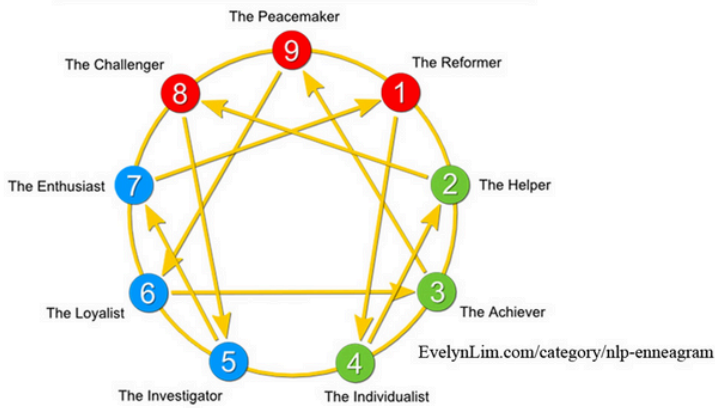


What Is The Enneagram? Why Do I Need To Know About It? How Can It Help Me?

THE ENNEAGRAM PERSONALITY PROFILE



The Enneagram

is a personality framework tool that serves as a map for understanding ourselves and others. It is based on our motivations, not behaviors, which helps explain why people do what they do. Understanding the Enneagram can help gain a better understanding of our own needs, wants, and motivations while we navigate the

sometimes-very-difficult and lonely path of parenting someone with disabilities. The Enneagram also serves to provide a useful window into our child's world, especially when it can be difficult to discern our loved one's true desires through the more typical ways, e.g. if a child is unable to fully express themselves or understand emotion.

TYPE 1: The Reformer	Driven by the need to be good and right: value integrity
TYPE 2: The Helper	Desire to be like and appreciated
TYPE 3: The Achiever	Value achievement and success
TYPE 4: The Individualist	Desire to be unique and value authenticity
TYPE 5: The Investigator	Value knowledge and understanding of the world
TYPE 6: The Loyalist	Value security and belonging to feel safe
TYPE 7: The Enthusiast	Desire to experience life to the fullest and avoid pain
TYPE 8: The Advocate	Desire justice and strength: avoids vulnerability
TYPE 9: The Peacemaker	Want to feel calm and in harmony with the world

(these are very generalized descriptions: check out these resources for more information)

Resources

- [The Road Back To You](#), by Ian Crohn and Suzanne Stabile
- www.truity.com (offers a free test)
- www.theartofgrowth.com
- @enneagramexplained on IG