

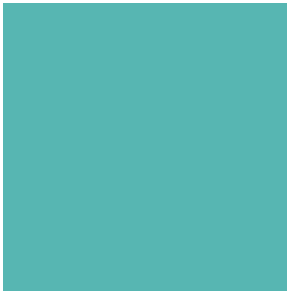


# ENNEAGRAM

## 9 TYPES OVERVIEW



## THE MOOD DISORDER QUESTIONNAIRE



The Enneagram (ennea = 9, gram = diagram) is a map for personal growth that identifies the 9 basic ways of relating to and perceiving the world. It accurately describes why you think, feel and behave in particular ways based upon your Core Motivations. Understanding the Enneagram has the power to give you more self-awareness, forgiveness, and compassion for yourself and others.

To find your main type, take our FREE assessment at [test.YourEnneagramCoach.com](https://test.YourEnneagramCoach.com).



### TYPE 1: MORAL PERFECTIONIST

- ! Being wrong, bad, evil, inappropriate, unredeemable, or corruptible.
- ☀ Having integrity, being good, balanced, accurate, virtuous, and right.
- 🌀 *Resentment:* Repressing anger that leads to continual frustration and dissatisfaction with yourself, others, and the world for not being perfect.
- 🔥 You are good.



### TYPE 2: SUPPORTIVE ADVISOR

- ! Being rejected and unwanted, being thought worthless, needy, inconsequential, dispensable, or unworthy of love.
- ☀ Being appreciated, loved, and wanted.
- 🌀 *Pride:* Denying your own needs and emotions while using your strong intuition to discover and focus on the emotions and needs of others, confidently inserting your helpful support in hopes that others will say how grateful they are for your thoughtful care.

🔥 You are wanted and loved.



### TYPE 3: SUCCESSFUL ACHIEVER

- ! Being exposed as or thought incompetent, inefficient, or worthless; failing to be or appear successful.
- ☀ Having high status and respect, being admired, successful, and valuable.
- 🌀 *Deceit:* Deceiving yourself into believing that you are only the image you present to others; embellishing the truth by putting on a polished persona for everyone (including yourself) to see and admire.
- 🔥 You are loved for simply being you.



#### TYPE 4: ROMANTIC INDIVIDUALIST



Being inadequate, emotionally cut off, plain, mundane, defective, flawed, or insignificant.



Being unique, special, and authentic.



*Envy:* Feeling that you're tragically flawed, that something foundational is missing inside you, and others possess qualities you lack.



You are seen and loved for exactly who you are—special and unique.



#### TYPE 5: INVESTIGATIVE THINKER



Being annihilated, invaded, or not existing; being thought incapable or ignorant; having obligations placed upon you or your energy being completely depleted.



Being capable and competent.



*Avarice:* Feeling that you lack inner resources and that too much interaction with others will lead to catastrophic depletion; withholding yourself from contact with the world; holding onto your resources and minimizing your needs.



Your needs aren't a problem.



#### TYPE 6: LOYAL GUARDIAN



Fearing fear itself, being without support, security, or guidance; being blamed, targeted, alone, or physically abandoned.



Having security, guidance, and support.



*Anxiety:* Scanning the horizon of life and trying to predict and prevent negative outcomes (especially worst-case scenarios); remaining in a constant state of apprehension and worry.



You are safe and secure.



#### TYPE 7: ENTERTAINING OPTIMIST



Being deprived, trapped in emotional pain, limited, or bored; missing out on something fun.



Being happy, fully satisfied, and content.



*Gluttony:* Feeling a great emptiness inside and having an insatiable desire to "fill yourself up" with experiences and stimulation in hopes of feeling completely satisfied and content.



You will be taken care of.



#### TYPE 8: PROTECTIVE CHALLENGER



Being weak, powerless, harmed, controlled, vulnerable, manipulated, and left at the mercy of injustice.



Protecting yourself and those in your inner circle.



*Lust/Excess:* Constantly desiring intensity, control, and power; pushing yourself willfully on life and people in order to get what you desire.



You will not be betrayed.



#### TYPE 9: PEACEFUL MEDIATOR



Being in conflict, tension, or discord; feeling shut out and overlooked; losing connection and relationship with others.



Having inner stability and peace of mind.



*Sloth:* Remaining in an unrealistic and idealistic world in order to keep the peace, remain easygoing, and not be disturbed by your anger; falling asleep to your passions, abilities, desires needs, and worth by merging with others to keep peace and harmony.



Your presence matters.