

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
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”
Red Flag Fear	That their ideals are actually wrong and counterproductive	That they are driving friends and loved ones away	That they are failing , that their claims are empty and fraudulent	That they are ruining their lives and wasting their opportunities	That they are never going to find a place in the world or with people	That their own actions have harmed their security.	That their activities are bringing them pain and unhappiness	That others are turning against them and will retaliate	That they will be forced by reality to deal with their problems.
Wake Up Call	Feeling a sense of obligation to fix everything themselves	Believing that they must go out to others to win them over	Driving themselves constantly for status and attention	Holding onto and intensifying feelings through the imagination	Withdrawing from reality into concepts and mental worlds	Depending on something outside the self for guidance	Feeling that something better is available somewhere else	Feeling that they must push and struggle to make things happen	Accommodating to others (always saying yes”
Recognition for Growth	Recognizing anger-based tension	Recognizing true feelings about self and others	Recognizing feelings of emptiness and own self-rejection	Recognizing authentic positive qualities in self	Recognizing physical presence, feelings, and needs	Recognizing support and own inner guidance	Recognizing personal pain and anxiety	Recognizing own vulnerability and need for nurturing	Recognizing own strengths and capacity
Lost Childhood message	“You are good”	“You are wanted”	“You are loved for yourself”	“You are seen for who you are”	“Your needs are not a problem”	“You are safe”	“you will be taken care of”	“You will not be betrayed”	“your Presence matters”
Overcompensation	Critical perfectionism	Needing to be needed	Workaholism	Self-indulgence	Useless specialization	Attachment to beliefs	Frenetic escapism	Constant fighting	Stubborn neglectfulness
Under Stress (Disintegration) we go to...	Moody and irrational at 4	Aggressive and dominating at 8	Disengaged and apathetic at 9	Overinvolved and clinging at 2	Hyperactive and scattered at 7	Competitive and arrogant at 3	Perfectionistic and critical at 1	Secretive and fearful at 5	Anxious and worried at 6
Toward Greater Health (Integration) we need to move to	7, The Enthusiast	4, The individualist	6, The Loyalist	1, The Reformer	8, The Challenger	9, The Peacemaker	5, The Investigator	2, The Helper	3, The Achiever
Invitation to Abundance	To live for a higher purpose-- remembering that it is your true nature to be wise discerning and patient.	To nurture yourself and others-- remembering to be good to yourself and have goodwill to others.	To develop yourself and set an example for others-- remembering to take pleasure in your existence and to esteem and value others	To let go of the past and be renewed by your experiences-- remembering to be forgiving, to use everything in your life for growth and renewal.	To observe yourself without judgement or expectations-- remembering to be engaged with reality, contemplating the world’s riches.	To have faith in yourself and trust in the goodness of life--remembering to be courageous and capable of dealing with life under all conclusions.	To joyously celebrate existence and share happiness-- remembering to add to the richness of experience for everyone.	To stand up for others-- remembering your strength brings responsibilities toward others and must be used with compassion and humility.	To actively engage yourself in the struggle to create real peace in the world--remembering that your participation in life is necessary and vital.