

# Enneagram Quick Start Guide

Welcome to your journey of self-discovery with the Enneagram—a tool that offers profound insights into your personality and spirituality. This quick start guide is designed to help beginners navigate the Enneagram from a faith-based perspective.

The Enneagram is a framework that consists of nine personality types, each with its own set of motivations, fears, and core desires. However, the Enneagram is not about labeling or boxing people in to a “type,” but rather about gaining deeper self-awareness and understanding to move past our habitual defense mechanisms and embrace our authentic selves.

## **Discovering your type can be a journey over time. Here are a few ways to help uncover your type:**

- Read the 9 Types Overview on the following pages and pinpoint which one or two resonate the best
- Take an online Enneagram assessment such as [assessment.yourenneagramcoach.com](http://assessment.yourenneagramcoach.com) or [truity.com](http://truity.com)
- Spend a few days being cognizant of your thoughts, feelings and “whys” through journaling and see what type you resonate with most
- Dive deeper into the characteristics and traits of each Enneagram type by exploring books, articles, podcasts, or workshops dedicated to the Enneagram.
- Seek feedback from trusted family/friends to help you discover behavior patterns and blind spots that are not apparent to you
- “Try on” a type you resonate with. Temporarily adopt the mindset of the type. Consider how they would think, feel, and react in various situations. Ask yourself questions like, “What would a Type 1 do in this scenario?” or “How would a Type 4 feel about this?” And determine if that is natural for you.

# 9 Types Overview

## Core Motivations



- The Enneagram, derived from "ennea" meaning nine and "gram" meaning diagram, serves as a navigational tool for self-discovery and personal growth. This diagram delineates the nine fundamental personality types, each with unique ways of engaging with the world.
- The Enneagram illuminates why you think, feel, and act the way you do based on your core fears and desires. The Enneagram recognizes that everyone sees the world in their own unique way, and that's how God created them. Understanding why people, including yourself, do things can make you more compassionate, caring, and forgiving.
- The power of the Enneagram, along with the Holy Spirit, is capable of transforming self-defeating behaviors into life-enhancing personal empowerment. It offers a roadmap to harness and redirect patterns that may hinder personal growth.
- The gift of the Enneagram is that it helps you build strong and lasting connections with others. Through the journey of self-discovery, this tool empowers you to cultivate and sustain enriching relationships with others, with God, and, ultimately, with yourself.

### TYPE 1: MORAL PERFECTIONIST

**Core Fear:** being wrong, bad, evil, inappropriate, or corruptible

**Core Desire:** to have integrity, to be right, virtuous, and the good boy/girl (deteriorates into critical perfectionism)

**Self-Image:** I am accurate, thorough, diligent, responsible, moral, correct, just, in control, and fair.

**Core Weakness:** Resentment - this is anger that has been repressed, leading to continual frustration and dissatisfaction with themselves and with others and the world.

**Core Longing:** You are good.



### TYPE 2: SUPPORTIVE ADVISOR

**Core Fear:** being worthless, needy, inconsequential, dispensable, or unworthy of being loved.

**Core Desire:** to be loved and wanted (deteriorates into the need to be needed)

**Self-Image:** I am helpful, caring, warm, nurturing, altruistic, demonstrative, and considerate.

**Core Weakness:** Pride - Their inability or unwillingness to acknowledge their own suffering and needs. Instead they focus on the needs of others and then confidently insert their help and advice into that person's life.

**Core Longing:** You are wanted and loved for just being you.



### TYPE 3: SUCCESSFUL ACHIEVER

**Core Fear:** failing, being incompetent, inefficient, exposed, worthless, or unable to appear successful.

**Core Desire:** to be valuable, admired, and respected (deteriorates into the chasing after success)

**Self-Image:** I am successful, efficient, competent, focused, and productive.

**Core Weakness:** Deceit - means deceiving themselves into believing that they are only the image they present to others through success and achievements.

**Core Longing:** You are loved and valued for being yourself. You do not need to achieve my love.



#### TYPE 4: ROMANTIC INDIVIDUALIST

**Core Fear:** being inadequate, emotionally cut off, plain, mundane, defective, flawed, or being without significance.

**Core Desire:** to be unique, special and their authentic self (deteriorates into self-indulgence)

**Self-Image:** I am deep, intellectual, emotional, accomplished, tasteful, long for beauty, and have good aesthetic.

**Core Weakness:** Envy - feeling that something is fundamentally missing in them. Envy leads them to feel that others possess qualities that they lack. They long for what is missing but miss the many blessings in their lives.

**Core Longing:** You are seen and loved for exactly who you are – special and unique



#### TYPE 5: INVESTIGATIVE THINKER

**Core Fear:** annihilation, being ignorant, invaded, incapable, not existing, or obligations placed upon them.

**Core Desire:** to be capable and competent (deteriorates into useless specialization)

**Self-Image:** I am intelligent, private, introspective, curious, quiet, private, and knowledgeable.

**Core Weakness:** Avarice - they feel that they lack inner resources and that too much interaction with others will lead to catastrophic depletion. This leads them to withhold themselves from contact with others, hold onto their resources and minimize their needs.

**Core Longing:** Your needs are not a problem.



#### TYPE 6: LOYAL GUARDIAN

**Core Fear:** fear itself, being without support or guidance, being alone, blamed, targeted, or physically abandoned.

**Core Desire:** to have security, guidance, and support.

(deteriorates into a rigid adherence to beliefs)

**Self-Image:** (it depends on the context I am in) I am prepared, dedicated, dutiful, hard-working, loyal, compliant, submissive to authority I trust or provocative, witty, and rebellious to authority I don't trust.

**Core Weakness:** Anxiety - constantly scanning and preparing for worse case scenarios.

**Core Longing:** You are safe.



#### TYPE 7: ENTERTAINING OPTIMIST

**Core Fear:** being deprived, trapped in emotional pain, limited, bored, or missing out on something exciting.

**Core Desire:** be happy, satisfied, and content (deteriorates into frenetic escapism)

**Self-Image:** I am creative, fun, visionary, imaginative, stylish, playful, and inspirational.

**Core Weakness:** Gluttony - insatiable desire to "fill oneself up" with experiences and stimulation to avoid pain, but are never completely satisfied.

**Core Longing:** You will be taken care of.



#### TYPE 8: PROTECTIVE CHALLENGER

**Core Fear:** being weak, powerless, harmed, controlled, manipulated, and at the mercy of injustice.

**Core Desire:** protect oneself (deteriorates into constant fighting and conflicts)

**Self-Image:** I am outspoken, direct, opinionated, bold, decisive, tough, and compassionate.

**Core Weakness:** Lust/Excess - constant need for intensity, control, and self-extension. Constant need to push everything and assert themselves willfully.

**Core Longing:** You will not be betrayed.



#### TYPE 9: PEACEFUL MEDIATOR

**Core Fear:** being in conflict, loveless, shut out, discordant, overlooked, or inharmonious.

**Core Desire:** to have inner stability and peace of mind (deteriorates into stubborn neglectfulness)

**Self-Image:** I am a good listener, kind, agreeable, quiet, patient, calm, steady, and enduring.

**Core Weakness:** Sloth - desire to be unaffected by life. This is an unwillingness to be fully awake to themselves (their desires, needs, abilities) and resisting to bring their full selves to all of life.

**Core Longing:** Your presence matters.

# How Does Your Type Influence Your Parenting?

Your Enneagram type influences your parenting style by shaping your attitudes, behaviors, and interactions with your children. Here's a brief explanation of how each Enneagram type may manifest in parenting:

- **Type 1 - The Perfectionist:** Perfectionist parents strive for order, structure, and high standards in their parenting. They may be diligent about instilling values and discipline in their children but may struggle with being overly critical or rigid.
- **Type 2 - The Helper:** Helper parents are nurturing, compassionate, and selfless in their approach to parenting. They prioritize meeting their children's needs and may struggle with setting boundaries or taking care of their own needs.
- **Type 3 - The Achiever:** Achiever parents are ambitious, goal-oriented, and driven to succeed in parenting. They may focus on their children's achievements and success, but may struggle with being emotionally available or present.
- **Type 4 - The Individualist:** Individualist parents are sensitive, creative, and deeply attuned to their children's emotions. They may foster a sense of uniqueness and self-expression in their children but may struggle with emotional intensity or self-absorption.
- **Type 5 - The Investigator:** Investigator parents are analytical, knowledgeable, and independent in their parenting approach. They may prioritize intellectual development and critical thinking in their children but may struggle with emotional engagement or intimacy.
- **Type 6 - The Loyalist:** Loyalist parents are loyal, cautious, and protective of their children. They may prioritize safety and security in their parenting but may struggle with anxiety or overprotectiveness.
- **Type 7 - The Enthusiast:** Enthusiast parents are fun-loving, spontaneous, and adventurous in their parenting style. They may prioritize joy and excitement in their children's lives but may struggle with consistency or follow-through.
- **Type 8 - The Challenger:** Challenger parents are strong, assertive, and protective of their children. They may prioritize independence and resilience in their children but may struggle with controlling or dominating tendencies.
- **Type 9 - The Peacemaker:** Peacemaker parents are patient, empathetic, and harmonious in their parenting approach. They may prioritize peace and unity in their family but may struggle with assertiveness or setting boundaries.



# How to Transform Your Parenting

- **Understand Your Triggers:** Recognize how your Enneagram type influences your reactions and triggers in parenting situations. Identify patterns of behavior or emotional responses that are characteristic of your type.
- **Identify Your Strengths and Weaknesses:** Reflect on the strengths and weaknesses associated with your Enneagram type in parenting. Acknowledge areas where you excel and where you may need to work on growth and improvement.
- **Practice Self-Awareness:** Cultivate self-awareness by observing your thoughts, feelings, and behaviors in parenting interactions. Notice when you're operating from a place of stress, fear, or insecurity, and consciously choose to respond with compassion and understanding.
- **Communication Style:** Recognize how your Enneagram type influences your communication style with your children. Tailor your communication approach to meet the unique needs and preferences of each child, fostering open dialogue and understanding.
- **Set Healthy Boundaries:** Establish healthy boundaries with your children based on your Enneagram type's tendencies. Learn to assert yourself confidently while also respecting your children's autonomy and individuality.
- **Embrace Growth and Flexibility:** Embrace a growth mindset and be willing to adapt and evolve as a parent. Recognize that parenting is a journey of learning and growth, and be open to new insights and perspectives that can enhance your parenting approach.
- **Seek Support and Guidance:** Reach out to fellow parents, mentors, or professionals who are familiar with the Enneagram for support and guidance. Share your experiences, challenges, and successes in applying Enneagram insights to your parenting journey.
- **Model Self-Compassion:** Model self-compassion and self-care for your children by prioritizing your own well-being and mental health. Show them that it's okay to make mistakes and that self-love and acceptance are essential aspects of healthy parenting.
- **Celebrate Your Progress:** Celebrate your progress and growth as a parent, recognizing the positive impact that understanding and applying your Enneagram type can have on your relationship with your children. Celebrate your successes and be gentle with yourself in moments of struggle.

# What's Next?

Starting this journey with the Enneagram is just the beginning of a transformative path towards deeper self-awareness and more meaningful connections with your children.

If you find yourself eager to delve even deeper into the Enneagram's insights and how they can enhance your parenting, personal and spiritual experience, consider seeking the guidance of a parent coach who specializes in using the Enneagram.

A parent coach can provide personalized support, tailored strategies, and invaluable insights into how your Enneagram type influences your parenting style.

**By working with a coach, you'll gain clarity, confidence, and practical tools to overcome parenting challenges, nurture stronger relationships, and experience the joy of parenting with greater authenticity and fulfillment.**

Use the QR code or email me for any questions or to set up a complementary strategy call!



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Enneagram Moms of Faith Facebook Group



See yourself and others with clarity and grace.