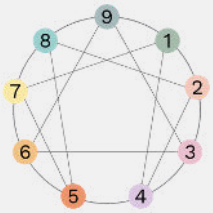

OVERVIEW OF THE 9 ENNEAGRAM TYPES

core desires, fears, longings and weaknesses

1 TYPE 1: The Moral Perfectionist | Reformer

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.

2 TYPE 2: The Supportive Advisor | Helper

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/useful, you may be a 2.

3 TYPE 3: The Successful Achiever | Performer

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, taking a break, or being concerned with how others see you, and you find yourself shape-shifting, you may be a 3.

4 TYPE 4: The Romantic Individualist | Artist

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.

5 TYPE 5: The Investigative Thinker | Observer

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.

6 TYPE 6: The Loyal Guardian | Questioner

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 you need a lot of reassurance to calm your busy mind and anxiety, think worst-case scenarios, but you are very reliable and dutiful, you may be a 6.

7 TYPE 7: The Entertaining Optimist | Enthusiast

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, optimistic, and very adaptable and spontaneous, you may be a 7.

8 TYPE 8: The Protective Challenger | Preservationist

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 fight hard for the underdog and your people, you may be an 8.

9 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.

WANT TO KNOW MORE?

Scan the QR code to see what Rosie offers and how she can help you discover more about your Enneagram Type.

awakeawaremindful

Awake Aware Mindful