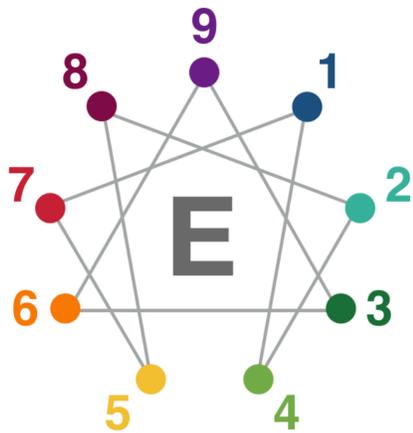


YOUR ENNEAGRAM COACH

A Brief Overview of the Enneagram and Each Type



Overview

- The Enneagram (*ennea* = 9, *gram* = diagram) is simply a map for self-discovery and personal growth. The diagram describes the 9 basic personality types based upon their unique ways of relating to the world.
- The Enneagram accurately and clearly describes **why** you think, feel and behave in particular ways based upon your core fears and core desires.
- The wisdom of the Enneagram is that it recognizes nine very different yet inherently valid views of reality. By learning the “*why*” behind the way you and others think, feel and behave, you gain more understanding, compassion, mercy and hopefully the ability to forgive.
- The power of the Enneagram is in its comprehensiveness to harness and transform self-defeating behaviors into life-enhancing personal empowerment.
- The gift of the Enneagram is that through self-discovery, you can create and sustain meaningful and lasting relationships with others, God and yourself.
- To find your main type, find the type that has your Core Fear, Core Desire and Core Weakness. **Free Assessment** at YourEnneagramCoach.com.



Type 1

The Moral Perfectionist

Core Fear: being wrong, bad, evil, inappropriate, or corruptible.

Core Desire: to have integrity, to be right, virtuous, and the good boy/girl (deteriorates into critical perfectionism)

Self-Image: I am accurate, thorough, diligent, responsible, moral, correct, just, in control, and fair.

Core Weakness: Resentment - this is anger that has been repressed, leading to continual frustration and dissatisfaction with themselves and with others and the world.

Message Your Heart Longs to Hear: You are good.



Type 2

The Supportive Advisor

Core Fear: being worthless, needy, inconsequential, dispensable, or unworthy of being loved.

Core Desire: to be loved and wanted (deteriorates into the need to be needed)

Self-Image: I am helpful, caring, warm, nurturing, altruistic, and considerate.

Core Weakness: Pride - inability or unwillingness to acknowledge one’s own pain and suffering. They deny their own needs while attempting to “help” others.

Message Your Heart Longs to Hear: You are wanted for just being you.



Type 3

The Successful Achiever

Core Fear: failing, being incompetent, inefficient, exposed, worthless, or unable to appear successful.

Core Desire: to be valuable, admired, and respected (deteriorates into the chasing after success)

Self-Image: I am successful, efficient, competent, focused, and productive.

Core Weakness: Deceit - means deceiving themselves into believing that they are only the image they present to others through success and achievements.

Message Your Heart Longs to Hear: You are loved and valued for being yourself. You do not need to achieve my love.





Type 4

The Romantic Individualist

Core Fear: being inadequate, emotionally cut off, plain, mundane, defective, flawed, or being without significance.

Core Desire: to be unique, special and their authentic self (deteriorates into self-indulgence)

Self-Image: I am deep, intellectual, emotional, accomplished, tasteful, long for beauty, and have good aesthetic.

Core Weakness: Envy - feeling that something is fundamentally missing in them. Envy leads them to feel that others possess qualities that they lack. They long for what is missing but miss the many blessings in their lives.

Message Your Heart Longs to Hear: You are seen for who you are – special and unique.



Type 5

The Investigative Thinker

Core Fear: annihilation, being ignorant, invaded, incapable, not existing, or obligation placed upon them.

Core Desire: to be capable and competent (deteriorates into useless specialization)

Self-Image: I am intelligent, private, introspective, curious, quiet, private, and knowledgeable.

Core Weakness: Avarice - they feel that they lack inner resources and that too much interaction with others will lead to catastrophic depletion. This leads them to withhold themselves from contact with others. Thus they hold onto their resources and minimize their needs.

Message Your Heart Longs to Hear: Your needs are not a problem.



Type 6

The Loyal Guardian

Core Fear: fear itself, being without support or guidance, being alone, blamed, targeted, or physical abandoned.

Core Desire: to have security, guidance, and support. (deteriorates into an attachment to beliefs)

Self-Image: (it depends on the context I am in) I am prepared, dedicated, dutiful, hard-working, loyal, compliant, submissive to authority I trust and/or provocative, witty, and rebellious to authority I don't trust.

Core Weakness: Anxiety - constantly scanning and preparing for worse case scenarios.

Message Your Heart Longs to Hear: You are safe.



Type 7

The Entertaining Optimist

Core Fear: being deprived, trapped in emotional pain, limited, bored, or missing out on something exciting.

Core Desire: be happy, satisfied, and content (deteriorates into frenetic escapism)

Self-Image: I am creative, fun, visionary, imaginative, stylish, playful, and inspirational.

Core Weakness: Gluttony - insatiable desire to "fill oneself up" with experiences and stimulation. In order to avoid emotional pain, they pursue a variety of positive, stimulating ideas and activities, but never completely satisfied.

Message Your Heart Longs to Hear: You will be taken care of.



Type 8

The Protective Challenger

Core Fear: being weak, powerless, harmed, controlled, manipulated, and at the mercy of injustice.

Core Desire: protect oneself (deteriorates into constant fighting and conflicts)

Self-Image: I am outspoken, direct, opinionated, bold, decisive, tough, and compassionate.

Core Weakness: Lust/Excess - constant need for intensity, control, and self-extension. Constant need to push everything, assert themselves willfully.

Message Your Heart Longs to Hear: You will not be betrayed.



Type 9

The Peaceful Mediator

Core Fear: being in conflict, loveless, shut out, discordant, overlooked, or inharmonious.

Core Desire: to have inner stability and peace of mind (deteriorates into stubborn neglectfulness)

Self-Image: I am a good listener, kind, agreeable, quiet, patient, calm, steady, and enduring.

Core Weakness: Sloth - desire to be unaffected by life. This is an unwillingness to be fully awake to themselves (their desires, needs, abilities) and resisting to bring their full selves to all of life.

Message Your Heart Longs to Hear: Your presence matters.



Beth McCord is an Enneagram coach and teacher who helps individuals, couples, families, and businesses see themselves with astonishing clarity through the Enneagram so they can break free from self-condemnation, fear, and shame by knowing and experiencing the unconditional love, forgiveness, and freedom in Christ. Contact Beth at info@yourenneagramcoach.com to learn more about how you can **Discover, Explore** and **Become** your best self! *For online courses, visit the store at: YourEnneagramCoach.com