

# Finding Your Enneagram Type

Circle the ONE paragraph which best reflects/describes you and with which you most identify:

**ONE:** Do you believe that you have a high level of honesty and integrity, that you are self-disciplined and organized? Do you believe you have high standards and expectations? Are you driven to improve things and strive for perfection? You might think: *"I am not accepted as I am. I am a good responsible person. I suppress my anger. My job is to fix and correct everything. Things are not right the way they are. I want to be right. **I have a fear of being bad and a desire to be perfect.**"*

**TWO:** Do you feel that you are the kind of person who likes to be needed, enjoys helping and caring for others? Are you considerate, warm and empathetic? Do you make decisions from the heart rather than from logic? You might think: *"I must give love to get love. I must be needed. I will help you no matter the cost to me. I can't have my own needs. **I have a fear of being unlovable and a desire to be needed by others.**"*

**THREE:** Do you feel you are good at organizing projects, a doer who likes to accomplish things? Are you a strong goal setter, competitive and achieving, and proud of your successes? You might think: *"I am an independent doer. I am rewarded for what I do, not for who I am. I create an image of myself to look good. **I have a fear of being worthless and a desire to chase success.**"*

**FOUR:** Do you feel you are special and unique? Do you have a wonderful creative imagination, doing things with flair and style? Are you deeply sensitive to your own emotions? You might think: *"Something is missing in me. I search for love. I strive to be an individualist and to be loved through my uniqueness and individuality. I am addicted to emotional ups and downs. **I have a fear of being unimportant and a desire to be special and different.**"*

**FIVE:** Do you think you are analytical, logical, independent and self-sufficient? Do you think of yourself as "detached," preferring to observe rather than to participate? Do you enjoy being alone to think and reflect? You might think: *"I am a private, self-sufficient individual. I accumulate knowledge, limit my desires, and tend to be miserly. Withdrawal is the safest place for me. **I have a fear of being incapable and a desire to be an expert.**"*

**SIX:** Do you think you take responsibilities seriously, with a strong sense of duty? Do you prefer established structure with clear rules and directions? Are you loyal? Do you think of yourself as someone who can get upset by too much change? You might think: *"I don't trust myself or the world because it is a threatening and dangerous place. I constantly doubt myself about everything. I am fearful, questioning, and vigilant for security and safety. **I have a fear of being unsafe and a desire to understand everything.**"*

**SEVEN:** Do you think you are the kind of person who enjoys planning and thinking about new and different ideas or projects? Do you look at life from a "positive" perspective? Are you on the lookout for fun and new adventures? You might think: *"The world is a limiting place. I can't depend on others. The world is frustrating and causes me pain. Keeping active and making plans keeps the pain away from me. I desire pleasurable activities. I am a glutton for new ideas and possibilities. **I have a fear of being trapped and a desire to stay uncommitted.**"*

**EIGHT:** Do you believe you are strong and powerful, needing to be in control of things? Are you down to earth? Do you see yourself as aggressive in overcoming challenges and at ease in tough situations? You might think: *"The world is unjust. The powerful take advantage of the innocent. Being angry and aggressive protects me from being vulnerable. I blame others and proclaim myself blame-free. **I have a fear of being harmed and a desire to protect myself.**"*

**NINE:** Do you believe you are undemanding, laid back, cheerful and easygoing? Do you like to work at your own pace? Do you tend to accept the way things are and easily accept differences? Do you find yourself avoiding conflict and confrontation? You might think: *"I am unimportant and I blend in with my environment to feel comfort and belong. It is not okay to be aggressive or assertive myself. I forget myself, merge with others, and devalue my priorities. **I have a fear of being lost and a desire to numb out.**"*