

An Introduction to the Enneagram

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Type 2: The Caretaker

Attributes and Personality Drivers

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The Gift:

The Authentic Reflection: CARING

The Authentic Connection: NEEDINESS

Primary Motivation:

To be *needed*; to be *helpful*; to be loved by others: To avoid rejection, ensure others' gratitude. To feel important by becoming indispensable

Basic Fears:

Never earning enough *gratitude* and *approval* to become *loved* and *important* to others. Fear being unworthy and unneeded.

The Danger:

Danger of future *loss* provokes *anxiety* about past *rejection* for being *defective*:
"I was too needy."

The Cover:

OVER-CARETAKING

False Claim:

"I have no needs. I only care about yours."

Aversion:

"I must never admit to my own neediness. I must never be a burden to others because then *they will reject me and I will cease to exist.*"

Type 2: The Caretaker

The Range of Personality Traits

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NEEDED	WARM	GIVING	CARETAKER
NURTURER	LOVING	HELPER	TLC
CONCERNED	TENDER	SYMPATHETIC: AWWWWWH!	
FEELS OTHERS' NEEDS	PHYSICALLY TOUCHING	CARING	
COMPASSIONATE		GENEROUS	
PEOPLE FOCUSED		ENCOURAGING	
AFFIRMING		APPRECIATIVE	
INDISPENSIBLE		EFFUSIVE	
EMOTIONAL		PRIDEFUL	
CATERING	FLATTERER	FALSE HUMILITY	
REPRESSES AND AVOIDS OWN NEEDINESS		PATRONIZING	
FEELS UNAPPRECIATED	MARTYR-VICTIM-GUILT PRODUCER		
POSSESSIVE	INTRUSIVE	MANIPULATIVE	
REPRESSES AGGRESSIVE FEELINGS		DOMINATING	

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Type 2: The Caretaker

If You Are a Two

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What causes me stress:

- Feeling indispensable to too many people and projects.
- Confusion about my own needs.
- Trying to exercise my own freedom to be who I am and to take care of myself.
- Emotional upheavals resulting from investing too much in relationships, especially challenging ones.

What makes me angry:

- Feeling unappreciated or uncared for.
- Feeling controlled.
- Unmet personal needs and wants.

The nature of my anger:

- Intense, often sudden, emotional outbursts.
- Accusations.
- Crying.

Type 3: The Achiever

Attributes and Personality Drivers

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The Gift:

The Authentic Reflection: MAKING/PRODUCING

The Authentic Connection: NOTHINGNESS

Primary Motivation:

To be successful, get applause, seek approval; and excel. Become the *winner*, the *star*, the *best*. Avoid failure at any cost.

Basic Fears:

Failure. Feeling rejected, worthless. Not making the goal or ever being able to achieve enough. Looking bad, stupid.

The Danger:

Danger of future *loss* provokes *anxiety* about past *rejection* for being *defective*:
“There was nothing to me.”

The Cover:

OVER-PRODUCING

False Claim:

“I am all together. I am a finished product.”

Aversion:

“I must never admit to my own nothingness. I must never admit I have nothing to show for myself or *others will reject me and then I will cease to exist.*”

Type 3: The Achiever

The Range of Personality Traits

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ADMIRED	PRACTICAL	CREATIVE	EFFICIENT
	IMPRESSIVE	OUTSTANDING	PRODUCTIVE
ACCOMPLISHED			
GOAL-ORIENTED	POSITIVE	ATTRACTIVE	SELF-STARTER
HIGHLY SOCIAL	ENERGETIC	GOT IT ALL TOGETHER	
ADAPTABLE		SEEKS SUCCESS	
IMAGE-CONSCIOUS		ACHIEVER	
AMBITITIOUS		COMPETITIVE	
CAREER-FOCUSED		PRAGMATIC	
EXPLOITATIVE		CALCULATING	
OPPORTUNISTIC	EMOTIONALLY COOL	PRESTIGE-CONSCIOUS	
SEEKS ATTENTION AND ADMIRATION		ARROGANT	
SELF-DECEPTIVE	WELL-DEFENDED	LACKS SELF-AWARENESS	
PRETENTIOUS	SELF-PROMOTING	CHAMELEON	
DENIES AND AVOIDS FAILURE		HOSTILE WHEN IGNORED	

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Type 3: The Achiever

If You Are a Three

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What causes me stress:

- The pressure that comes from basing how good I feel about myself on how much I get done and on status, prestige and power.
- Not knowing my real feelings and values.
- Doing too much.

What makes me angry:

- Obstacles: anything or anyone that threatens or thwarts the successful achievement of my goals.
- Incompetence.
- Indecisiveness.
- Inefficiency.
- Criticism.

The nature of my anger:

- Impatience.
- Irritability.
- Occasional outbursts.

Type 4: The Individualist

Attributes and Personality Drivers

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The Gift:

The Authentic Reflection: UNIQUENESS
The Authentic Connection: COMMONNESS

Primary Motivation:

To create an *identity*; to establish having and finding a *self*; to preserve *individuality*; to be unique, different, unusual, special.

Basic Fears:

To have *no self*; no one is like them. Never finding the *real self*. Being inherently unworthy and defective so they can never be loved.

The Danger:

Danger of future *loss* provokes *anxiety* about past *rejection* for being *defective*:
“I was too common.”

The Cover:

BREATHING LIFE INTO LIFE

False Claim:

“I am unique; totally unlike anyone else.”

Aversion:

“I must never admit to my being common. I must never admit that my life or my feelings are anything like other people’s because I will be rejected. *Then I will cease to exist.*”

Type 4: The Individualist

The Range of Personality Traits

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IMAGINATIVE CHERISHES BEAUTY INTUITIVE INSPIRED

SENSITIVE SELF-AWARE VULNERABLE

PERSONAL AND REVEALING EMOTIONALLY TOUCHES OTHERS

ARTISTICALLY EXPRESSIVE HONEST ABOUT SELF

FEELS DIFFERENT SELF-ABSORBED

MOODY ROMANTIC

DREAMER ENIGMATIC

SPECIAL EMOTIONAL

DEPRESSIVE SELF-PITYING

FEARS SUCCESS SOCIALLY INSECURE HYPER-ENERGETIC

MELANCHOLIC EXEMPT AVOIDS ORDINARINESS

SELF-INHIBITING IMPRACTICAL

ALIENATED TORMENTED HOPELESS

SELF-REPROACHFUL DESPAIRING

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Type 4: The Individualist

If You Are a Four

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What causes me stress:

- People and experiences not living up to my romantic ideals or desire for intensity.
- Wanting more than is available.
- Envy of what others have that I do not have or what they are that I am not.
- Unmanageable feelings, especially in emotional crises.

What makes me angry:

- People who disappoint me, let me down or leave me.
- Remembering such people from my past.
- Being slighted, rejected, abandoned.
- Feeling misunderstood.
- Phoniness and insincerity.

The nature of my anger:

- Fiery outbursts or dissolving into tears.
- Depression.

Type 5: The Observer

Attributes and Personality Drivers

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The Gift:

The Authentic Reflection: KNOWING

The Authentic Connection: NOT KNOWING

Primary Motivation:

To remain detached, acquire knowledge, insure privacy, minimize social contact. Use objective analysis.

Basic Fears:

Being *invaded*, overwhelmed. Being needy or dependent on others; being unprepared, surprised or caught “off guard”

The Danger:

Danger of future *loss* provokes *fear* about past *abandonment* for being *found lacking*:
“I didn’t know enough.”

The Cover:

OVER-OBSERVE/OVERTHINK

False Claim:

“I am totally knowledgeable.”

Aversion:

“I must never admit that I don’t know everything. If other people find out that I don’t know, they will abandon me. *Then I will fall out of existence.*”

Type 5: The Observer

The Range of Personality Traits

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KNOWLEDGEABLE THOUGHTFUL PERCEPTIVE WISE
OBSERVANT THOROUGH THEORIST PROFOUND
GENTLE INSIGHTFUL INNOVATIVE THINKER
ORIGINAL KEEPS CONFIDENCES SPECULATIVE
NON-THREATENING UNDERSTANDING
RESEARCHER SELF-RELIANT
INTENSE PRIVATE
LITERAL DETACHED
CONCENTRATED SELF-ABSORBED
COMPARTMENTALIZES INTERPRETS DETERMINED
ISOLATES FROM REALITY DISTORTS IDEAS
FEARFULLY UNCERTAIN ECCENTRIC CYNICAL
ALIENATED TORMENTED HOPELESS
ANTAGONISTIC RECLUSIVE IMMOBILIZED NIHILIST

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Type 5: The Observer

If You Are a Five

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What causes me stress:

- Failing to maintain sufficient privacy, boundaries and limits.
- Becoming fatigued.
- Having desires, needs and wants that lead to dependency.
- Trying to learn everything there is to know before taking action.

What makes me angry:

- Being considered factually incorrect.
- Demands, intrusions.
- An overload of emotional input.
- Not having the opportunity for enough private time to restore my energy.

The nature of my anger:

- Self-containment and withholding.
- Tension and disapproval.
- Short bursts of temper.

Type 6: The Loyalist

Attributes and Personality Drivers

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The Gift:

The Authentic Reflection: FAITH

The Authentic Connection: UNCERTAINTY

Primary Motivation:

To feel *secure*; to reduce anxiety and fear; *to belong* and guarantee *safety*; to trust authorities and to be prepared for danger.

Basic Fears:

Being *helpless, unprepared*, and “hit from behind.”
Not knowing what is expected; being *abandoned* and left out.

The Danger:

Danger of future *loss* provokes *fear* about past *abandonment* for being *found lacking*:
“I wasn’t faithful.”

The Cover:

OVERCAUTIOUS/OVERDARING

False Claim:

“I am the dutiful, loyal, responsible one.”

Aversion:

“I must never admit that I have been disloyal or uncertain. If other people find out, they will abandon me. *Then I will fall out of existence.*”

Type 6: The Loyalist

The Range of Personality Traits

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LIKABLE	LOVABLE	STRONG BONDER	LOYAL
ENGAGING	UPHOLDS AUTHORITY	APPEALING	
TRUSTING	TRUSTWORTHY	WARM-HEARTED	ENDEARING
COOPERATIVE	FAITHFUL	RESPONSIBLE	COMMITTED
INTERDEPENDENT		RULE FOLLOWER	
TRUE FRIEND		SEEKS APPROVAL	
AMBIVALENT		OBEDIENT	
WORRIER		CAUTIOUS	
SEEKS PERMISSION		INDECISIVE	
FOCUS ON AUTHORITY	CONTRADICTORY	EVASIVE	
OVERLY DEPENDENT OR OVERLY INDEPENDENT		PHOBIC	
CLINGING	REACTIVE	REBELLIOUS	PROJECTS BLAME
EASILY RATTLED	DAREDEVIL	PASSIVE-AGGRESSIVE	
DEAD SURE OR DOUBTFUL	PARANOID	COWARDLY	INFERIORITY

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Type 6: The Loyalist

If You Are a Six

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What causes me stress:

- The pressure I put on myself in my efforts to deal with uncertainty and insecurity.
- Difficulties with authority, either excessive obedience or rebellion.
- Trying to maintain the trust and goodwill of other while experiencing mistrust and ambivalence toward them.

What makes me angry:

- Unworthiness, betrayal.
- Feeling cornered, controlled or pressured.
- Interactions with others that feel too demanding.
- Others' lack of responsiveness to me.

The nature of my anger:

- Wit.
- Sarcasm.
- Biting remarks.
- Accusations.
- Defensiveness lashing out.

Type 7: The Enthusiast

Attributes and Personality Drivers

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The Gift:

The Authentic Reflection: JOY
The Authentic Connection: SADNESS

Primary Motivation:

To be *happy*, remain “up”, ecstatic. To do, have and experience everything. *Keep all options open*, be productive, have fun and avoid pain.

Basic Fears:

Being in *pain*; experiencing real losses. Being stuck, *deprived* of pleasure, options, adventure and sensual experience

The Danger:

Danger of future *loss* provokes *fear* about past *abandonment* for being *found lacking*:
“I wasn’t happy.”

The Cover:

OVERPLAN/OVERPLAY

False Claim:

“I’m always happy and my life is terrific.”

Aversion:

“I must never admit that I am sad or have any problems. If other people ever find out I am at all unhappy, they will abandon me. *Then I will fall out of existence.*”

Type 7: The Enthusiast

The Range of Personality Traits

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JOYFUL GRATEFUL ENTHUSIASTIC FUN PLAYFUL
FREE VERSATILE EXUBERANT FULL OF DELIGHT
AMUSING EXTROVERTED MULTI-TALENTED SPONTANEOUS
FUTURISTIC NETWORKER LIVELY EXPERIENTIAL
HYPERACTIVE SEEKS VARIETY
APPRECIATOR GREGARIOUS
PLANNER HUMOROUS
IMPULSIVE OPTIONS
SENSUALIST EXCESSIVE
MORE IS BETTER GLUTTONOUS RECKLESS FLITS
DEMANDS IMMEDIATE GRATIFICATION ACTS OUT ANXIETY
OVERACTIVE SUPERFICIAL MATERIALISTIC PANICS
RUNS FROM HERE TO THERE FEARS DEPTH ESCAPIST

7

Type 7: The Enthusiast

If You Are a Seven

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What causes me stress:

- Coping with the overload that results from trying to sample all that life has to offer.
- Making the same mistakes over and over because of my desire to avoid pain.
- Making commitments and then feeling trapped by them.

What makes me angry:

- Constraints or limits that prevent me from getting what I want.
- People who are often stuck, unhappy, depressed or blaming others.

The nature of my anger:

- Brief and to the point.
- Short-lived.
- Episodic.
- Impetuous.

Type 8: The Leader

Attributes and Personality Drivers

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The Gift:

The Authentic Reflection: POWER
The Authentic Connection: WEAKNESS

Primary Motivation:

To be *powerful*; to prevail; to be *in control*. To be the leader, enforce justice, *dominate*. To avoid being confined by others' agendas or rules.

Basic Fears:

Being *helpless, weak, vulnerable*, having no power. Being controlled by someone else. Being sick, disabled, submissive or the "underdog."

The Danger:

Danger of future *loss* provokes *anger* about past *separation* for being *bad or wrong*.
"I was weak and vulnerable."

The Cover:

OVERREACT OFFENSIVELY

False Claim:

"I am invincible."

Aversion:

"I must never admit that I am weak or tender. If other people sense that I am vulnerable *they will separate from me and then I will die.*"

Type 8: The Leader

The Range of Personality Traits

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STRONG	CONFIDENT	POWERFUL	PROTECTIVE	
INSPIRING	CHARISMATIC	GRAND	STURDY	
LEADER	DECISIVE	CLEAR	BUILDER	ASSERTIVE
DETERMINED	MAGNANIMOUS	CONSTRUCTIVE	EXPANSIVE	
ENTERPRISING		TAKES CHARGE		
CONTROLLING		STRUGGLES		
FORCEFUL		WILLFUL		
ADVERSARIAL		DOMINANT		
POWER BROKER		DEAL MAKER		
FIGHTS FOR FAIRNESS	FORTHRIGHT	IMPULSIVE	BLUNT	
DEFIANT	CONFRONTATIONAL	INTIMIDATING		
DESTRUCTIVE	GRANDIOSE	EXPLOSIVE	RUTHLESS	
ACTS OUT OF FEAR OF ATTACK	VENGEFUL	RAGEFUL		

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Type 8: The Leader

If You Are an Eight

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What causes me stress:

- Being unable to correct perceived injustice.
- Having to contain my confrontational style and having difficulty containing it.
- Going full-out and denying fatigue and pain.

What makes me angry:

- Deceit.
- Manipulation.
- People who won't stand up for themselves.
- Others not responding to me or to what has to be done.
- Boundaries or rules that are unjust or too constraining.
- Attempts to control me.

The nature of my anger:

- Powerful anger expressed in direct, confrontational style or armored withdrawal.
- Balancing the books (revenge).

Type 9: The Peacekeeper

Attributes and Personality Drivers

23

The Gift:

The Authentic Reflection: HARMONY

The Authentic Connection: DISCORD

Primary Motivation:

To attain harmony, calmness, tranquility and peace at any price. To have unity, merge with others, feel “oneness” and keep status quo.

Basic Fears:

Having conflict, disruption or separation from others. Loss of feeling union, oneness; fear self could be dissolved if emotional ties are ruptured.

The Danger:

Danger of future *loss* provokes *anger* about past *separation* for being *bad or wrong*.
“I disagreed.”

The Cover:

OVER-MINIMIZE ALL OF LIFE

False Claim:

“I am easygoing and always agreeable.”

Aversion:

“I must never admit that I disagree or have my own preferences. If other people sense that I am my own person, they will separate from me and then I will die.”

Type 9: The Peacekeeper

The Range of Personality Traits

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STABLE	RECEPTIVE	SUPPORTIVE	PRESERVATIONIST
UNSELFCONSCIOUS	GRACIOUS	PATIENT	GUILELESS
OPEN	OPTIMISTIC	EASYGOING	GOOD-NATURED
REASSURING	ACCEPTING	UNPRETENTIOUS	SELF-EFFACING
UNIFYING			APPRECIATIVE
PROTECTIVE			PEACEFUL
GENUINE			CONTENT
SENSUAL			COMFORTABLE
ACCOMMODATING			MINIMIZER
RESIGNED	PASSIVE	SELF-DEPRECATING	COMPLACENT
REPRESSED	NONRESPONSIVE	STUBBORN	FATALISTIC
EMOTIONALLY DISCONNECTED		LAZY	PASSIVE-AGGRESSIVE
DISENGAGED	PUNITIVE	OBSTINATE	OBLIVIOUS

9

Type 9: The Peacekeeper

If You Are a Nine

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What causes me stress:

- Taking a position.
- Saying no to someone and having that person get angry.
- Having to make timely decisions and set priorities.
- Dealing with a commitment I made that I didn't really want to make.

What makes me angry:

- Being treated as not important.
- Feeling controlled by others.
- Being forced to face conflict.

The nature of my anger:

- Passive aggression, manifested as stubbornness or resistance.
- Occasionally "boiling over" and exploding.

Type 1: The Perfectionist

Attributes and Personality Drivers

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The Gift:

The Authentic Reflection: COMPLETION AND PERFECTION

The Authentic Connection: INCOMPLETION AND LIMITATION

Primary Motivation:

To be *right*; to be *good* by doing the *right thing*.
To attain *perfection*, to be above *reproach*.

Basic Fears:

Being *wrong*; making a *mistake*; being *imperfect*.
Fears *criticism* and being judged as inadequate or negligent.

The Danger:

Danger of future *loss* provokes *anger* about past *separation* for being *bad or wrong*.
“I was not good enough.”

The Cover:

OVER-
PERFECTING/OVERIMPROVING/OVERFIXING

False Claim:

“I am good, right and perfectly in control.”

Aversion:

“I must never admit that I am wrong or bad or limited in any way. If other people sense that I am not perfectly in control, they will separate from me and then I will die.”

Type 1: The Perfectionist

The Range of Personality Traits

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CONSCIENTIOUS	PRINCIPLED	FAIR	JUST	MORAL
CONSISTENT	TOLERANT	REFORMER	ADVOCATE	
ETHICAL	GOOD	DISCIPLINED	STRICT CONSCIENCE	
IDEALISTIC	REALISTIC	ORDERLY	CRUSADER FOR CAUSES	
APPROPRIATE			PROPER	
A PURIST			RIGHT	
TENSE			A FIXER	
CONTROLLING			CONTROLLED	
NON-ADAPTABLE			IMPERSONAL	
SCOLDS	ABRASIVE	PERFECTIONIST	CRITICAL	RIGID
OBSTINATE	OBSESSIVE THOUGHTS	DOGMATIC	SEVERE	
OPINIONATED	INFLEXIBLE	COMPULSIVE BEHAVIOR	PUNITIVE	
JUDGMENTAL	RESENTFUL	SELF-RIGHTEOUS	INDIGNANT	

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Type 1: The Perfectionist

If You Are a One

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What causes me stress:

- Not being able to quiet my internal critic and the associated anxiety and worry.
- Feeling overburdened by a sense of personal responsibility and conscientiousness.
- Too much error to correct.
- Too much that must be done right.
- Trying to let go of resentments and associated tension.
- Others blaming me or not taking responsibility for their mistakes.

What makes me angry:

- Unfairness.
- Irresponsibility.
- Things being done the wrong way.
- The flagrant ignoring or disobeying of rules.
- Being unjustly criticized.

The nature of my anger:

- Resentment.
- Self-justification.
- Tension and tightness.
- Outbursts of indignation.