



Enneagram Style Personality Characteristics

Type	Personality descriptors	Core identity
1	critical, perfectionist, sets high standards, rational, organised, resentful, objective, intense	The capacity to evaluate and measure and discern experiences or things. <i>Resists recognising anger based tension</i>
2	caring, thoughtful, compassionate, intuitive about feelings, martyring self, gives to get, out of touch with own needs	Feelings for and about others and feelings about others responses to them. <i>Resists recognising own feelings about self and needs</i>
3	effective, achievement oriented, high energy, creates a persona of success, chameleon like, out of touch with own feelings	A self image developed in response to what they perceive as admiration by others. <i>Resists recognising feelings of emptiness, own self rejection</i>
4	sensitive, unique, individualistic, seeks meaning and authenticity, aesthetic, attuned to what is missing, dramatic	Feelings of otherness of being flawed and with emotional reactions. <i>Resists recognising authentic positive qualities in self and being like others</i>
5	emotionally detached, private, seeks knowledge, self contained, curious, alert, on a quest for understanding	Sense of being a detached outside observer of the world – not part of it. <i>Resists recognising physical presence and state, feelings and needs</i>
6	sharp analytical mind, procrastinates, dependable, trustworthy, questioning, having foresight, creates worst case scenarios, risk averse, self doubting	The need to respond and react to an inner anxiety about perceived lack of support. <i>Resists recognising support and own inner guidance</i>
7	charming, upbeat and energetic, likes to keep options open, reframes negative experiences, eclectic mind, scattered, fast moving	Sense of excitement coming from anticipating future positive experiences. <i>Resists being constrained, slowed down, recognising personal pain and anxiety</i>
8	assertive, independent, controlling, seeks truth, instinctual, excessive, strong sense of justice/fairness, self confident	Sense of intensity coming from resisting or challenging others and their environment. <i>Resists recognising their own vulnerability and need for nurturing</i>
9	peaceful, relaxed, harmonising, easygoing, blends in with others feelings, sees multiple points of view, conflict avoidant	Sense of inner stability coming from disengaging from intense impulses and feelings. <i>Resists recognising own strength and capacity</i>

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