**THE 9 ENNEAGRAM TYPES (IN BRIEF)**

**1. THE REFORMER**

The Rational, Idealistic Type:

Principled, Purposeful, Self-Controlled, and Perfectionistic

**Basic Fear:** Of being corrupt/evil, defective

**Basic Desire:** To be good, to have integrity, to be balanced

**Key Motivations:** Want to be right, to strive higher and improve everything, to be consistent with their ideals, to justify themselves, to be beyond criticism so as not to be condemned by anyone.

**Fictional character examples:**

Atticus from *To Kill A Mockingbird*

Elinor from *Sense And Sensibility*

Mr. Carson from *Downton Abbey*

Laura from *Lark Rise to Candleford*

**2. THE HELPER**

The Caring, Interpersonal Type:

Generous, Demonstrative, People-Pleasing, and Possessive

**Basic Fear:** Of being unwanted, unworthy of being loved

**Basic Desire:** To feel loved

**Key Motivations:** Want to be loved, to express their feelings for others, to be needed and appreciated, to get others to respond to them, to vindicate their claims about themselves.

**Fictional character examples:**

Jane from *Jane Eyre*

Prince Caspian from *The Chronicles of Narnia*

Lady Sybil from *Downton Abbey*

Peter Parker from *Spider-Man*

**3. THE ACHIEVER**

The Success-Oriented, Pragmatic Type:

Adaptable, Excelling, Driven, and Image-Conscious

**Basic Fear:** Of being worthless

**Basic Desire:** To feel valuable and worthwhile

**Key Motivations:** Want to be affirmed, to distinguish themselves from others, to have attention, to be admired, and to impress others.

**Fictional character examples:**

P.T. Barnum from *The Greatest Showman*

Emma Woodhouse from *Emma*

Harry Selfridge from *Mr. Selfridge*

George Warleggen from *Poldark*

**4. THE INDIVIDUALIST**

The Sensitive, Introspective Type:

Expressive, Dramatic, Self-Absorbed, and Temperamental

**Basic Fear:** That they have no identity or personal significance

**Basic Desire:** To find themselves and their significance (to create an identity)

**Key Motivations:** Want to express themselves and their individuality, to create and surround themselves with beauty, to maintain certain moods and feelings, to withdraw to protect their self-image, to take care of emotional needs before attending to anything else, to attract a "rescuer."

**Fictional character examples:**

Anne Shirley from *Anne of Green Gables*

Mr. Rochester from *Jane Eyre*

Marianne from *Sense And Sensibility*

Jo March from *Little Women*

**5. THE INVESTIGATOR**

The Intense, Cerebral Type:

Perceptive, Innovative, Secretive, and Isolated

**Basic Fear:** Being useless, helpless, or incapable

**Basic Desire:** To be capable and competent

**Key Motivations:** Want to possess knowledge, to understand the environment, to have everything figured out as a way of defending the self from threats from the environment.

**Fictional character examples:**

Sherlock from *Sherlock Holmes*

Caroline from *Poldark*

Mr. Darcy from *Pride And Prejudice*

Violet from *Downton Abbey*

**6. THE LOYALIST**

The Committed, Security-Oriented Type:

Engaging, Responsible, Anxious, and Suspicious

**Basic Fear:** Of being without support and guidance

**Basic Desire:** To have security and support

**Key Motivations:** Want to have security, to feel supported by others, to have certitude and reassurance, to test the attitudes of others toward them, to fight against anxiety and insecurity.

**Fictional character examples:**

Demelza from *Poldark*

Colonel Brandon from *Sense And Sensibility*

Susan from *The Chronicles of Narnia*

Matthew from *Downton Abbey*

**7. THE ENTHUSIAST**

The Busy, Variety-Seeking Type:

Spontaneous, Versatile, Acquisitive, and Scattered

**Basic Fear:** Of being deprived and in pain

**Basic Desire:** To be satisfied and content—to have their needs fulfilled

**Key Motivations:** Want to maintain their freedom and happiness, to avoid missing out on worthwhile experiences, to keep themselves excited and occupied, to avoid and discharge pain.

**Fictional character examples:**

Elizabeth Bennet from *Pride And Prejudice*

Theodore Laurence from *Little Women*

Becky Sharp from *Vanity Fair*

Fisher Bloom from *Lark Rise to Candleford*

**8. THE CHALLENGER**

The Powerful, Dominating Type:

Self-Confident, Decisive, Willful, and Confrontational

**Basic Fear:** Of being harmed or controlled by others

**Basic Desire:** To protect themselves (to be in control of their own life and destiny)

**Key Motivations:** Want to be self-reliant, to prove their strength and resist weakness, to be important in their world, to dominate the environment, and to stay in control of their situation.

**Fictional character examples:**

Lady Mary from *Downton Abbey*

Ross Poldark from *Poldark*

Scarlett O’Hara from *Gone With The Wind*

Scrooge from *A Christmas Carol*

**9. THE PEACEMAKER**

The Easygoing, Self-Effacing Type:

Receptive, Reassuring Agreeable, and Complacent

**Basic Fear:** Of loss and separation

**Basic Desire:** To have inner stability "peace of mind"

**Key Motivations:** Want to create harmony in their environment, to avoid conflicts and tension, to preserve things as they are, to resist whatever would upset or disturb them.

**Fictional character examples:**

Jane Bennet from *Pride and Prejudice*

Dwight Enys from *Poldark*

Anne Elliot from *Persuasion*

Edward Ferrars from *Sense And Sensibility*

**MORE ABOUT THE ENNEAGRAM TYPES**

**ENNEAGRAM GRAPHS AND CHARTS**

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