

HOW TO USE THE ENNEAGRAM

GROWING BEYOND THE BOOKS

Though Enneagram is a word with far too many vowels, it is more empowering than one could imagine. The Enneagram allows us to grow not only personally, but professionally as well. It's so great, I started my own business where I use a professional development guide that I wrote to help educators. Let's dive into a quick introduction to the Enneagram and how it can be used in your day to day life.

What is the Enneagram?

In a nutshell, the Enneagram is a typology personality system. Using the word 'system' helps us to understand that the Enneagram is different from any other personality test out there. The Enneagram takes into consideration your good / bad days, childhood trauma, mental health status, and overall complexity of human beings.

There are nine numbers around the weird but meaningful shape. You have a Primary Enneagram number which describes your core fears, motivation, and emotion. The neat thing about the Enneagram is that your best qualities are also shadow qualities.



In addition to your primary number you have:

- **Wing numbers-** the numbers on either side of your primary number.
- **Stress number-** the number you “move” to when you are under stress.
- **Success number-** the number you “move” to when you are achieving.
- **Center of Intelligence-** the triad (head, body, heart) your Primary number belongs to.
- **Instincts (or Subtypes)-** the skills you naturally pull from (Self-Preservation, Social, One-to-One)

5 Ways The Enneagram is Useful

1. *Understanding Yourself*

The Enneagram does a fantastic job of giving you detailed information on your Primary Enneagram number. Learning your core fear, motivation, emotion, and the bullet points listed above can help you understand why you respond, think, and feel certain ways. It makes you feel less crazy.

Example: *An Enneagram 9 is in the Body Triad. Because they feel emotions through their body first, their initial reaction and preferred way to cope is by using their body somehow: leaving, going on a run / workout, gesturing with hands, pacing, etc.*

2. *Personal Growth*

By understanding yourself through the Enneagram, you can use the information and self-analysis to assist in personal growth. Since NO number is better than the other, each number has its shadow sides / qualities. These are great places to start with personal growth.

Example: *An Enneagram 3 is known for being the achiever and wanting to be known / recognized for their achievements and hard work. Enneagram 3's can grow in the area of not letting their work ethic + accomplishments become their identity so they do not lose sight of what truly matters to them.*

3. *Relationships*

Relationships are tricky as it is because individuals are so different. Learning about yourself, but also others' Enneagram number helps you navigate not only difficult times in relationships, but also normal day to day communication + understanding why people do things that they do. Empathy really prospers with the help of the Enneagram.

Example: *Enneagram 1's are the Reformer/Perfectionist, they're married to an Enneagram 7 The Enthusiast. The One has realized that the Seven is scattered with lots of ideas. Instead of getting frustrated, the One realizes they can help the Seven accomplish their ideas by using their Reforming skills (focus, check-lists, organization). Likewise, the Seven helps the One let loose and relax.*

5 Ways The Enneagram is Useful

4. **Stress / Success**

The numbers connected to your Primary number on the diagram are your Stress + Success numbers. Learning your “move” or the qualities from your Stress number is so beneficial. When you’re able to recognize those qualities coming out, you can feel empowered to pull yourself out of the stress you’re experiencing.

Similarly, learning your “move” or the qualities from your Success number can help you stay / continue in this positive direction.

Example: *An Enneagram 8, The Challenger, moves to an Enneagram 5, The Investigator in Stress. Instead of the Eight’s normal confident, challenging, assertive self, they become reclusive and skeptical of those around them. Recognizing this move, an Eight can pull themselves out of wanting to be by themselves by inviting a trusted someone with what is going on so they can create a plan / become confident again.*

5. **Confrontation**

Knowing your tendencies and feelings for confrontation, in addition to others’ tendencies and feelings for confrontation is so powerful. This allows you to handle confrontation in a way that benefits both you and the other individual(s).

Example: An Enneagram 2, The Helper, doesn’t care for confrontation, and they can be people pleasing. Instead of backing down to others’ agenda, a Two can engage in healthy confrontation by outwardly expressing their needs, thoughts, and opinions.

ABOUT THE AUTHOR

Morgan Lyons is a 6th year educator who has used the Enneagram for her own personal development for the past 3 years. Morgan is a certified Enneagram coach, and has written a professional development curriculum guide for educators through her business, Growing Beyond The Books (GBTB). Currently, GBTB serves full school staff and offers 4 different packages. Her mission is to help educators grow personally + professionally, enhance school culture, and improve the field of education as a whole. [Click here for website and socials.](#)