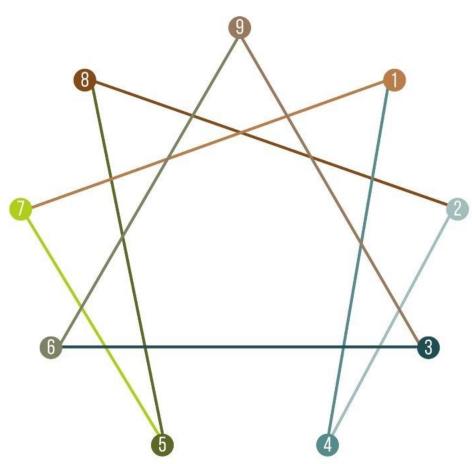
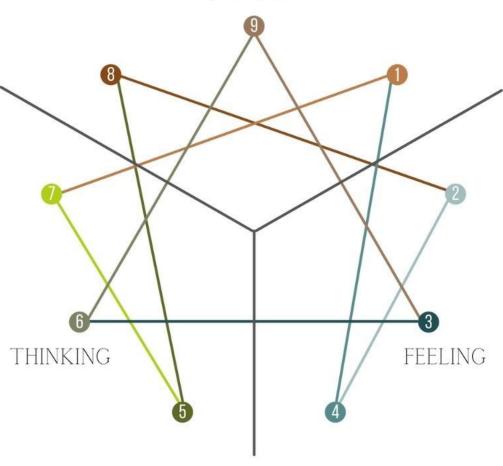


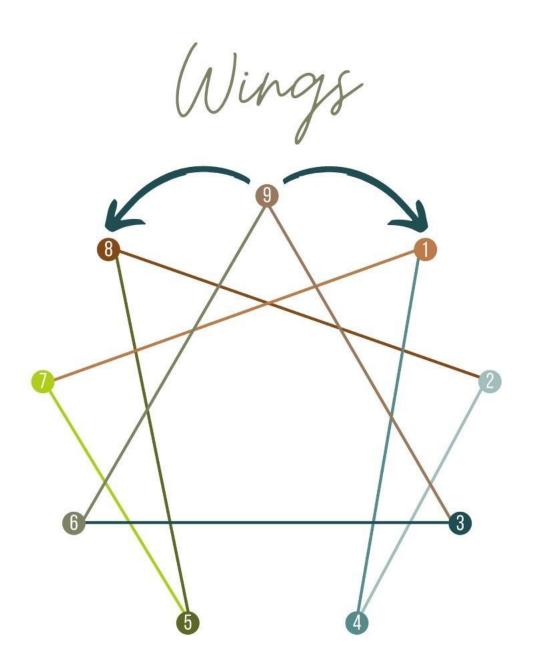
# What is the enneagrabul THE ENNEAGRAM



Triads

INSTINCTIVE





Stances

AGGRESSIVE

WITHDRAWING

DEPENDENT

Move against others.

Move away from others.

Move toward others.

Made up of 8, 3, and 7.

Made up of 9, 4, and 5.

Made up of 1, 2, and 6.

Feeling repressed.

Doing repressed.

Thinking repressed.

Future oriented.

Past oriented.

Present oriented.



### TYPE EIGHT The Challenger FEAR

appearing weak, being vulnerable, feeling powerless, or manipulated

### DESIRE

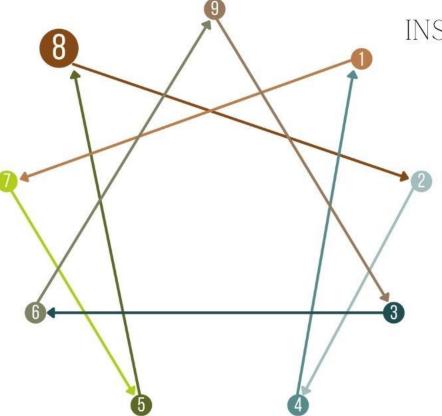
protecting themselves and others in their circle

WEAKNESS

lust

### LONGING

"You will not be betrayed."



INSTINCTIVE (GUT) TRIAD

FUTURE ORIENTED

DOING DOMINANT

FEELING REPRESSED

AGRESSIVE STANCE

### TYPE NINE The Peacemaker

FEAR

conflict, tension, being overlooked, and loss of connection

DESIRE

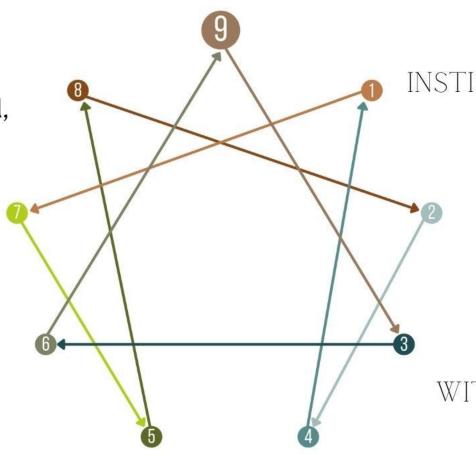
having peace and inner stability

WEAKNESS

sloth

LONGING

"Your presence matters."



INSTINCTIVE (GUT) TRIAD

PAST ORIENTED

DOING DOMINANT

DOING REPRESSED

WITHDRAWING STANCE

# TYPE ONE The Reformer

FEAR

being wrong, bad, or evil

DESIRE

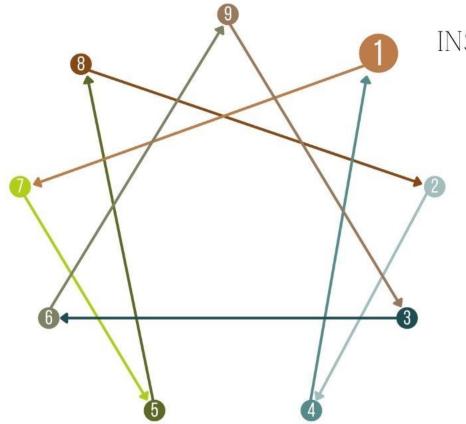
being good and right, having integrity

WEAKNESS

anger

LONGING

"You are good."



INSTINCTIVE (GUT) TRIAD

PRESENT ORIENTED

DOING DOMINANT

THINKING REPRESSED

DEPENDENT STANCE



FEAR

being unloved, rejected, or unwanted

DESIRE

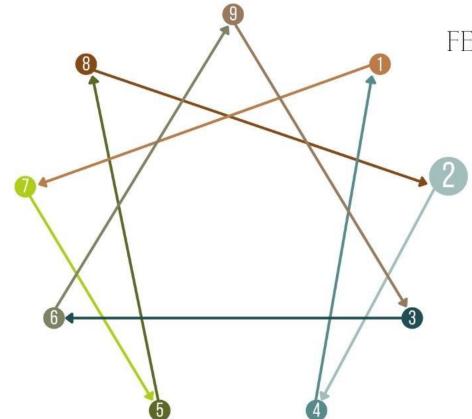
to feel appreciated, loved, and wanted

WEAKNESS

pride

LONGING

"You are wanted and loved."



FEELING (HEART) TRIAD

PRESENT ORIENTED

FEELING DOMINANT

THINKING REPRESSED

DEPENDENT STANCE

# TYPE THREE The Achiever

FEAR

being thought worthless, appearing

unsuccessful

DESIRE

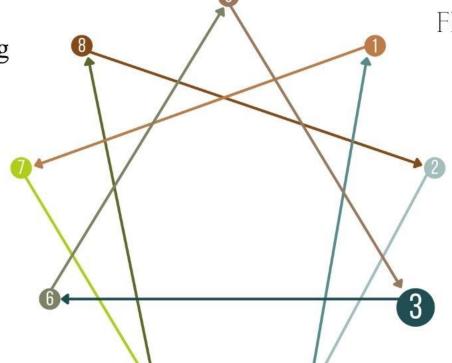
respect, admiration, success

WEAKNESS

deceit

LONGING

"You are loved and valued for being you."



FEELING (HEART) TRIAD

FUTURE ORIENTED

FEELING DOMINANT

FEELING REPRESSED

AGGRESSIVE STANCE

## TYPE FOUR The Individualist

#### FEAR

being inadequate, emotionally disconnected, abandoned, or plain

DESIRE

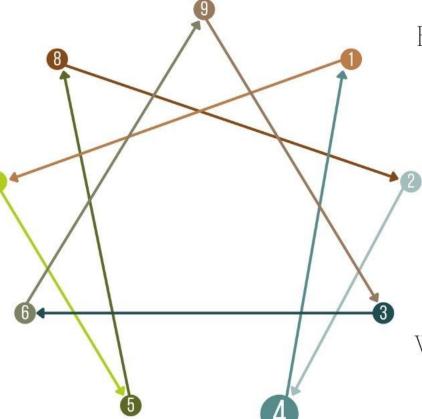
authenticity, being unique or special

WEAKNESS

envy

LONGING

"You are seen and loved just as you are - special and unique."



FEELING (HEART) TRIAD

PAST ORIENTED

FEELING DOMINANT

DOING REPRESSED

WITHDRAWING STANCE

TYPE FIVE The Investigator

FEAR

being incapable or incompetent, having

their energy depleted

DESIRE

being knowledgable and competent

WEAKNESS

avarice

LONGING

"Your needs are not a problem."

THINKING (HEAD) TRIAD

PAST ORIENTED

THINKING DOMINANT

DOING REPRESSED

WITHDRAWING STANCE

### TYPE SIX The Loyalist

FEAR

feeling fear, not being supported, lacking security

DESIRE

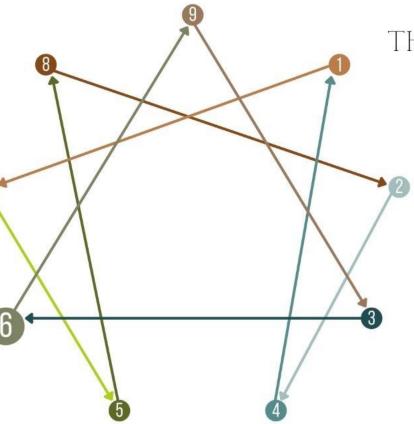
having security, guidance, and support

WEAKNESS

fear

LONGING

"You are safe and secure."



THINKING (HEAD) TRIAD

PRESENT ORIENTED

THINKING DOMINANT

THINKING REPRESSED

DEPENDENT STANCE

### TYPE SEVEN. The Enthusiast

FEAR

missing out on something fun, being, deprived, trapped, limited, or bored

DESIRE

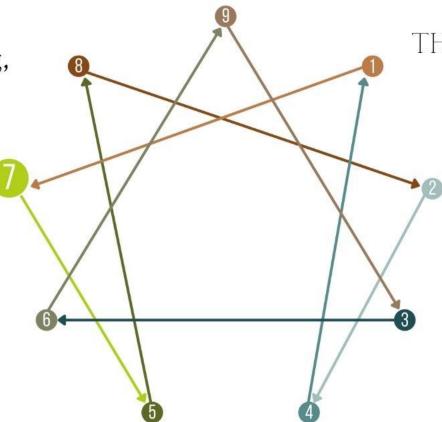
being happy, fulfilled, and satisfied

WEAKNESS

gluttony

LONGING

"You will be taken care of."



THINKING (HEAD) TRIAD

FUTURE ORIENTED

THINKING DOMINANT

FEELING REPRESSED

AGGRESSIVE STANCE

The Resources

ME

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## PODCASTS

Type It Out with T & Cass | The Enneagram Journey | Your Enneagram Coach

BOOKS

The Road Back to You | The Path Between Us | The Journey Toward Wholeness
The Enneagram Collection (book for each type)