

THE ENNEAGRAM TYPING GUIDE

SOAR CLARITY COACHING

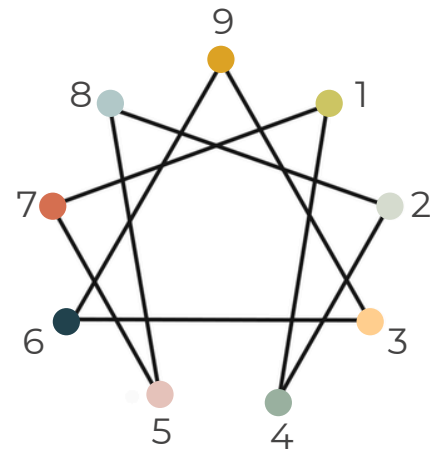
WHAT IS THE ENNEAGRAM?

The Enneagram suggests that there are

nine lenses

through which we may see and experience the world. While no one can be boxed into a "type" or "number" to describe our full inner world, having some language for what it's like to be us is

powerful & life-changing.



MOTIVATION vs. BEHAVIOR

There are TONS of personality assessments out there, so why the Enneagram?

It's all about WHY you do what you do.

So, instead of assessing your behavior, which changes over time, the Enneagram identifies your core underlying motivations and shows you the spectrum of your personality when in stress & growth!

HOW TO USE THIS GUIDE

Use this guide instead of an assessment!

Enneagram tests are about 60% accurate on average. **Why?**

Because tests are incredible at scoring behavior, but only YOU know your internal motivations. Reading through the type descriptions + self-observation is the absolute best way to be sure you're ACCURATELY typing yourself.





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NICKNAMES:

Every type has many "nicknames". For this guide, we've chosen just one, but don't get too hung up on the nickname - spend your time on the description!

RULING OUT:

If you find yourself relating with several, that's normal! Start by ruling out types you know you aren't, and then rate the others on a scale of 1-10 by how accurately they describe you.

CORE MOTIVATIONS:

These descriptions are a narrative form of the Core Qualities of each type to help you say, "Woah..., that's totally me." As you read through, notice the Core Qualities being repeated:

- "desire deeply" is about that type's Core **Desire**.
- "I'm very uncomfortable" is about that type's Core **Fear**.
- "Sometimes it's hard to be me" is addressing that type's Core **Weakness**.

stuck?

If you're feeling lost or torn between a few types, we got you. At the end of this guide, we'll give you additional ways we can help you get crystal clear. Enabling you to move on from the questioning & onto the growth!

Let's get this party started! —————>



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Type 1 MORAL PERFECTIONIST

You can count on me to be self-controlled, sensible, and to do things excellently. I deeply desire to be a good and ethical person and to do the right thing. I see so many wrong and bad things that need to be made right in the world. I'm very uncomfortable with the feeling that I'm bad, corrupt, or evil. Sometimes, it's hard to be me because I can be overly focused on the "right" way to do things. I have extremely high expectations of myself and often others too, and I have an inner critic in my head that can be brutal, telling me all the ways I'm bad and need to be and do better.

Type 2 SUPPORTIVE HELPER

You can count on me to be there for you, to help, give advice, and support you. People tell me I'm a good listener and a generous friend. My relationships mean the world to me, and I'd do just about anything to keep them. I deeply desire to be loved and wanted, and to be seen as kind and selfless. I'm very uncomfortable with the idea of being unloved, not needed, or feeling replaceable. Sometimes, it's hard to be me because I can get upset if I feel that others aren't loving me as well as I love them. Because I'm so focused on others, I struggle to take care of my own emotions and needs. I'm not even really sure I know what my emotions and needs are a lot of the time.

Type 3 SUCCESSFUL ACHIEVER

You can count on me to show up, look great, and come to win! I feel proudest when I am productive and accomplish a lot. In fact, I never feel like I've reached the finish line, so I constantly find myself striving to achieve more. I deeply desire to be (and to be seen as) successful, valuable, and admirable. I am very uncomfortable with losing, failing, or feeling worthless, so succeeding is non-negotiable. Sometimes, it's hard to be me because I can be obsessed with others' perceptions of me and emotionally out of touch with myself. Sometimes, I wonder if I'm being fake because I naturally chameleon in different situations in order to be liked or be valuable in each environment.





Type 4 ROMANTIC
INDIVIDUALIST

You can count on me to be creative and deep! I'm sensitive and naturally empathetic, allowing me to be emotionally supportive of others, especially those who are suffering. I deeply desire to be seen as a unique individual and live as my most authentic self. I'm very uncomfortable with the idea of being mundane or insignificant. Sometimes, it's hard to be me because deep down I fear I'm defective in some way and that others possess something special that I don't. I often find myself envious, melancholic, and moody.

Type 5 INVESTIGATIVE
THINKER

You can count on me to be a focused and analytical observer and thinker. It's easy for me to zoom out and see the bigger picture, which makes me a great visionary. I love learning new things coming up with inventive solutions and not being stretched beyond my limits. I'm very uncomfortable with feeling incapable, incompetent, and invalid in any way. Sometimes, it's hard to be me because I often feel like I'm being drained of the resources I need: energy, time, materials, and emotional effort. Since I spend so much time in my own thoughts, I can sometimes appear aloof and unusual to others.

Type 6 LOYAL
GUARDIAN

You can count on me to be a steady and faithful friend. I'm usually responsible, an excellent team player, and an incredible problem solver. Even though I'm trustworthy, I fear that others aren't, so I tend to be a skeptic and slow to "go all in." I deeply desire to feel safe, secure, and grounded. I'm very uncomfortable being on my own, feeling unsupported, and having no guidance. Sometimes, it's hard to be me because my fear of being hurt drives me to constantly be predicting worst-case scenarios and scanning situations for what might go wrong, which creates a lot of internal anxiety.



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Type 7 ENTHUSIASTIC OPTIMIST

You can count on me to have high energy and positive vibes, and be ready for a good time! "The party doesn't start til I walk in!" I love fun adventures, and the anticipation of the event is often just as exciting! I deeply desire to be satisfied, content, and fulfilled. I'm very uncomfortable being bored, limited, or boxed in. I have killer FOMO (fear of missing out), especially if I feel deprived of a new or exciting experience. Sometimes, it's hard to be me because I struggle to slow down, be present, and savor the moment I'm in. When all the activity stops, I find myself feeling anxious or empty in some way, so I try to stay busy and stimulated.

Type 8 PROTECTIVE CHALLENGER

You can count on me to be strong, assertive, and independent. I'm not scared to speak up and fight for what's right. I like to be in control and have power in situations, and I will not be manipulated or respect others who aren't intimidated by my intensity. I deeply desire to protect myself, "my people", and others who are vulnerable to injustices. I'm very uncomfortable with the thought of being controlled, harmed, or feeling weak. Sometimes, it's hard to be me because I have a strong thirst for more and am constantly pursuing greater intensity and influence. I can appear to others as unbreakable, but inside, I feel tender and vulnerable. Those closest to me are among the few who will ever see that side of me.



Type 9 PEACEFUL MEDIATOR

You can count on me to be a steady and faithful friend. I'm usually responsible, an excellent team player, and an incredible problem solver. Even though I'm trustworthy, I fear that others aren't, so I tend to be a skeptic and slow to "go all in." I deeply desire to feel safe, secure, and grounded. I'm very uncomfortable being on my own, feeling unsupported, and having no guidance. Sometimes, it's hard to be me because my fear of being hurt drives me to constantly be predicting worst-case scenarios and scanning situations for what might go wrong, which creates a lot of internal anxiety.



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WHAT'S YOUR TYPE?



3 types I'm NOT:



3 types I COULD BE:

Still stuck on your type?

OUR TEAM AT SOAR CAN HELP YOU!

1-1 TYPING INTERVIEW WITH A CERTIFIED COACH

Are you tired of navigating the Enneagram alone? If you're seeking guidance from an Enneagram professional to help you uncover your type, this tailored option is your solution! A comprehensive assessment, coupled with a personalized 60-minute typing interview, will lead you to your Enneagram clarity.

Contact Us

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