



If you were asked to describe yourself in one word, would it be . . .

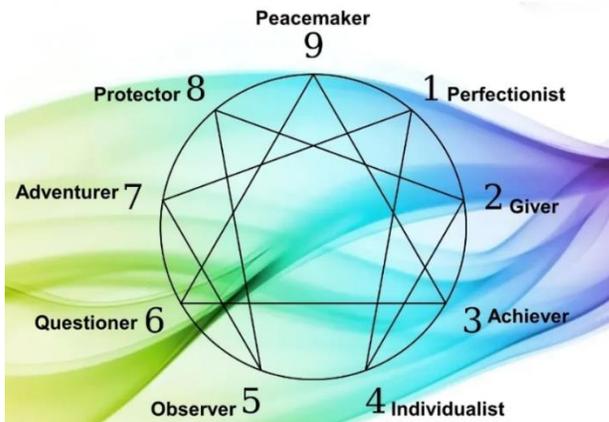
- | | | | | | |
|------------------|--------------------------|-----------------|--------------------------|-----------------|--------------------------|
| Good | <input type="checkbox"/> | Original | <input type="checkbox"/> | Joyful | <input type="checkbox"/> |
| Loving | <input type="checkbox"/> | Wise | <input type="checkbox"/> | Powerful | <input type="checkbox"/> |
| Effective | <input type="checkbox"/> | Loyal | <input type="checkbox"/> | Peaceful | <input type="checkbox"/> |

Each of these words relates to a point on the Enneagram. --Jerome Wagner

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<input type="checkbox"/> I'd rather be with people than be alone. <input type="checkbox"/> I help and compliment others often. <input type="checkbox"/> I know what people need without being told. <input type="checkbox"/> My feelings often get hurt. <input type="checkbox"/> I put others' needs ahead of my own needs. <input type="checkbox"/> I enjoy giving advice & sharing secrets. <input type="checkbox"/> I try to be good at school. <input type="checkbox"/> I try to please others. <input type="checkbox"/> I give people whatever I think they need. <input type="checkbox"/> I'm angry about being unappreciated.	<input type="checkbox"/> I am fairly quiet; I stay on the edge of groups. <input type="checkbox"/> I like to be alone to read or entertain myself. <input type="checkbox"/> I'm curious about how things work. <input type="checkbox"/> I don't like people giving me much attention. <input type="checkbox"/> I enjoy philosophical questions. <input type="checkbox"/> I have strong opinions but will listen to others. <input type="checkbox"/> I have a whimsical sense of humor. <input type="checkbox"/> I don't care about what's 'normal'. <input type="checkbox"/> I like to get the right facts and analyze things. <input type="checkbox"/> I'm angry when others make demands on me.	<input type="checkbox"/> I like to play, travel, have adventures. <input type="checkbox"/> I'm curious and thirsty for knowledge. <input type="checkbox"/> I'm usually happy; I laugh and joke a lot. <input type="checkbox"/> I make lots of friends – almost too many. <input type="checkbox"/> I like to tell stories, play music, be the star. <input type="checkbox"/> I love talking to interesting people. <input type="checkbox"/> I'm fearless? but really I won't admit my fears. <input type="checkbox"/> I have Lots of plans, so I won't get bored. <input type="checkbox"/> I feel that variety is the spice of life. <input type="checkbox"/> I'm angry about limits that hold me back.
2	5	7
<input type="checkbox"/> My favorite thing is to relax & be comfortable. <input type="checkbox"/> I go along with what others want. <input type="checkbox"/> Often it's hard for me to make decisions. <input type="checkbox"/> I might tell you I'm fine when I'm really not. <input type="checkbox"/> I move and speak more slowly than others. <input type="checkbox"/> I get my feelings hurt easily (but hide it). <input type="checkbox"/> I can be very stubborn. <input type="checkbox"/> I want harmony, no conflicts, no fights. <input type="checkbox"/> I am usually sweet and accepting. <input type="checkbox"/> Angry when others treat me as unimportant.	<input type="checkbox"/> I worry a lot about what might happen, or: <input type="checkbox"/> I face my fears boldly & worry about them later <input type="checkbox"/> My friends say I'm loyal and supportive. <input type="checkbox"/> I'm very concerned about safety. <input type="checkbox"/> I like to argue the opposite point of others. <input type="checkbox"/> I have deep compassion for those who suffer. <input type="checkbox"/> I'm very fond of animals and underdogs. <input type="checkbox"/> I often feel doubtful. <input type="checkbox"/> I like to support a good cause. <input type="checkbox"/> I'm angry when others are untrustworthy.	<input type="checkbox"/> Compared to others, I am special & unique. <input type="checkbox"/> I love to play dress-up. <input type="checkbox"/> I enjoy fantasies and soul-searching. <input type="checkbox"/> I can be dramatic – both comic and tragic. <input type="checkbox"/> I enjoy the arts and I collect treasures. <input type="checkbox"/> I look at things in a creative, artistic way. <input type="checkbox"/> Sometimes I get depressed or melancholy. <input type="checkbox"/> I feel things deeply, even others' feelings. <input type="checkbox"/> I find ordinary life boring and tedious. <input type="checkbox"/> Angry that people disappoint me or leave me.
9	6	4
<input type="checkbox"/> I finish my whole plate, then wash dishes. <input type="checkbox"/> I can do chores without being reminded. <input type="checkbox"/> I correct people when they make a mistake. <input type="checkbox"/> I know the best way to do things efficiently. <input type="checkbox"/> I take school seriously & wish others would. <input type="checkbox"/> I'm idealistic, want to make a better world. <input type="checkbox"/> I always try to improve myself and others. <input type="checkbox"/> I like to stay clean & do things right. <input type="checkbox"/> Often I feel I haven't done well enough. <input type="checkbox"/> I'm angry at others' irresponsibility.	<input type="checkbox"/> I work hard to get things accomplished. <input type="checkbox"/> I don't mind being teacher's pet. <input type="checkbox"/> I like to be clean, polished, well-dressed. <input type="checkbox"/> I'm extremely busy but making progress. <input type="checkbox"/> I'm energetic but often tired from over-doing. <input type="checkbox"/> I have many abilities and interests. <input type="checkbox"/> My mind is quick and efficient. <input type="checkbox"/> I'm usually optimistic and confident. <input type="checkbox"/> I enjoy the latest styles, cars, gadgets, etc. <input type="checkbox"/> I'm angry about obstacles to my goals.	<input type="checkbox"/> I speak and act with authority. <input type="checkbox"/> I'm exuberant and enthusiastic. <input type="checkbox"/> I have big energy, but also I need deep rest. <input type="checkbox"/> I like to be in charge of things. <input type="checkbox"/> I always make my presence known (not shy). <input type="checkbox"/> I do show my anger or dissatisfaction. <input type="checkbox"/> Often I'm stubborn with teachers or bosses. <input type="checkbox"/> I respect people who stand up for themselves. <input type="checkbox"/> I protect others and fight for what's right. <input type="checkbox"/> I'm angry about deceit & manipulation.
1	3	8

For this quiz, simply check all tiny boxes that may apply to you - then see which area contains the most checks - and that *may* be your type. It's an inner journey to explore – take time to decide your possible style.



The negative side of our personality is a constriction of our Life Energy. Key Question to ask when we are in our constriction:
What if this thing I'm doing is just a habit? my habit of mind ...