



# OVERVIEW OF THE 9 ENNEAGRAM TYPES

*core desires, fears, longings and weaknesses*



## TYPE 1: The Moral Perfectionist

- Desire* Having integrity, virtue and accuracy
- Fear* Being wrong, bad, evil and inappropriate
- Weakness* Resentment - repressing unspoken anger leading to frustration
- Longing* You are good

If you notice errors and mistakes everywhere you go and pride yourself on doing things right and well, you may be a 1.



## TYPE 2: The Supportive Advisor

- Desire* Being appreciated and loved
- Fear* Being rejected and unwanted
- Weakness* Pride - being confident that you can help others while denying your needs
- Longing* You are loved and wanted

If you notice opportunities to be helpful everywhere you go and how you can be needed, you may be a 2.



## TYPE 3: The Successful Achiever

- Desire* Being successful, admired and respected
- Fear* Being worthless, unsuccessful and exposed
- Weakness* Deceit - deceiving yourself and others with a polished version of yourself
- Longing* You are loved for simply being you

If you have trouble accepting failure or are over concerned with how others see you, and you find yourself shape shifting, you may be a 3.



## TYPE 4: The Romantic Individualist

- Desire* Being unique, special and authentic
- Fear* Being inadequate, flawed and insignificant
- Weakness* Envy - feeling others have what you are missing and that you are flawed
- Longing* You are seen and loved as you are, special and unique

If you feel that you don't fit in anywhere because you are different/unique or feel like something is missing, you may be a 4.

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### TYPE 5: The Investigative Thinker

- Desire* Being capable and competent
- Fear* Being thought incapable and having too many obligations on you
- Weakness* Avarice - depleted, feeling that you lack enough time, money, space and love
- Longing* Your needs aren't a problem

If you tend to ask a lot of questions of how the world works, and you stand back and observe more than participating, you may be a 5.

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### TYPE 7: The Entertaining Optimist

- Desire* Being happy, content and fully satisfied
- Fear* Missing out, limited, bored and deprived
- Weakness* Gluttony - Fill up so you won't feel empty, need stimulation to feel satisfied
- Longing* You will be taken care of

If you find yourself restless, seeking the next best thing but are generally happy and optimistic, bringing joy to those around you, you may be a 7.

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### TYPE 9: The Peaceful Mediator

- Desire* Having inner stability and peace of mind
- Fear* Being in conflict, tension, loss of connection and overlooked
- Weakness* Sloth - Not living up to your potential because you don't want to disturb the peace
- Longing* Your presence matters

If you find that you 'check out' of the world to avoid conflict and doing what needs to be done, seeking harmony, you may be a 9.

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### TYPE 6: The Loyal Guardian

- Desire* Being secure and supported
- Fear* Fearing fear itself, and being abandoned or blamed
- Weakness* Anxiety - Constant state of worry, trying to predict and prevent negative outcomes
- Longing* You are safe and secure

If you find that you need a lot of reassurance to calm your busy mind and anxiety, but you are very reliable and dutiful, you may be a 6.

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### TYPE 8: The Protective Challenger

- Desire* Protecting yourself and those in your inner circle
- Fear* Being weak, powerless or controlled
- Weakness* Lust - Have control, power and intensity over others to get what you desire
- Longing* You will not be betrayed

If you become aggressive when challenged or when you feel powerless, and struggle with vulnerability you may be an 8.

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