

Irritations by Enneagram Styles

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| <p>Style One</p> <ul style="list-style-type: none"> • Feeling criticized • Feeling deceived • Mistakes, errors, and incorrectness • Another’s lack of follow-through • Another’s non-collaborative changes to plans | <p>Style Two</p> <ul style="list-style-type: none"> • Not feeling appreciated or valued • Perceiving others as being abusive • Not feeling heard or feeling discounted • Being accused of having negative intentions • Feeling taken advantage of or taken for granted |
| <p>Style Three</p> <ul style="list-style-type: none"> • Being in a position of potential failure • Not looking good professionally • Being blamed for the poor work of others • Not receiving credit for work they have done • Having to discuss emotional issues at length | <p>Style Four</p> <ul style="list-style-type: none"> • Feeling misunderstood • Feeling ignored or slighted • Feeling not good enough • Feeling cut off when expressing themselves • Being asked to do something contrary to personal values |
| <p>Style Five</p> <ul style="list-style-type: none"> • Dishonesty • Being surprised • Breaking their confidence • Unpredictable or overwhelming situations • Experiencing someone as being invasive | <p>Style Six</p> <ul style="list-style-type: none"> • Pressure • Abusive use of authority • Lack of genuineness and warmth • Being told they’re imagining something • Lack of commitment and loyalty |
| <p>Style Seven</p> <ul style="list-style-type: none"> • Unjust criticism • Not being listened to • Boring mundane tasks and lack of stimulation • Feeling dismissed or not taken seriously • Focusing on negative issues or problems | <p>Style Eight</p> <ul style="list-style-type: none"> • Injustice • Being blindsided • Indirectness and deception • Not feeling in control • Others not taking responsibility for their behavior |
| <p>Style Nine</p> <ul style="list-style-type: none"> • Disharmonious situations • Chronic complaining • Being not seen or heard; being dismissed • Feeling directed to do something • Anger – either experience by them or directed at them | <p style="text-align: center;">What is your #1 irritation?</p> |