

# Enneagram Type

A signal that something important is happening.

## Type's Focus

Type's Body & Speaking Patterns

## Type's Strengths

**9**

### Status Quo

Tension in lower back; nods head; indecisive, going along with others.

### **Balance**

**1**

### Right/Wrong

Tension & rigidity in face, jaw, neck, posture; detailed, direct, preachy.

### **Responsible**

**8**

### Control

Tension in entire body; intense body language; impulsive Type A's; bold, edgy, finding fault.

### **Protective**

**7**

### The Positive

Tension in periphery (feet, hands); gesturing & physically loose & pacing; charming, distracted, storytelling.

### **Adventurous**

**2**

### Others

Tension in chest & diaphragm; graceful; hidden emotions have physical symptoms; gives advice; complementary.

### **Caring**

**6**

### Problems

Tension in face & diaphragm; darting eyes; cautious ↔ forceful; halting speech, asking questions.

### **Strategic**

**3**

### Getting the job done

Tension in chest & heart; shoulders high; Type A's; self-promoting, quick, motivational.

### **Confident**

**5**

### Information

Tension in stomach; eyes & body withdrawn; sensitive to touch, smell, sight, sound, taste; rational, logical, no small talk.

### **Perceptive**

**4**

### Comparisons

Tension in mid section; drain of energy from periphery (eyes, hands, feet); dissatisfied, intense, melancholy.

### **Compassionate**

