

Commonly Called: The individualist, romantic, tragic romantic, original person

Type Summary: Romantics who are emotionally intense, creative people who seek to be unique in the world. They love deep connection with their interior worlds and with others. However, feelings of being alone and misunderstood can be over-dramatized. It can lead to a roller-coaster of feelings (especially melancholy and envy), and push others away.

Intelligence Center	Energy Center	Conflict Style
Heart	Absorbing - Receptive	Emotional Honesty

Operating Under the Surface: The Four's Descent into Deeper Knowing

Childhood wound: Often felt a weak or uneven sense of connection with their source of love and sought to gain love and attention by being unique and creative

Basic fear: Being ordinary, abandoned; boredom

Basic need: To be seen as unique and special

Focus of attention: That special something that's missing

Areas of avoidance: Ordinariness, abandonment

Passion: Envy - "the grass is always greener . . ."

Fixation: Melancholy - a longing, "something is missing"

Defense mechanism: Interjection – experiencing internally what is externally observed

Common struggles:

- Feeling hurt or missed
- Feelings on a rollercoaster
- Depressive feelings
- Overly self-involved
- Dissatisfaction – something's missing

Pathways to Awakening: The Four's Ascent into Presence

What needs surrendering: Self-preoccupation and seeing feelings as facts

Growth challenge: Appreciating the ordinary, the simple

Path to Presence: Generous connection with others and the Source of life; gratitude for what is.

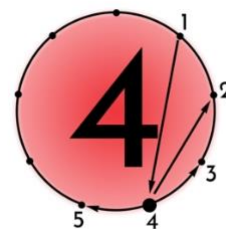
Virtue: Equanimity – balancing highs and lows

Divine quality: Creativity

Gifts & Strengths:

- Introspective
- Sensitive and attuned to feelings
- Creative and artistic
- Expressive and compassionate
- Empathic - especially with suffering
- Romantic and passionate

Enneagram Lines: How we stay stuck & become free



TYPE FIVE

Commonly Called: The thinker, observer, investigator, wise person

Type Summary: Observers who are lovers of knowledge. They are analytical, self-sufficient, and often introverted. They find security through understanding and learning. However, they can become fixated on thoughts and ideas, and fear being overwhelmed by outer demands and people. This leads them to withdraw and safeguard their energy.

Intelligence Center	Energy Center	Conflict Style
Head	Absorbing - Receptive	Competency

Operating Under the Surface: The Five's Descent into Deeper Knowing

Childhood wound: Often turned inward due to a sense of abandonment or intrusion and withdrew into the mind as a place of security and safety.

Basic fear: Being helpless, useless, incapable (overwhelmed)

Basic need: To be wise, competent, and have clarity

Focus of attention: Both outward (observing) and inward (thinking)

Areas of avoidance: Emptiness, feelings, loss of control

Passion: Greed – withholding self

Fixation: Stinginess – longing for privacy

Defense mechanism: Isolation – seeking out calm, quiet environments where it's easy to study and ponder

Common struggles:

- Superficiality
- Dealing with Intrusion
- Naming feelings
- Unstructured and fast-paced settings
- Emotionally intense or needy people

© Scott McRae 2019 – Enneagram Teacher & Coach

Pathways to Awakening: The Five's Ascent into Presence

What needs surrendering: The self-sufficient mind & self

Growth challenge: Disclosing self and doing with others

Path to Presence: Accessing the deeper knowing of self through emotions and body awareness

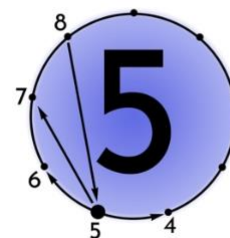
Virtue: Non-attachment – able to give and take

Divine quality: Wisdom

Gifts & Strengths:

- Introspective
- Ability to analyze and synthesize
- Perceptive
- Thoughtful and insightful
- Objective
- Calm and steady (especially in crises)

Enneagram Lines: How we stay stuck & become free



TYPE SIX

Commonly Called: The loyalist, skeptic, loyal skeptic, questioner

Type Summary: Loyal skeptics who seek inner security by being responsible, trustworthy, and creating close relationships. Due to wariness, they develop keen intuition and make cautious judgements. However, they overly orient to possible dangers, and are fearful of what could go wrong. This leads them to doubt and distrust themselves and others.

Intelligence Center	Energy Center	Conflict Style
Head	Reconciling - Containing	Emotional Honesty

Operating Under the Surface: The Six's Descent into Deeper Knowing

Childhood wound: Often struggled to trust or feel secure leading both to a sense that the world is unsafe and to an impulse to doubt things and people.

Basic fear: Having no support and guidance, not able to survive alone

Basic need: Security, safety, support

Focus of attention: Danger, scanning threats, external expectations

Areas of avoidance: Deviance, danger, alienation

Passion: Fear – mixed with a lot of doubt

Fixation: Wariness – stemming from cowardice & obedience

Defense mechanism: Projection – Inner fears that get broadcasted on to people and situations

Common struggles:

- Can be a reluctant authority
- Paranoia, waiting for the “shoe to drop”
- Projecting fears onto others
- Analysis paralysis
- Making quick decisions (or any decisions)

© Scott McRae 2019 – Enneagram Teacher & Coach

Pathways to Awakening: The Six's Ascent into Presence

What needs surrendering: The anxious, over-active mind

Growth challenge: Trusting self and others, and acting boldly out of this trust

Path to Presence: Grounding self in the faith and peace that all is okay

Virtue: Courage – inner trust & strength override fear

Divine quality: Faith

Gifts & Strengths:

- Makes deep connections after they trust
- Intuition
- Supports others well
- Honorable and reliable
- Thoughtful
- Warm

Enneagram Lines: How we stay stuck & become free



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

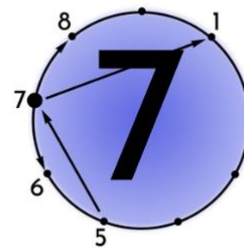
Virtue: Sobriety – staying centered and focused

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



TYPE EIGHT

Commonly Called: The boss, leader, asserter, challenger, protector

Type Summary: Asserters and leader-types who are strong, protective, and direct people. They are concerned with justice, fair play, and truth, and they seek to control their environments. However, their all-or-nothing, invulnerable style can feel overbearing and controlling to others. And, eventually it leads them to feeling exhausted and frustrated.

Intelligence Center	Energy Center	Conflict Style
Body	Expanding - Active	Emotional Honesty

Operating Under the Surface: The Eight's Descent into Deeper

Childhood wound: Often felt a sense of aloneness and compensated by taking care of self, being strong, and controlling one's own fate

Basic fear: Being controlled by others, being violated

Basic need: Protect self and be self-determining

Focus of attention: Outward power and control

Areas of avoidance: Weakness, vulnerability, dependence

Passion: Lust – as in excess domination

Fixation: Control – having the upper hand, leading the way

Defense mechanism: Denial – over-riding personal limitations

Common struggles:

- Intimidating power
- Experienced as confrontational and insensitive
- Overly independent and self-reliant
- Grandiosity
- Impatient with weakness

Pathways to Awakening: The Eight's Ascent into Presence

What needs surrendering: Need for power and control

Growth challenge: Learning the power that is present in vulnerability and mutuality (shared power)

Path to Presence: Mindfulness that grounds and softens energy, and sees from other's viewpoint

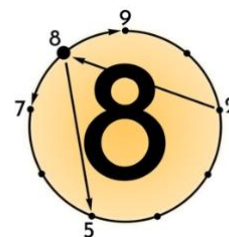
Virtue: Innocence – assuming goodwill, being generous

Divine quality: Truth

Gifts & Strengths:

- Leadership
- Confidence and courage
- Truthful, just and straightforward
- Determined and persistent
- Friendly and protective of others
- Hard workers and "take charge" doers

Enneagram Lines: How we stay stuck & become free



TYPE NINE

Commonly Called: The peacemaker, mediator, harmonizer, peaceful person

Type Summary: Peacemakers who are calm, receptive, good-natured and supportive people. They quickly pick up on tensions, and are natural mediators. However, in order to avoid conflict they accommodate to the needs and desires of others. This leads them lose track of their own needs and desires, and to “zone out” as a way of refueling themselves.

Intelligence Center	Energy Center	Conflict Style
Body	Absorbing - Receptive	Positive Outlook

Operating Under the Surface: The Nine’s Descent into Deeper Knowing

Childhood wound: Often felt overlooked and neglected and created control and boundaries by staying “under the radar” and discounting personal needs

Basic fear: Conflict, disapproval, and separation

Focus of attention: Other’s agenda, merging with others

Areas of avoidance: Conflict, discomfort, demands

Passion: Sloth – self forgetting that disables actions

Fixation: Avoidance - “zoning out”, seeking small comforts

Defense mechanism: Dissociation – falling asleep to one’s own needs and life

Common struggles:

- Passivity
- Low energy
- Being overly accommodating
- Indecisive and procrastinating
- Wedded to habits and “lost in space”

Pathways to Awakening: The Nine’s Ascent into Presence

What needs surrendering: Sleepwalking and going with the flow

Growth challenge: Clarifying needs and wants, and acting on one’s own behalf

Path to Presence: Accessing the “fire in the belly” and following ones heart

Virtue: Engagement – being fully awake and intentional

Divine quality: Peace

Gifts & Strengths:

- Caring and giving
- Attentive to others and supportive
- Accepting, adaptive and compromising
 - Sensing and intuitive
 - Unselfconscious
 - Stable and calm

Enneagram Lines: How we stay stuck & become free

