

Sp8

- No-nonsense, practical
- Concerns about enough money and power to ensure well-being
- Like privacy of their own home
- Rules the roost
- Materialistic
- Money and competition to acquire power and prizes possessions
- Worries about protecting their possessions
- Workaholic
- Extremely territorial
- Constantly check finances

Unhealthy:

- Bullies and thieves; sometimes thinking they are toughening others up
- Undermines and attacks others to protect themselves

Sp9

- Pleasant, easy going
- Doesn't ask much of life
- Prefers simple and available pleasures
- Not ambitious
- Deals with anxiety with busywork
- Uses small tasks to avoid bigger projects
- Attracted to minor rewards as compensation for not being able to pursue real desires
- Apathy and self-neglect; ie inertia
- Difficulty mobilizing themselves
- Uses food and drink to suppress feelings
- Doesn't like pleasant moods disturbed by others
- Resists by simply not responding
- Stubbornly silent

Unhealthy:

- Fatigued and ineffectual
- Coach potato
- Emotionally shut down
- Addictions

Sp1

- Worries about finances and health
- Castigates himself for not working hard enough
- Strong drives for gratification but inner critic counters it, resulting in stress,

tension, and all or nothing regarding desires

- Periods of indulgence or suppression of desires
- Fear of making mistakes
- Everything seems to be catastrophes
- Picky and fastidious about their environment
- Values cleanliness, order and healthy diet
- Overprotective of others' SP issues
- Underserving of comfort and reward

Unhealthy:

- Oscillates between periods of strict restraint and excess
- Obsessed with and justify health concerns
- Binging and purging, or crash diets
- Eating disorders

Sp2

- Represses our needs while focusing on others' needs, and failing to take care of themselves
- Subconsciously they expect others to take care of them
- Can't ask for help directly
- Martyrdom and entitlement
- Emotionally indirect and manipulative
- Repress their feelings and impulses
- Self-important, taking pride in their sacrifices
- Feeling entitled to indulge themselves in order to compensate for their suffering
- Demands special privileges and repayment
- Overeating and medicating to suppress aggression
- Alternates between denial of problems and complaining
- Guilt trip others

Unhealthy:

- Trapped in delusion of self-importance and abuse of their well-being
- Obsession with food and medical symptoms

Sp3

- Workaholics in order to provide security and stability (like 6s)

- Security comes from money and stable home (like 8s)
- Strives for efficiency and streamlining their lives, seeking to maximize the energy they put into achieving their goals
- Attempts to impress others with their stability and material well-being
- Detail oriented (like 1s)
- Motivated by possibility of advancement
- Takes on responsibility and make sacrifices
- Career first, other concerns second
- Unable to relax on vacation
- Anxious when not working
- Difficulty maintaining intimate relationships
- Fear of losing material security so they must constantly work
- Downtime reduces their efficiency and productivity, and feels like illness

Unhealthy:

- Sacrifices relationships and health for their job
- Highly prone to burnout and nervous breakdowns
- Denial of physical and emotional health problems

Sp4

- Most practical and introverted 4s
- Cultivate their nest with finer, beautiful things
- Want soothing surroundings and comfortable temperature
- Enjoy symbolic gift giving
- Desires comfortable surroundings that supports periods of isolation
- Desire for emotional intensity interferes with their life
- Develops throw-caution-to-the-wind attitude that comes from emotional highs
- Self-indulgence soothes emotional lows
- Emotional whims dictate behavior
- Frustrated divas craving rich food and luxury (like 7s)
- Poor eating and drinking habits and health routines

Unhealthy:

- Attracted to unstable situations and relationships; moth to the flame
- Extreme irresponsibility to their livelihood
- Susceptible to alcoholism and drugs abuse

Sp5

- Gains independence by reducing needs
- Conserves energy to avoid needing others
- Take as little as possible from the environment
- Very private and protective of their space
- Loners
- Easily overwhelmed and drained by others
- Slow to engage
- Need time and home space to recharge
- Resentful of expectations of others
- Minimize their needs
- Emotionally detached and dry
- Eccentric shut-ins

Unhealthy:

- Eccentric shut-ins avoiding social contact
- Distorted thinking and delusional ideas

Sp6

- Cope with survival anxiety by building up security through mutual responsibility
- Offers service and commitment with expectation that it will be reciprocated
- Makes friends slowly
- Observe others over time to see if they are trustworthy and on their side
- Domestic and concerned with maintaining stability in their home
- Takes care of household bills, taxes, etc
- Don't disguise their anxiety and neediness, which they uses to gain allies and supporters; vulnerability elicits help from others
- Frets over small thing which leads to catastrophic thinking
- Frugal and worry about money
- Conflicts with others over resources

- *Unhealthy:*
- Extremely clingy, dependent, panicky
- Stay in punishing situations, bad marriages and stressful jobs, because terrified they won't have support
- Forcefully grab at relationships which alienates people
- Paranoia can lead to aggression
- Exaggerates dangers and preemptively strikes out at enemies, which destroys their own security system

- Sp7**
- Determined, driven to get basic needs met
 - Energetic
 - Practical and materialist
 - Ambitious and work hard to insure options remain open
 - Classic consumers looking out for bargains and enjoyment
 - Enjoy talking about SP matters with friends
 - Fear of dependency on others and others on them
 - Impatient and panicky when needs not met quickly
 - Anxious about loss of comforts and material support
 - Feel deprived
 - Extremely demanding and cranky when frustrated
- Unhealthy:*
- Thoughtless and relentless in pursuit of security needs
 - Reckless with money and resources
 - Push themselves beyond reasonable limits of eating, drinking and indulging themselves

- So8**
- Powerful bonds with others
 - Makes pacts with others who have proven trustworthy
 - Tests people they care about in order to feel safe
 - Has predictable friends
 - Only a few who pass loyalty test are in their inner circle

- Does anything for people they care about
 - Hosts social events
 - Enjoys heated debates
 - Takes friends for granted
 - Rejects friends over disagreement
 - Easily betrayed
 - Holds grudges
 - Once exiled, others can't return to the inner circle
 - Gross exaggeration; charming rouges and con artists
- Unhealthy:*
- Antisocial loners
 - Reckless and self-destructive
 - Substance abuse
 - RaginG

- So9**
- Brings people together in making peace
 - Involved with others if not too many expectations on them
 - Emotionally and mentally disengaged
 - Physically involved
 - Active within defined, familiar structures
 - Wants clear sense of expectations of them
 - Conventional and conformist
 - Anxious about losing their identity
 - Insecurities about their worth
 - Desire to please and fit in
 - Resists others passive-aggressively (like 7s)
 - Trouble setting goals and following through
 - Scattered and disenchanted
- Unhealthy:*
- Resigned and depressed
 - Needy and intense insecurity
 - Indignant anger

- So1**
- Believes they represent objective values and that they speak for others
 - Teaching and advocating social issues, rules and procedures
 - Interested in politics, current affairs and journalism

- Adept at uncovering dirt and wrongdoing
 - Speaks out on injustices
 - Patiently work to bring about reforms
 - Argues their strong opinions, and expect others to agree with them
 - Rigid thinking and behavior
 - Views are a boundary and armor against the world
 - Applies rules rigorously to themselves
 - Fear of being caught in contradictions of their beliefs
 - Insistence that others not take their criticisms personally but they take it personally
- Unhealthy:*
- Unrealistic standards and expectations of self and others
 - Extreme political views or religious dogmas
 - Rants and tirades
 - Outraged at imperfections of humanity

- So2**
- Powerful desire to be liked and approved of
 - Busy social calendar and networking (like 7s)
 - Enjoys being hosting and being the hub
 - Strong need to be noticed and remembered
 - Fear of being left out or overlooked
 - Seeks validation when needy through popularity or successful people
 - Unconscious and indirect ambitions
 - Maneuvers to become an indispensable support of those who are successful
 - Cultivates talents to impress others by giving advice or name-dropping
 - Indiscreet and reveals confidences
 - Creates chaos by socially scattering themselves
 - Pursues anyone who offers approval and attention
- Unhealthy:*
- Highly patronizing
 - Calls in favors
 - Classic enablers covering up misdeeds and dysfunction of valued others to keep them around and in their debt

- So3**
- Needs recognition and reassurance they are making progress
 - Wants to be valued by their peers
 - Degrees, job descriptions, resumes, good grades, awards represent important social roles
 - Cultivation of professional jargon, dress, brands, fashion, expensive cars
 - Needs to prove themselves
 - Constantly networking and making connections
 - Desires fame to compensate for early narcissistic wounds
 - Compulsive social comparison and competition
 - Bragging, self-promotion, exaggeration of abilities
- Unhealthy:*
- Desperate for attention
 - Dishonest in pursuit of recognition
 - Charms and exploitation to prevent others from seeing the truth

- So4**
- See themselves as totally unique from others by their superior gifts to them and as a burden they carry
 - Socially active but feel shame in not knowing how to function
 - Constantly compare themselves to others and coming up short
 - Desire to be among beautiful, glamorous people but doubt they are up to it
 - Envious of others
 - Rejecting others as crude and insensitive
 - Attracted to alternative lifestyles to compensate
 - Glamourous exotic image covers feelings of social insecurity so they pursue success to compensate
 - Feel disadvantaged by their defects but they also defend them
- Unhealthy:*
- Fear of rejection and expectations of humiliation lead to complete withdrawal from others, so also becoming dependent on family or friends

So5

- Engage with others through knowledge and skill
 - Masters of wisdom and seen as indispensable in their field
 - Most intellectual
 - Drawn to academics
 - Plays role of expert and wise person
 - Talks about complex topics
 - Debates
 - Uninterested in small talk
 - Interact through debating and critiquing
 - Uses info as way of wielding power
 - Socially ambitious to be part of intellectual or artistic elite
- Unhealthy:*
- Antisocial
 - Sees human race is a ship of fools
 - Bizarre social theories which they propound onto others

So6

- Look to friends and allies for reassurance and support
- Project friendliness
- Disarms others with warmth and humor
- Make fun of themselves while offering support and affection to others
- Want to fit in, safety in numbers, like 2s
- Idealistic and like being part of something larger than themselves
- Sacrifices for the security of affiliation
- Adherence to protocols and procedures, like 1s
- Reassured through commitments, obligations and contracts so their hard work will not be taken advantage of
- When insecure, they look for places of like-minded, helpful individuals, eg 12 step groups
- Make major efforts on behalf of others
- Difficulty with their own success and development
- Wants consensus before acting or making decisions
- Anxiety leads them to reference potential responses from others, in their imagination
- Indecisiveness leads to ambivalence of depending on others

- Passive-aggressive when frustrated with others
- When stressed, they feel overworked and underappreciated and become negative and pessimistic

Unhealthy:

- Fanatical beliefs, causes and groups
- Us against the world mentality
- Unquestioning of their beliefs
- Paranoid about authorities

So7

- Cultivate friends with similar interests
- Idealistic
- Active in social causes
- Boggled down by others' slow pace
- Social responsibility feels burdensome
- Caught between commitments and desire to do their own thing
- Always on lookout for more stimulating settings

- Resents authority as arbitrary and unnecessary
- Scatter their energy and resources in order to half commit so they don't feel trapped
- Many pokers in the fire but too distracted to get white-hot about any of them
- Friendly and engaging
- When trapped, they cancel with little notice if anxious or for something more stimulating

Unhealthy:

- Dissipate their force and talent into endless activities that are never brought to conclusion
- Leave trail of loose ends and broken hearts, never aligning anywhere for long
- Flight from anxiety renders them irresponsible and to dangerous situations

Sx8

- Quietly intense
- Charismatic
- Passionate about who they care about
- Wants to have a positive impact on people they care about
- Enjoys good times and debates

- Rebellious; enjoy being bad
- Sly sense of humor
- Loving and devoted
- Intimacy is a struggle for control
- Impatient with niceness
- Competitive for the thrill of it
- Easily lose interest in people and things
- Demands loyalty, consistency and attention from others
- Mentor and parental role to mold people to fit their needs
- Opinionated about others
- Relationships of equality are difficult

Unhealthy:

- Controls and dominates others
- Extremely jealous
- Others are possessions
- Isolates partner from friends
- Spousal abuse and crimes of passion

Sx9

- Takes on energetic qualities of others
- Gravitates to aggressive others
- Sassy
- Easily aroused anger when connection with others is threatened
- Seeks complete partnership and fusion with partner
- Idealizes other, not wanting to see flaws
- Critical and demanding
- Other becomes their center of gravity
- Failure to develop own identity and independence
- Highly romantic
- Unrealistic rescue fantasies

Unhealthy:

- Dissociates and depressed
- Feels lost
- Fantasies of anger and vengeance
- Seeks highly dependent relationships or floundering alone

Sx1

- Wants flawless relationship with idealized partner
- Perfect partner will provide stability (like 4s)

- High expectations of others, and expectation that others have high standards also
- Fear of falling short, thus destroying harmony and perfection in relationships
- Goes from relationship to relationship seeking perfection and feeling disappointed
- Fear of abandonment and chronic loneliness
- Emphasis on fidelity; love is forever
- Critical, controlling attitude towards partner
- Constantly checking up on partner
- Feels they have earned a good relationship in which they are rewarded
- Use of criticism to keep other off balance, thus postponing abandonment
- *Unhealthy:*
- Inability to justify strong desires alternates with need to reject their desires, leading to sexuality compulsivity and repression, believing that the other is the source of their obsessions who needs to be controlled
- Intense jealousy
- Punishes self or other to purge themselves of desires

Sx2

- Intimacy junkies of the enneagram
- Driven to get emotionally and physically closer to others
- Win over people who are a challenge or initially uninterested
- Wants to be one person's best friend and closest confidante
- Enjoys private time w/others and sharing secrets
- Learns what others like
- Seductive by giving lots of attention
- Offers to talk about others' problems in order to draw them closer
- Unconscious overt sexual activity
- Anxiety about their desirability so they pursue the other
- Fear that others won't spend time with them unless they pursue them
- Pushy
- Can't take no for an answer

- Can never get close enough
 - Keeps friends apart out of fear that they will cut them out of the relationship
- Unhealthy:*
- Extremely jealous
 - Possessive
 - Compulsively check in with their partner
 - Unable to take rejection or inadequate responses from the other

- Sx3**
- Powerful desire to be desired and valued
 - Work at developing an appealing, alluring image, the ideal of their gender and culture
 - Help others maximize their attractiveness also
 - Want to be shown off by their partner
 - Impress by dazzling
 - Seduce to draw attention to their exceptional qualities
 - Ambitions to be popular
 - Works out at the gym and grooming to find the right look
 - Can attract others but not sustain the relationship
 - Fear of not being able to live up to the image they are projecting
 - Fear of deep emotional connection
 - Attempts emotional intimacy through sexual connection
 - Their own undesirability leads to rejecting people they care about
 - Use of sexual conquests to dispel fears about unattractiveness
 - Exhibitionists
- Unhealthy:*
- Promiscuous
 - Extremely vulnerable and strike out at people who question their value, leading to vindictiveness and jealousy

- Sx4**
- Exemplify romanticism, intensity and longing for a rescuer
 - Sweetly vulnerable and impressionable
 - Aggressive and dynamic in self-expression
 - Short-lived fantasies, unlike other 4s

- Turbulent and stormy in their emotional life with their partner who they can both admire and hate
 - Jealous and possessive (like 2s)
 - Severe doubts about their desirability so they strive for accomplish
 - Envious and resentful of others achievements, particularly their partner who they idealize
 - Attracted to people who are unavailable
- Unhealthy:*
- Desire to sabotage others out of revenge
 - Consciously embrace misery loves company; if I have to suffer, so do you
 - Create competitions to justify opponents who hurt them
 - Rapid shifts in feelings and behavior towards others

- Sx5**
- Avoidance clashes with desire for intense connection
 - Shares secret info with intimates
 - Tension between pursuing others and lack of social skills
 - Engages intensely with others
 - Withdraws at moment's notice
 - Talkative
 - Disappears for periods of time
 - Extremely open, merges w/romantic partner
 - Emotionally distance when feels unappreciated or misunderstood
 - Intense imagination
 - Creates alternative realities and private worlds
 - Wants ideal mate for life who won't be turned off by their strangeness
 - Strong sexuality gives relief to mental activity and grounds them
- Unhealthy:*
- Longing for lost love and feelings of rejection
 - Isolated and self-destructive
 - Voyeurism and other danger behaviorS

- Sx6**
- Develop physical strength, power and attractiveness to feel safe
 - Aggressiveness, like 8s

- Use their sexuality to disarm others and attract support, like 4s
 - Open assertion and defiance and flirtation and seduction mask insecurities
 - Highly aware of their physical attributes in order enhance strength and appeal to others
 - Desire powerful and capable partner
 - Test others to see if they will stay and to give themselves time to assess the others' character and fortitude
 - Openly defiant of authority especially when anxious
 - Most doubting of self and others
 - Explosive emotional reactions when securities are exposed or connections threatened
 - Sabotage and undermine others
- Unhealthy:*
- Depressive and erratic, especially if their reactivity ruined intimate connections
 - Impulsive, self-destructive, irrational

- Sx7**
- Constantly looking for something new
 - Rejects the mundane and ordinary, like 4s
 - Wants to experience charge of aliveness
 - Heightened imagination
 - Idealizes themselves and reality
 - High range of curiosity and interests
 - Fascinated by new cutting edge ideas
 - Magnetized by interesting people
 - Approaches others with charm and genuine interest
 - Dazzled by objects of their curiosity, and dazzle others
 - Fantasizes about the future adventures
 - Very quick minds
 - Restless with self and relationships
 - Fickle, fear of commitment
 - Prefers intense feelings of infatuation
 - Revel in romance, but when feelings become familiar, they are ready to explore others
 - Lacks discernment
 - Involved with fads that are temporary distractions

- Unhealthy:*
- Reckless in pursuit of charged excitement, crazy schemes, unrealistic and dangerous situations
 - Thrill-seekers but become less affected by it
 - Hardened from living on the edge
 - Burned out or permanently damaging themselves