

The Enneagram of Virtues  
from **Live Q&A with Russ Hudson**

Self-Pres, Sexual, Social

The more interesting question [than what's my instinct, or what's my type?] is to understand what the instincts are and to recognize what your relationships with them is. Just saying I'm this particular one is kind of a nonstarter. It doesn't help anything. It's just describing bad habits and then calling yourself those bad habits.

Questions to journal. Be specific and give examples.

- What is your habit with each instinct? We all have all three instincts.
- Do you push one aside and suppress it?
- Do you dissociate when one comes up?
- Do I run with and lean into one when it comes up?
- What comes to mind when you think about each instinct?
- How do you experience each one?
- What triggers and provokes each one?
- Does it scare you?
- Does the scarcity of it scare you?
- Which one is most mixed up with its Enneagram passion and fixation, and which one gets left out of the mix?
- How does each instinct play out in your life?
- In what way is your type impacting your type?