




Levels of Development

In my opinion, the Levels of Development are the greatest contribution to Enneagram theory made by Don Riso and Russ Hudson. Most of the info on this page comes from their books Personality Types and Understanding the Enneagram. I, Fitzel, have added my own ideas as well.




Overview

The Levels of Development describe a framework that exists within each personality type. There are nine Levels of Development (not to be confused with the nine personality types). There are three levels in the "healthy" range (levels 1,2,3); three levels in the "average" range (levels 4,5,6); and three levels in the "unhealthy" range (7,8,9). At each level, we employ different strategies to reinforce our identity.




Healthy Range

| | |
|---|--|
|  Level 1 | In the healthy range, we are not strongly identified with our identity. We are free to express ourselves through a wide range of behaviour. We believe that we can express and reinforce our identity through letting go of it and by acting in a manner consistent with it. |
|  Level 2 | |
|  Level 3 | |

Average Range

| | |
|---|--|
|  Level 4 | In this range, some imbalance arises and their scope of concern narrows. We focus more on our identity and want others to see us a certain way. We use social roles, manipulation, and controlling others to reinforce our identity. |
|  Level 5 | |
|  Level 6 | |

Unhealthy Range

| | |
|---|---|
|  Level 7 | In the unhealthy range, our focus is so narrowed on our identity that we often break with reality. We see ourselves in a way that is completely different from how others see us. |
|  Level 8 | |
|  Level 9 | |

Level 1: The Level of Liberation

At Level One we let go of our self-image. We no longer see ourselves in a narrow and incomplete way. We integrate the qualities rejected at Level Two and truly come to balance with ourselves. We realize that we in fact possess what we have always sought. Our basic desire arose at Level Two because we no longer see certain qualities within us.

Type One: Wise Realist

Desire & Strategy

Lets go of their forced goodness, order and attachment to self-image.
Lets go of belief that they are in a position to judge anything objectively.

Behaviour

Wise, Accepting, noble, pure, kind, realistic
Truly good, have integrity, and are in balance with their world
Have faith that the Universe will unfold as it should and that they are part of that perfect reality

Type Two: Disinterested Altruist

Desire & Strategy

Lets go of forced love and attachment to self-image.
Lets go of the belief that they are not allowed to take care of themselves and their own needs.

Behaviour

Loving Unconditionally, Altruism, humble, gracious, joyous, charitable
They love and are loved unconditionally.
Believe that goodness will happen even without their involvement.

Type Three: Authentic Person

Desire & Strategy

Lets go of forced value and self-image.
Lets go of the dependency on the positive regard of others and their achievements to make them feel valuable.

Behaviour

Authentic, modest, genuine, charitable, contented
Are truly esteemed and praised by others
Believe that everything in existence (including themselves) has intrinsic value and is to be esteemed and honoured.

Type Four: Inspired Creator

Desire & Strategy

Lets go of their forced uniqueness and attachment to their self-image
Lets go of the belief that they are missing something that others have

Behaviour

Profoundly creative, expressing the personal and the universal
Inspired, able to transform all their experiences into something valuable

Type Five: Pioneering Visionary

Desire & Strategy

Lets go of forced intelligence and attachment to their self-image
Lets go of the belief that they are separate from the environment

Behaviour

Participating, knowing, clear-minded, comprehending
True knowing comes from participating
Feel connected to the world

Type Six: Valiant Hero

Desire & Strategy

Lets go of forced support outside of themselves and their self-image
Lets go of the belief that they must rely on someone/something outside themselves for security

Behaviour

Extremely trustworthy, emotionally open and bonded with others
Provide support and guidance to others
Access their own inner guidance and feel like the Universe supports them

Type Seven: Ecstatic Appreciator

Desire & Strategy

Lets go of forced joy and the attachment to their self-image
Lets go of the belief that they require specific objects and experiences to feel fulfilled.

Behaviour

Can fully appreciate and internalize the depth and meaning of their experiences.
Very grateful and connected to the present.

Type Eight: Magnanimous Heart

Desire & Strategy

Lets go of forced strength and their attachment to their self-image
Lets go of the belief that they must always be in control of their environment.

Behaviour

Compassionate, empowering, yet gentle
In sync with the Will and Direction of the Universe, no longer against it.
Surrender themselves to the Universe and have faith in its unfolding.

Type Nine: Self-Possessed Guide

Desire & Strategy

Lets go of forced peace and attachment to self-image.
Lets go of belief that their participation in the world is unimportant.

Behaviour

Independent, Dynamic, Self-aware, exuberant, serene
Possess inner stability/ peace of mind
Fully empowered and independent, in union with themselves and the universe.

Level 2: The Level of Psychological Capacity

At Level 2, we attain the full potential that our personality affords. Our personality is guided by a basic desire that serves as the driving motivation of most of our behaviour. This motivation remains largely intact (although sometimes distorted) throughout the levels.

At this stage, we begin to identify with certain qualities within ourselves. These qualities are seen as positive and we emphasize their presence within us. For example, Ones will stress their objectivity, their reason, and their moderation. We believe that by identifying with and exercising these qualities they will be able to attain their basic desire. For the most

part, people at this level are very open minded and tolerant. However, these qualities begin to colour our view of the world. And although we have preferences at this level, we can act largely without bias.

A self-image therefore develops because we see ourselves incorporating these qualities. At this level, our self-awareness is very clear: the self-image is an accurate reflection of ourselves. We recognize our gifts, talents, and qualities and we trust in them. We define who we are based on the values with which we've identified. For example, a Two will identify with qualities of loving, caring, and compassion (among many others). Twos have a self-image that could be described as "I am a loving, caring person." Twos will continue to see themselves this way throughout the levels (although others may not see the Two in the same way).

By shifting their focus towards some of their qualities, they shift away from their other qualities. For example, Nines identify strongly with their qualities of inner peace, relaxation, being calm, etc. At the same time, Nines tend to distance themselves from their own qualities of assertion, being dynamic, voicing their opinions, standing up to others, etc. In order to focus and develop some qualities, other ones are overlooked and underdeveloped.

We see here that identification with certain qualities leads to a particular self-image. Not all of the qualities we possess are consistent with that self-image. Consequently, we must disregard or overlook some of our qualities in order to maintain a consistent sense of self. In other words, we tend to nurture some qualities at the expense of under-developing other ones. The shift of focus is subtle at this level, but it sets the stage for a stronger identification in the subsequent levels.

At level 2, we have focussed on a subset of our qualities. As soon as we identify with certain qualities, we immediately dis-identify with other ones. By defining who we are, we also define who we are not. This strategy begins to limit who we believe we are and we begin to shut our certain qualities that comprise our full human potential.

| Type One: Reasonable Person | |
|--|--|
| Basic Desire & Basic Fear | Behaviour |
| Basic Fear: being bad or corrupt Basic Desire: To be good, to have integrity, and to be in balance with everything | Reasonable, Conscientious, There's a sensible way of handling things Self-Image: "I am sensible, moderate, and objective." Emphasize their reason, moderation, morality, objectivity Reject their self-indulgence, subjectivity, or self-interest |
| Type Two: Caring Person | |
| Basic Desire & Basic Fear | Behaviour |
| Basic Fear: being unloved and unwanted Basic Desire: to be loved | Loving, Empathetic I care about you people Self-Image: I am a caring, loving person. Emphasize their loving, caring, selflessness, concern, kindness Reject taking care of their own needs |
| Type Three: Self-Assured Person | |
| Basic Desire & Basic Fear | Behaviour |
| Basic Fear: being worthless Basic Desire: to feel worthwhile, accepted, and desired | Desirable, Adaptable I can be anything I want to Self-Image: "I am an outstanding, effective person." Emphasize their attractiveness, effectiveness, unlimited potential Reject their own feelings |
| Type Four: Self-Aware Intuitive | |
| Basic Desire & Basic Fear | Behaviour |
| Basic Fear: having no identity or personal significance Basic Desire: to have a significant and meaningful identify based on their inner experience | Sensitive, Introspective, I've got to be me. Self-Image: "I am an intuitive, sensitive person." Emphasize their sensitivity, uniqueness, self-awareness, self-honesty Reject things in common with others (ordinariness) |

Type Five: Perceptive Observer

Basic Desire & Basic Fear

Basic Fear: being helpless and incapable
Basic Desire: to be capable and competent

Behaviour

Curious, Fascinated, What's going on here?
Self-Image: "I am an intelligent, perceptive person."
Emphasize their perceptiveness, intelligence, curiosity, independence
Reject participation with and dependence on others

Type Six: Engaging Friend

Basic Desire & Basic Fear

Basic Fear: having no support and guidance
Basic Desire: to find security and support

Behaviour

Reliable, Engaging, Can we be friends? What can I trust?
Self-Image: "I am a committed, responsible, and dependable person."
Emphasize their reliability, trustworthiness, caution, questioning
Reject their own inner guidance

Type Seven: Free-Spirited Optimist

Basic Desire & Basic Fear

Basic Fear: being deprived and trapped in pain
Basic Desire: to be happy and satisfied

Behaviour

Enthusiastic, excitable, spontaneous, If life gives you lemons, you make lemonade
Self-Image: "I am a happy, enthusiastic person."
Emphasize their enthusiasm, spontaneity, eagerness, optimism
Reject gratitude for the present experience and what they have

Type Eight: Self-Confident Person

Basic Desire & Basic Fear

Basic Fear: being harmed or controlled by others
Basic Desire: to protect themselves and determine their own course in life

Behaviour

Strong, Self-Reliant, I am the master of my fate
Self-Image: "I am a strong, assertive person."
Emphasize their strength, assertion, resourcefulness, independence
Reject their vulnerable side (emotional needs)

Type Nine: Receptive Person

Basic Desire & Basic Fear

Basic Fear: Loss of connection
Basic desire: To have inner stability

Behaviour

Peaceful, humble, gentle, I won't be knocked off balance
Self-Image: "I am a peaceful, easygoing person."
Emphasize own peace, stability, harmony, unity, gentleness
Reject their passions, strong emotions, assertion

Level 3: The Level of Social Value

At level 3 we form a stronger identification with our self-image. It is no longer sufficient to see ourselves in a certain way to counteract underlying anxieties. Instead, we desire to show others who we are to reinforce our self-image.

At this level, we relate to others primarily (but not exclusively) through our qualities and gifts. We want to share our talents and our abilities, believing that they will have a positive impact on those around us. We try to nurture in others the same qualities that we have identified with. We want to help, teach, and strengthen others to realize their full potential and we share in the delight of others' successes. For example, Eights at this level will try to empower others to be strong and

independent. This form of mentoring is not imposed on others, we are simply acting with everyone's best interests in mind. In this manner, we contribute our gifts in a very constructive and beneficial way.

Despite a deep desire to show others who we are, we don't seek validation of our self-image from others. There's no need to do so, because we know that our healthy behaviour is a direct manifestation of these qualities and stands on its own. Simply by expressing our self-image through action we reinforce our self-image. By interacting with others, we create and sustain relationships and support systems. We believe these relationships will help meet our needs.

At level 3, we are confident in our own ability to cope with the world. Not because we are proud or egotistical, but because we believe in our values. We believe they are the path to fulfillment and at this level we believe that expressing these qualities will make us feel fulfilled. However, we're not so attached to our self-image that we only see things one way. We're not afraid to be different or to question the status quo.

The self-esteem plays a role at this level. We begin to feel good about ourselves when we are behaving in a manner that's consistent with our self-image. At level 3, our qualities serve as a set of guiding principles that we apply to ourselves. As long as we follow these guidelines, we feel that we are good people.

Our behaviour at level 3 has become noticeably more limited than at the previous level. It isn't enough to think of ourselves in a certain way, we have to act in a certain way. The self-esteem reinforces these actions, because it makes us feel good when we act in that way. If we choose to behave differently, we may get anxious or less confident in ourselves.

| Type One: Principled Teacher | |
|---|--|
| Desire & Strategy | Behaviour |
| Desire to act in accordance with their conscience and reason Reinforce & demonstrate self-image through doing good things | Relate to others primarily by being responsible and principled I have a mission in life; I'm not here to fool around I'm a good person if I do what's right. |
| Type Two: Nurturing Helper | |
| Desire & Strategy | Behaviour |
| Desire to do good things for others. Reinforce & demonstrate self-image through generosity and service to others. | Relate to others primarily by giving, supportive I am glad to be able to give to others I'm a good person if I am loved. |
| Type Three: Outstanding Paragon | |
| Desire & Strategy | Behaviour |
| Desire to develop themselves Reinforce & demonstrate self-image through self-development | Relate to others primarily by self-improving, ambitious I work hard; I can do it I'm a good person if I do something valuable. |
| Type Four: Self-Revealing Individual | |
| Desire & Strategy | Behaviour |
| Desire to express their individuality to themselves and others Reinforce & demonstrate self-image through creativity and self-expression | Relate to others primarily by creative, authentic Here I am, warts and all. I'm a good person if I remain true to myself. |
| Type Five: Focussed Innovator | |
| Desire & Strategy | Behaviour |
| Desire to master something to gain confidence Reinforce & demonstrate self-image through mastery and innovation | Relate to others primarily by being Inventive, exploratory What if we tried it this way? I'm a good person if I've completely mastered something. |

Type Six: Committed Worker

Desire & Strategy

Desire to create and sustain support/ security systems
Reinforce & demonstrate self-image through cooperation and commitment

Behaviour

Relate to others primarily by cooperative, committed
You can depend on me
I'm a good person if I've covered all my bases and I do what is expected of me

Type Seven: Accomplished Generalist

Desire & Strategy

Desire to do things which will insure that they will have what they need
Reinforce & demonstrate self-image through trying out new things

Behaviour

Relate to others primarily by being prolific, realistic, versatile
Life is a banquet
I'm a good person if I feel good and get what I want.

Type Eight: Constructive Leader

Desire & Strategy

Desire to prove their strength through action or achievement
Reinforce & demonstrate self-image through leadership, and achievement

Behaviour

Relate to others primarily by leading, being decisive, providing
I can look out for you
I'm a good person if I am strong and in control.

Type Nine: Supportive Peacemaker

Desire & Strategy

Desire to create and maintain peace and harmony in their environment
Reinforce & demonstrate self-image through supporting, reconciling, and comforting others

Behaviour

Relate to others primarily through supporting and mediating
Don't cry over spilled milk...
I'm a good person if everyone around me is getting along.

Level 4: The Level of Imbalance

At Level 4, we become more attached to our self-image than at Level 3. We now believe that by striving after the qualities identified at Level 2, we will be able to meet our needs. We also tend to reject our qualities and behaviours that are not consistent with the qualities that we have identified with. The focus on our self-image comes at the price of narrowing our scope of concern.

An idealization of values/qualities takes place. Our worldview begins to polarize between two extremes: one of which is associated with our own values and qualities; the other is associated with our fears. For example, a type One at Level 4 will idealize values of organization, doing what's right, hard work, etc. At the same time, they begin to fear disorganization, making mistakes, and not working hard enough.

Despite this polarization of values, there is still some middle ground. However, we have difficult time dealing with situations that fall in the gray area. For example, a type One at Level 4 often sees things in terms of good and bad. Ones deal with moral ambiguity by trying to adopt a firm stance – it's difficult to accept and live with uncertainty.

At Level 4, we notice that the qualities we possess are not widely possessed by others. In fact, we sometimes use these qualities as a metric to measure the worth of others. Eights, for example, will measure the strength of others; Fives measure the intelligence of others. Most of the time, we feel slightly superior, because most often we believe that we possess these qualities more than others.

At level 4, we have given into a Characteristic Temptation (different for each type). The Characteristic Temptation is a limited way of thinking and behaving that seems to be an answer to what we want. Unfortunately, it is not a permanent solution to our problems. Instead, it is a "quick fix" that traps us in a repetitive pattern that does not have our best interests at heart.

One of the aspects in which our behaviour becomes more limited is in our relationships. We see ourselves a certain way (self-image) and, at Level 4, we really want to prove to others the “reality” of our self-image. In order to prove who we are, we relate to others through a certain role, called the Social Role.

The Social Role is a very limited way of interacting with others that makes us feel comfortable and secure. In our Social Role, we are trying to get others to see in us the qualities of our self-image. For example, a type Three wants to be seen as a Winner. Threes seek out situations where they can relate to others through the role of the Winner. They will also avoid situations where they cannot be seen in that way. Unfortunately, by acting only through his social role, he avoids those activities that would really develop true confidence. He is frustrated when he can’t act in this role, because his confidence and security are dependent on others validating his self-image.

| Type One: Idealistic Reformer | |
|---|--|
| Desire & Strategy | Behaviour |
| Desire to improve themselves and their world Prove self-image through their Social Role of the Moral Teacher - Convincing others I am right. | Tend to feel intense personal obligation to do the right thing. Striving, Idealistic |
| Type Two: Effusive Friend | |
| Desire & Strategy | Behaviour |
| Desire to be wanted and close to others. Prove self-image through their Social Role of the Special Friend - wanting to be a close confidant. | Tend to believe that they are without needs and always well-intentioned Demonstrative, Well-Intentioned |
| Type Three: Competitive Status Seeker | |
| Desire & Strategy | Behaviour |
| Desire to distinguish themselves from others Prove self-image through their Social Role of the Winner/the Best | Tend to compete for status and attention Performing, Success-Oriented |
| Type Four: Imaginative Aesthete | |
| Desire & Strategy | Behaviour |
| Desire to cultivate and prolong selected feelings Prove self-image through their Social Role of the Special One | Tend to withdraw into their imagination to heighten and intensify their feelings Individualistic, Dramatizing |
| Type Five: Studios Expert | |
| Desire & Strategy | Behaviour |
| Desire to feel safer and more confident by retreating into their mind Prove self-image through their Social Role of the Expert | Tend to withdraw into their imagination to heighten and intensify their concepts and mental worlds (interpretation of the world) Knowledgeable, Preparing |
| Type Six: Dutiful Loyalist | |
| Desire & Strategy | Behaviour |
| Desire to reinforce their support systems Prove self-image through their Social Role of the Responsible Implementer | Tend to become dependent on something outside the self for guidance Camaraderie, Obligated, Believing/doubting |

Type Seven: Experienced Sophisticate

Desire & Strategy

Desire to increase the number of sources of stimulation
Prove self-image through their Social Role of the Energizer
- Let's get the fun going, make this a fun place

Behaviour

Tend to feel that something better is available somewhere else
Occupied, pleasure-oriented, trendy, Acquisitive

Type Eight: Enterprising Adventurer

Desire & Strategy

Desire to acquire the resources they need to maintain their position
Prove self-image through their Social Role of the Rock/Leader - the protector who takes charge

Behaviour

Tend to think that they are completely self-sufficient
Risk-taking, pragmatic, competitive

Type Nine: Accommodating Role Player

Desire & Strategy

Desire to avoid conflicts (by acquiescing to others: "Inner Sanctum")
Prove self-image through their Social Role of Nobody Special - modestly camouflaged in the background so as not to inconvenience anyone.

Behaviour

Tend to withdraw into their imagination to heighten and intensify their sense of peace and harmony (avoiding conflicts and self-assertion).
Agreeable, Self-Effacing, I don't care, whatever you want is fine with me

Level 5: The Level of Interpersonal Control

At Level 5, the main strategy employed is manipulation of others and control of inter-personal relationships. Here, we really insist on getting others to accept our self-image. Unfortunately, others don't always respond in the way we wish, leading to tension and conflict.

At this Level, we also see the beginnings of the Shadow Issue of each type. The Shadow issue (as its name implies) is a hidden element of our personalities. In a way, the Shadow Issue represents the major issue that each type needs to deal with in order to grow.

Type One: Orderly Person

Desire & Strategy

Insists on being seen as a reasonable, objective person.
Desire to have consistent order in their inner and outer worlds.

Behaviour

Manipulate others by correcting them.
Shadow Issue of Anger comes out when their world is not as it should be.

Type Two: Possessive Intimate

Desire & Strategy

Insists on being seen as a caring, loving person.
Desire to be needed.

Behaviour

Manipulate others by making others depend on them.
Shadow Issue of Pride comes from thinking of themselves as only well-intentioned and from reminding others of how caring I am.

Type Three: Image-Oriented Pragmatist

Desire & Strategy

Insists on being seen as an outstanding, effective person.
Desire to impress others.

Behaviour

Manipulate others by charming them (adapting to meet and exceed the expectations of others)
Shadow Issue of Deceit arises when Threes exaggerate and

bend the truth in order to make themselves appear better than they are.

Type Four: Self-Absorbed Romantic

Desire & Strategy

Insists on being seen as a sensitive, unique person.
Desire to have their identity nurtured and supported by others.

Behaviour

Manipulate others by being temperamental and hypersensitive, forcing others to treat them with sensitivity and respect.
Shadow Issue of Envy arises when Fours observe the happiness and success of others.

Type Five: Intense Conceptualizer

Desire & Strategy

Insists on being seen as an intelligent, perceptive person.
Desire to shut out intrusions on their space/ to concentrate without interruption

Behaviour

Manipulate others by staying preoccupied with their projects and detached from others.
Shadow Issue of Avarice arises when Fives minimize their needs and hoard their resources.

Type Six: Ambivalent Pessimist

Desire & Strategy

Insists on being seen as a dependable, responsible person.
Desire to resist further demands and commitments.

Behaviour

Manipulate others by testing their loyalty and trust to them.
Shadow Issue of Fear arises when Sixes believe that they may be losing their support systems.

Type Seven: Hyperactive Extrovert

Desire & Strategy

Insists on being seen as a happy, enthusiastic person.
Desire to stay constantly excited and stimulated.

Behaviour

Manipulate others by distracting them and demanding that others meet their needs.
Shadow Issue of Gluttony arises when Sevens are greedy for more and more things and experiences without being truly satisfied.

Type Eight: Dominating Power Broker

Desire & Strategy

Insists on being seen as a strong, assertive person.
Desire to feel important to themselves and others.

Behaviour

Manipulate others by dominating others and insisting they obey.
Shadow Issue of Lust arises when Eights want to possess and control and want intensity in their experiences.

Type Nine: Disengaged Participant

Desire & Strategy

Insists on being seen as a peaceful, easygoing person.
Desire to maintain the status quo.

Behaviour

Manipulate others by "tuning out" the pressure to change from others.
Shadow Issue of Sloth arises when Nines resist change and don't develop their individuality.

Level 6: The Level of Overcompensation

Throughout the Levels, we can see that the strategies we employ are a compensation for underlying feelings of anger, shame, or fear. At Level 6, we overcompensate for those underlying feelings. At this stage we are so desperate to have others accept our self-image that we engage in truly offensive behaviour.

At Level 6, we believe that we must put others down in order to make ourselves feel better. Don Riso calls this behaviour the "Leaden Rule." The Golden Rule states "Do unto others that which you would have done unto you." In other words, treat others in the same way you would like to be treated. The Leaden Rule states " Do unto others that which you most fear have done unto you." At this stage we project our fears onto others. Type Ones fear making mistakes and being bad, so they compensate by being good and doing the right thing. They overcompensate by pointing out the mistakes of others and criticizing others for not doing the right thing. Putting others down in this way, boosts a fragile self-esteem.

Note that the Leaden Rule behaviour is seen by others to be offensive, but it is easily justified by the Basic Desire. For example, the One can justify their criticism as simply pointing out how things should be done better.

Thinking tends to be very black and white at this stage. There is a sense that we possess certain positive values (the basis of our self-image) that others do not. As a result, we tend to look down at others as inferior for not possessing the gifts we do. In order to make ourselves feel better about ourselves, we must prove that others lack our gifts. A type Five, for example, "proves" her own intelligence by "proving" that others are stupid and incompetent.

| Type One: Judgemental Perfectionist | |
|---|---|
| Desire & Strategy | Behaviour |
| Desire to criticize others for not meeting their standards. Undermine the others by angrily criticizing others, treating them as if they were defective or bad. | Perfectionistic, opinionated, right vs. wrong thinking, impatient, fault-finding |
| Type Two: Self-Important "Saint" | |
| Desire & Strategy | Behaviour |
| Desire to have their virtue and goodness recognized Undermine others by making others feel unworthy of their love and attention | Feel taken for granted Feelings of entitlement, others owe me. Overbearing, complaining, insincere Guilt-instilling: no one cares about my needs |
| Type Three: Self-Promoting Narcissist | |
| Desire & Strategy | Behaviour |
| Desire to convince themselves and others of the reality of their image. Undermine others by treating them arrogantly or with contempt, making them feel worthless. | Want to become their image. Inflating, grandiose, superior Demand a constant stream of attention (look at me!) |
| Type Four: Self-Indulgent "Exception" | |
| Desire & Strategy | Behaviour |
| Desire to be absolutely free to "be themselves." Undermine others by treating others as if they had no value or personal significance. | Decadent, self-pitying Believe their uniqueness entitles them to be exempt from the rules that apply to the superficial rabble. |
| Type Five: Provocative Cynic | |
| Desire & Strategy | Behaviour |
| Desire to scare off anyone who threatens their inner world Undermine others by treating them as if they were incompetent or incapable. | Argumentative, intellectually arrogant. Make legitimate observations but extreme interpretations. Less confident about their ideas, cynical, hopeless. |
| Type Six: Authoritarian Rebel | |
| Desire & Strategy | Behaviour |
| Desire to prove their strength, value, and independence. Undermine others and their support systems by blaming and scapegoating. | Feel that their trust has been betrayed. Become stubborn, rebellious |

Blaming, cynical, short-tempered
Us vs. them mentality

Type Seven: Excessive Materialist

Desire & Strategy

Desire for instant gratification.
Undermine others by depriving others of things and experiences, causing others pain and suffering.

Behaviour

Easily feel trapped or deprived.
Flighty and unreliable.
Insensitive, impatient, selfish, addicted, dissatisfied.

Type Eight: Confrontational Adversary

Desire & Strategy

Desire to have others obey.
Undermine the security and safety of others by threatening to harm or control others

Behaviour

Threaten and intimidate
Defiant, pushy, bullying, belligerent
Everything is a test of wills.

Type Nine: Resigned Fatalist

Desire & Strategy

Desire to minimize the importance of problems in their world.
Undermine others by making them feel that they have lost connection with the Nine.

Behaviour

Dismissive, indifferent.
Wishful thinking, stubborn, resistant
Peace at any price.
"Can't do anything to change it anyways."

Level 7: The Level of Violation

At Level 7, we are so desperate to get our needs met that we are willing to violate ourselves and others, resulting in serious conflict. There is a feeling that life has violated me, leading to terrifying and desperate behaviour. People at this stage see themselves as victims, and therefore can justify their offensive actions. At this Level, we tend to overindulge in actions that appear to alleviate our pain (overeating, drinking, drug abuse, etc.). Unfortunately most of this behaviour is just an escape from dealing with reality and the genuine problems we must face.

Type One: Intolerant Person

Desire & Strategy

Desire to justify themselves and silence criticism from themselves and others.
Violate their self-image of the Moral Teacher through intolerance of others

Behaviour

Inflexible, intolerant and self-righteous. Unreasonably harsh with others, bitter and depressive.

Type Two: Self-Deceptive Manipulator

Desire & Strategy

Desire to maintain the belief that they haven't done anything selfish or wrong.
Violate their self-image of the Special Friend through manipulation of others.

Behaviour

Blaming, guilt-instilling, and manipulative, all the while justifying their actions as well intentioned. Hurtful toward others, then trying to soothe the very pain they caused.

Type Three: Exploitative Opportunist

Desire & Strategy

Desire to preserve the illusion that they are still okay.
Violate their self-image of the Winner through deception of others.

Behaviour

Secretive, deceptive to cover an inner emptiness. Dishonest, willing to sell themselves out to succeed in the short term, sacrificing long term health/success, etc.

Type Four: Alienated Depressive

Desire & Strategy

Desire to reject anything or anyone that does not support their emotional demands.
Violate their self-image of the Special One through their hatred of others.

Behaviour

Self-pity turns to shame and the disappointments in life causes such hurt that they need to be blocked. Fatigued and apathetic, they become deeply resentful of life

Type Five: Isolated Nihilist

Desire & Strategy

Desire to cut off all connections with the world and people.
Violate their self-image of the Expert through their rejection from others.

Behaviour

Increasing anxiety from their self-isolation reinforces the rejection they feel from others. They turn around and reject the world also, devaluing others and become nihilistic.

Type Six: Overreacting Dependent Person

Desire & Strategy

Desire to be rescued by the protection of a strong ally.
Violate their self-image of the Responsible Implementer through their defiance of others.

Behaviour

Lean heavily on their support systems, take little initiative and avoid responsibility. They disparage themselves, hoping to illicit the pity and rescue of a protective figure.

Type Seven: Impulsive Escapist

Desire & Strategy

Desire to avoid their pain and anxiety at any cost.
Violate their self-image of the Energizer through their callousness with others

Behaviour

Completely uninhibited, they seek any kind of thrill or stimulation. Their impulsiveness borders on the infantile, acting out whatever whim or escapade comes to mind.

Type Eight: Ruthless Outlaw

Desire & Strategy

Desire to survive and protect themselves at all costs.
Violate their self-image of the Rock through their ruthless treatment of others.

Behaviour

They feel rejected and betrayed by the world. Being brutal, violent, and treacherous are seen as the only way to survive. They trust nothing except their own wits.

Type Nine: Denying Doormat

Desire & Strategy

Desire to defend the illusion that everything is okay.
Violate their self-image of Nobody Special through their neglect of others.

Behaviour

Accommodation has turned into allowing themselves to be exploited. They resist dealing with reality or any kind of change. Incapable of taking any action, they neglect their responsibilities.

<http://fitzel.ca/enneagram/levels.html>
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