



# Enneagram FAQs

## **WHAT DOES THE ENNEAGRAM FOCUS ON?**

Your inner workings - core motivations, desires, and fears.  
The Enneagram is not about your personality or how you show up, but why.

## **CAN I BE MORE THAN ONE TYPE?**

No, you cannot. We all have one core type, one main energy through which we approach the world. There are connections to other types and things we can learn from them, but you have one main type.

## **IS IT OK FOR ME TO TYPE OTHER PEOPLE OR FOR SOMEONE TO TYPE ME?**

Nope. There are professionals (myself included) who can help you work through the process, but at the end of the day, it is you and you alone who can determine your true, core type through self-reflection. Tests can help you narrow down to 2-3 types, but do not just trust the top score is your type. Read, learn, and reflect!

## **WHAT IS ENNEAGRAM COACHING?**

Coaching uses the awareness of the Enneagram to drive personal growth. During coaching, we cover communication, conflict management, stressors, relationships, defense mechanisms, childhood, and more - with growth tips and affirmations!

## **WHAT ARE THE WINGS TO MY TYPE?**

The numbers on either side of the type that "flavor" your type's attributes. There is a common misconception that your wing is the second highest number on the test you took or another type with which you identify. The wings can only be the adjacent types on either side of your core type. There is no such things as an 8w3 - if you relate to something like that, you may want to look into tritypes.

## **WHAT ARE THE STRESS AND GROWTH PATHS?**

Stress and growth paths are sometimes called points of integration and disintegration, resource and relaxation paths, or lines of release and stress. As you can see there are many names for these lines but their purpose is understanding that we can adopt traits from these connected types at differing times in our lives, especially in stressful times or periods of great growth and awareness.

## **WHAT ARE SUBTYPES?**

There are three subtypes to each type. They are self-preservation, sexual (also called one-to-one), and social. There are 27 instinctual subtypes in the Enneagram - these can help you dig deeper into your type and learn more about your driving energies.

## **CAN YOUR ENNEAGRAM CHANGE OVER TIME?**

No. Your type is said to be set from the time you are 5 years old and does not change. You may progress through the stages of health and grow with maturity and life experience, but your core type does not change.

## **WHAT ARE THE 3 CENTERS OF INTELLIGENCE?**

Gut, heart, and head. These centers help us understand how we respond to stimulus and process things going on in our lives. The gut (or body) triad includes 8, 9, 1 - the heart includes 2, 3, 4 - and the head includes 5, 6, 7. Knowing our dominant center of intelligence helps us understand how we react to life.