

Type Related Strengths and Challenges

	Examples of strengths	Examples of challenges
1	Intuition for how things could be made more perfect; talent for working hard to improve self, others, situation	Harsh internal critic causes suffering for self and others
2	Intuition for seeing what others need; talent for altering self in order to meet others needs	Vulnerable to rejection and loss, due to overemphasis on relationships (especially challenging ones)
3	Intuition for what will be successful and valued by others; talent for working hard to achieve success	Impatient with obstructions that thwart the achievement of goals; unaware of feelings
4	Intuition for the nuance and music of emotions; talent for bringing aesthetic imagings into reality	Dissatisfaction and anger with life as it is; hurt and anger over perceived rejection and abandonment
5	Intuition for collecting, organizing and interpreting knowledge; talent for being dispassionate and thoughtful	Detachment from life, loneliness, seeing requests as demands
6	Generalized intuition; Talent for being loyal, witty	Generalized doubt and ambivalence; difficulties with authorities
7	Intuition for seeing pleasurable options for self and others; talent for devising creative ways to exercise pleasant options	Distraction and diversion from deeper commitments; not making/keeping commitments
8	Intuition for patterns and uses of energy; talent for using energy to protect others, enforce justice	Too much, too soon, too loud, too long – exhausts self and others; over strong reactions to perceived violations of self, property, loved ones
9	Intuition for knowing what another is experiencing, what another’s agenda is; talent for joining with another’s agenda as if it were their own	Difficulty saying no; self-forgetting; difficulty knowing what one wants, makes it difficult for other’s to know as well

(Adapted from Daniels & Palmer, 2003)

Part of *Attachment Styles & Enneagram Types* pdf