

ENNEAGRAM TYPES:	ONE The Reformer	TWO The Helper	THREE The Achiever	FOUR The Individualist	FIVE The Investigator	SIX The Loyalist	SEVEN The Enthusiast	EIGHT The Challenger	NIINE The Peacemaker
Basic Fear	Of being bad, imbalanced, defective, corrupt	Of being unloved	Of being worthless	Of having no identity or significance	Of being helpless, incompetent, or incapable	Of being without support or guidance	Of being trapped in pain and deprivation	Of being harmed, controlled, and violated	Of loss, separation, and fragmentation
Basic Desire	To be good, to have integrity	To feel love	To feel valuable	To be themselves	To be capable and competent	To have guidance and support	To be satisfied and content	To protect themselves	Peace of mind and wholeness
In Search of...	Integrity and improvement	Intimacy	Acceptance and validation	Identity	mastery	Security and Safety	Satisfaction and fulfillment	Survival	Harmony and stability
Healthy Sense of Self	"I am a reasonable, objective person"	"I am a caring, loving person"	"I am an outstanding effective person"	"I am an intuitive, sensitive person"	"I am an intelligent, perceptive person"	"I am a committed, dependable person"	"I am a happy enthusiastic person"	"I am a strong assertive person"	"I am a peaceful, easygoing person"
Hidden Complaint	"I am right most of the time; others should listen to me"	"I am always loving--others take me for granted"	"I am a superior person--others are jealous of me"	"I don't really fit in--I am different from others"	"I am so smart--others can't understand me"	"I do what I am supposed to do--other's don't"	"I am happy--if others gave me what I wanted, I'd be happier"	"I am fighting for my survival--others would take advantage of me"	"I am content--others pressure me to change"
Virtue	Serenity	Humility	Truthfulness, Authenticity	Equanimity, Emotional Balance	Nonattachment	Courage	Sobriety	Innocence	Action
Fixation	Resentment (Judging)	Flattery (Ingratiation)	Vanity (Deceit)	Melancholy (Fantasizing)	Stinginess (Retention)	Cowardice (Worrying)	Planning (Anticipation)	Vengeance (Objectification)	Indolence (Daydreaming)
Deadly Sin	Anger (Resentment)	Pride	Deceit (Vanity)	Envy	Avarice	Fear (Anxiety)	Gluttony	Lust (Forcefulness)	Sloth (Disengagement)
Main Temptation	Extreme sense of personal moral obligation	Without needs, well-intentioned	To constantly push themselves to be "the best"	To overuse imagination in search of self	To replace direct experience with concepts	tendencles of indecision--seek others for reassurance	To think that fulfillment is somewhere else	To think that they are completely self-sufficient	To avoid conflicts and self-assertion
Saving Grace	Objective and sensible	Genuine empathy	Desire to be accepted	Self-awareness	Awareness of own distortions	Ability to maintain relationships	Enthusiasm for the things they love	Knows that confrontations threaten survival	Value relationships, so receptive to change
Spiritual Jump Starts, Notice when we are..	Value-judging condemning self and others	Giving away value to others	Trying to be other than you authentically are	Making negative comparisons	Overinterpreting your experience	Becoming dependent on something external	Anticipating what you are going to do next	Trying to force or control life	Resisting being affected by experiences
Unconscious Childhood Message	"It's not okay to make mistakes"	"It's not okay to have your own needs"	"it's not okay to have your own feelings and identity"	"It's not okay to be too functional or too happy"	"it's not okay to be comfortable in the world"	"It's not okay to trust yourself"	"it's not okay to depend on anyone for anything"	"It's not okay to be vulnerable or to trust anyone."	"It's not okay to assert yourself"