



OVERVIEW OF THE 9 ENNEAGRAM TYPES

core desires, fears, longings and weaknesses



TYPE 1:
The Moral Perfectionist

- Desire* Having integrity, virtuous, accuracy
- Fear* Being wrong, bad, evil, inappropriate
- Weakness* Resentment - unspoken anger leading to frustration
- Longing* You are good

If you notice errors and mistakes everywhere you go and pride yourself on doing things right and well, you may be a 1.



TYPE 2:
The Supportive Advisor

- Desire* Being appreciated and loved
- Fear* Being rejected and unwanted
- Weakness* Pride - being confident that you alone can help others and denying your needs
- Longing* You are loved and wanted

If you notice opportunities to be helpful everywhere you go and how you can be needed, you may be a 2.



TYPE 3:
The Successful Achiever

- Desire* Being successful, admired, respected
- Fear* Being worthless, unsuccessful, exposed
- Weakness* Deceit - deceiving yourself and others with a polished version of yourself
- Longing* You are loved for just being you

If you have trouble accepting failure or are over concerned with how others see you, you may be a 3.



TYPE 4:
The Romantic Individualist

- Desire* Being unique, special, authentic
- Fear* Being inadequate, flawed, defective
- Weakness* Envy - feeling others have what you are missing and that you are flawed
- Longing* You are seen and loved as you are, special and unique

If you feel that you don't fit in anywhere because you are different/unique or feel like something is missing, you may be a 4.



TYPE 5: The Investigative Thinker

Desire Being capable and competent

Fear Being thought incapable, having too many obligations on you

Weakness Avarice - feeling that there isn't enough time, money, space, love

Longing Your needs aren't a problem

If you tend to ask a lot of questions of how the world works, stand back and observe more than participating, you may be a 5.



TYPE 6: The Loyal Guardian

Desire Having security and support

Fear Fearing fear itself, and being abandoned or blamed

Weakness Anxiety - Constant state of worry, trying to predict and prevent negative outcomes

Longing You are safe and secure

If you find that you need a lot of reassurance to calm your busy mind and anxiety, you may be a 6.



TYPE 7: The Entertaining Optimist

Desire Being happy, content, fully satisfied

Fear Missing out, limited, bored and deprived

Weakness Gluttony - Fill up so you won't feel empty, need stimulation to feel satisfied

Longing You will be cared for

If you find yourself restless, seeking the next best thing but generally happy and optimistic, you may be a 7.



TYPE 8: The Protective Challenger

Desire Protecting yourself and those in your inner circle

Fear Being weak, powerless or controlled

Weakness Lust - Have control, power and intensity over others to get what you desire

Longing You will not be betrayed

If you become aggressive when challenged or when you feel powerless, you may be an 8.



TYPE 9: The Peaceful Mediator

Desire Having inner stability and peace of mind

Fear Being in conflict, tension, loss of connection and overlooked

Weakness Sloth - Not living up to your potential because you don't want to disturb the peace

Longing Your presence matters

If you find that you 'check out' of the world to avoid conflict and doing what needs to be done, you may be a 9.

WANT TO KNOW MORE?

Scan the QR code to book a free 30 minute, no obligation discovery call with Rosie.



awakeawaremindful



Awake Aware Mindful