Enneatype One - Which Subtype is Dominant for You?

From *Archetypes of the Enneagram* by Susan Rhodes (2010)

(Key on Page 10)

**One.** I’m a sensible person with a self-reliant, pioneering attitude toward life. Although I life a space to call my own, may material needs are modest when compared to those of other people, because I value functionality more than fashion; fancy cars and homes seem like a waste of time and money. In any event, I’d rather save up and pay cash for most things than go into debt; I also try to avoid dubious investments. Given the choice, I’d rather be my own boss than work for somebody else, especially if I have to turn in shoddy work just to meet some deadline. It’s important to me to work at a pace that allows me to turn out a high-quality end product, so I can feel satisfied with the results. As far as family goes, although I’m not exactly warm and fuzzy, I’m an honest and decent person who takes family responsibilities seriously: those closest to me know I’ll always be there for them when they need me. But I’m a bit too tense to feel comfortable with emotional displays, so it’s not easy for me to express affection directly. I’d rather make something with my own two hands or perform services as a way of showing affection towards those I love.

**Two.** I have an intense, potentially explosive personality. I’ve been told by others that I seem charismatic, magnetic, or passionate. But I don’t feel especially complimented because I find my inner intensity hard to manage. It’s something I have to constantly monitor and contain, so it doesn’t leak out unexpectedly. Sometimes there’s so much energy inside me that I feel like a pressure cooker. When the pressure is too great, I sometimes explode. When this happens, I can feel quite ashamed, especially when there’s no justifiable reason. My blow-ups most often happen around close friends or partners because I’m concerned for their welfare. When they do things that seem wrong-headed to me, I naturally get upset. I can also feel possessive of partners or jealous of their relationships with other people. As a result, real intimacy can be elusive. So, I often end up channeling my passion into causes I believe in or ideals I embrace; I can get very involved because I’m willing to work hard to bring about positive change. If I follow a spiritual discipline, I’m dawn to paths that offer inspirational guidance within a structured approach. While my spirituality is a deeply private matter, I seem to have the ability to mentor others and exercise leadership as a spiritual or inspirational guide.

**Three.** I’m a formal, reserved person with refined tastes. I tend to maintain a certain distance with people I don’t know well, which is why I sometimes give the impression of being cold or unfeeling. I am definitely not unfeeling. However, it does take time for me to warm up to others because of my natural reserve. So, I prefer relating to people outside my immediate circle in a setting in which social roles are clearly defined and people adhere to them in a congenial mater. Within the impersonal structure of such systems, I can function quite comfortably, without experiencing the kind of painful self-consciousness that creates uncertainty or tension. However, my preoccupation with standards, ideals, or principles can lessen my tolerance for human foibles, including my own. It can also get in the way of relationships both at work and at home, especially if I start thinking of myself as having loftier ideals than the people around me. So, it’s especially important for me to remember to balance the “ideal” with the “real”, so I don’t needlessly alienate professional colleagues or deprive myself of opportunities for intimacy.

Enneatype Two - Which Subtype is Dominant for You?

From *Archetypes of the Enneagram* by Susan Rhodes (2010)

**One.** More than anything, I enjoy taking care of the people who are closest to me. It’s a joy, not a burden, whether it means cooking their meals, doing their laundry, or caring for them in other personal ways. Family is important to me, and I love to have my friends and family close by, so I can play a tangible role in their lives. Home is also important because it’s the place where people gather for meals and holidays. I like my home to be the hub of activity and try to create an environment that seems inviting. When new guests come over, I often try to find out their likes and dislikes in advance, so I can make their visit memorable. And when buying a gift, I want to make sure it’s something the receiver will really enjoy. Of course, this desire to serve people makes me a little nosy at times, because I can’t help people out unless I know what they really need. Even so, I realize there are times when I need to give them a little more space, so they don’t feel overwhelmed by my attention. My challenge is to nurture people when there’s a need for it and to cut the apron strings when the time is right.

**Two.** The lure of romantic love is strong for me. The fun of attracting an appealing partner, the ritual of love and courtship, the seductive play between the opposites – these are the kind of romantic experiences that get my juices flowing and make my head spin. So, starting a new relationship is pretty exhilarating. But once the relationship gets past the initial stages, and the romantic “high” wears off, that’s when the real work begins. It can be hard not only to push through my own disappointment as I start to discover my partner’s flaws, but to realize that he or she is discovering mine. I’m often afraid that the romantic image that originally attracted my partner’s attention won’t be enough to sustain that interest over time. It can be hard to believe that my partner could love me just for myself, rather than for what I’m willing to sacrifice for the relationship. Spiritually, I have a deeply devotional nature; I’m attracted to paths involving love and surrender. It’s easier for me to relate to an approach which is more personal than abstract, and more service-oriented than ascetic. As with love, I have to be careful not to give myself away so completely that I neglect my own development as an individual.

**Three.** I thoroughly enjoy participating in groups, especially social groups. I’m a great social organizer who knows how to create social functions that really “click”. But I’d usually rather serve as an informal or behind-the-scenes facilitator than as a recognized leader. I’m usually very effective in this informal role, because I’m extremely attentive to the needs of those around me. So, it’s not unusual for the people I work with to rely completely on my help, especially in crunch situations. And with leaders who are unsure of themselves, I can sometimes step into a very responsible though hidden role, directing things from behind the scenes, like the “power behind the throne”. In any event, when I work for someone, I’m so committed to justifying their faith in me that it can be very hard to delegate key tasks, even when I’m exhausted. I need to learn how to offer support without working so heroically that I lose the ability to relax and enjoy the fruits of my success. I also need to cultivate the kind of self-confidence that enables me to step out of the background and into the limelight, assuming a more upfront leadership role when the opportunity arises.

Enneatype Three - Which Subtype is Dominant for You?

From *Archetypes of the Enneagram* by Susan Rhodes (2010)

**One.** I’m a Type A personality with a lot of drive and determination. When I have a goal in life, I work hard to achieve it, not allowing anything to get in my way. While I hate to think of myself as materialistic, I have to admit that financial security means a lot to me. It’s not just about the money – it’s about having a tangible sense of who I am, as reflected by what I’ve accomplished and the financial security I provide for myself and my family. It may seem like a small thing to some people, but to me it’s a way to feel solidly grounded in life. But my focus on material security makes it hard to stop working; there always seems to be something more to do. This preoccupation can make me a workaholic at times. My challenge is to know when “enough is enough” – when to shift gears and spend some time on the kind of things that can’t be measured, like relationships, recreation, or being in nature. But to do that, I’d have to let go of a role that makes me feel really secure in life. It takes more courage than people realize to step away from the satisfying role of “successful achiever” and into a rule that isn’t all about work.

**Two.** I feel a personal sense of destiny that pushes me to scale the heights of whatever I do. It’s as if there’s a spotlight on me all the time, and I’m giving everything I can possibly give – all in order to become a superstar in my line of work. So, I’m very aware of myself: aware of the image I project and its effect on other people. I always strive to be attractive, whatever it takes – and I usually succeed because I’m willing to go the extra mile to make the most of my assets. I also have a lot of personal magnetism and the kind of natural flair that attracts positive attention. It doesn’t matter whether I’m in a one to one relationship or in a large group; I know how to make the right impression. But because I project a larger-than-life image, it can be hard to live up to that image in a real-life relationship where my partner wants to know the person behind the persona. So, it’s important for me to know the difference and learn how to shed that persona when I come home at night. Spiritually, my challenge is similar: I need to learn how to break through my tendency to outwardly play the rule of sincere seeker (but without seeking any deep level of change), so I can experience genuine spirituality instead of a not-quite-genuine facsimile.

**Three.** I’m a savvy politician with a good grasp of organizational management. So, wherever I start in an organization, I soon rise in rank, often achieving a top spot in a relatively short amount of time. My positive vision, willingness to work hard, and ability to mobilize a team make me an asset wherever I go. I’d rather take a leadership role than work behind the scenes. And I don’t mind high profile jobs, because I like the opportunity to take charge, showcase my work, and meet other people who are also high achievers. So, I’m willing and able to take on the kind of responsibility that upfront leadership requires. As I make my way to the top, I have to remind myself not to climb so fast that I fail to learn the business properly; otherwise, my knowledge is likely to be “a mile wide and an inch deep”. I also need to avoid allowing my ambition to override my good judgement, so that my actions remain ethical. I don’t want to inadvertently step on people, just because I’m so focused on my goals. Otherwise, once I reach the top, I may lack both the knowledge and support I need to be an effective leader.

Enneatype Four - Which Subtype is Dominant for You?

From *Archetypes of the Enneagram* by Susan Rhodes (2010)

**One.** I’m an independent individualist with a lot of creative energy. Although I appreciate my friends, I like to make my own way in life and need to spend time alone on creative pursuits. Although I’m sensitive to criticism, I seldom allow other people to see that side of me; I try to keep it well hidden from casual view. As far as my environment goes, I’m particular about both its comfortability and its aesthetics. Light, color, balance, harmony – I notice these things and value their ability to create a rich, vibrant space. Being trapped in an environment that’s ugly, plastic, or otherwise impoverished is positively painful. As a result, I tend to travel like a gypsy, bringing from home whatever I need to create a comfortable home away from home. In the same spirit of enrichment, there are times when I’m willing to take a chance in order to experience life in a deeper, more authentic way. Sometimes the course I follow can look risky to other people, but I have this way of seeing survival as more symbolic than physical at times. Physical security doesn’t always mean as much to me as the chance to be a spiritual or artistic pioneer.

**Two.** I’m a naturally high-strung, emotionally sensitive individual with an artistic temperament: I have the nerves of a thoroughbred and a temper to match. So, my personality attracts some people and turns others off. It also gives me the ability to be 100% committed to artistic projects I take on or causes I embrace; I can also be a fierce competitor. But even when I’m at my fiercest, criticism from others is still painfully difficult to take. Even so, I’m attracted to intense intimate relationships, but often find them hard to handle, which is why I “blow hot and cold” at times. I can also be moody and irritable, especially if things aren’t going well. But I also bring tremendous passion to my relationships; I am definitely not a steady-state, middle-of-the-road type person. Spiritually, I can be like a moth to the flame, attracted to unusual or extreme paths that take me deeply into the Unknown. When I’m committed to a path, I’m totally committed. So, I tend to hold back nothing. For this reason, it’s critical for me to cultivate discrimination, so that the path I choose is truly a path with heart.

**Three.** As part of my search for authenticity, I seek out group activities with a creative, transformative, or activist focus. But my acute awareness of myself as an individual can make it difficult for me to completely mesh with the rest of the group, in part because of my ability to read the moods of other people, even when I’m not trying to. Whether I like it or not, I can always tell when people are being less than genuine in their comments. When I detect a discrepancy between what people are saying and what they’re actually feeling, it’s hard to keep from pointing this out, even when I know my comments won’t be appreciated. It’s helpful for me to learn how to use a little tact and patience instead of direct confrontation. When I can curb my desire to speak out and try to work more behind the scenes, I often discover that it’s possible to be true to myself without alienating the people around me. In any event, it’s usually easiest for me to function in intimate groups that value honesty and cooperation. Then I can often relax and participate, instead of constantly needing to jump into the role of critical commentator.

Enneatype Five - Which Subtype is Dominant for You?

From *Archetypes of the Enneagram* by Susan Rhodes (2010)

**One.** I’m a self-contained, sensitive individual with reclusive tendencies. Having a personal, private space means a lot to me because it gives me somewhere to put my stuff, gather my thoughts, and work undisturbed. It’s important that other people respect the physical boundaries I set, because if they don’t it’s hard for me to really trust them. At the same time, I can often accumulate the kind of miscellaneous stuff that tends to pile up over time, creating my “castle walls”. So I often need a nudge from friends and family members to get rid of things I don’t really need, although I tend to resist their efforts (at least initially) because it’s so stressful to have my personal space invaded. I also need encouragement at times to get out of the house and become more physically active and socially involved. But leaving the security of home can seem like a daunting prospect, because it’s like stepping beyond an invisible barrier into a different world. Since it can take a lot of initiative to get me past that barrier, it’s good to have outside interests and friendships that are compelling enough to pull me out the door.

**Two.** I’m an intense but introverted individual with a vivid imagination. I have an active inner life and a need to find some sort of creative outlet for my ideas and inspirations. I’m also strongly motivated to seek intimate companionship with a partner or trusted friend with whom to share ideas. But it takes a lot for me to trust someone enough to invite them into my inner world, because not many people can accept my little quirks and idiosyncrasies. Despite my desire for intimacy, I don’t want to open up to people who might betray my trust. So, the desire for openness competes with the desire to remain hidden, producing emotional conflict that can be painful. I don’t often meet people on my wavelength with whom I can share my innermost thoughts, speculations, and hidden desires. Even so, there are still some parts of myself that I don’t share with anybody. Spiritually, I’m attracted to spiritual or esoteric paths that are deep, philosophical, and possibly shamanic; the path I pursue is likely to be unconventional in nature and to involve more secret or solitary practices than social interaction.

**Three.** My thirst for knowledge is never quenched, especially knowledge esteemed by the larger academic or social community. I study life with detached but focused curiosity, detecting meaningful patterns that other people don’t necessarily notice. Such patterns fascinate and intrigue me. Although I’m more motivated to study what personally interests me than to follow current cultural fads and fancies, whatever I study I’m likely to acquire a high degree of expertise, whether as an academic with advanced degrees or a dedicated amateur. I’m motivated to share my understanding by taking on some kind of educational role, whether as an author, educator, or researcher. The products of my work are more likely to be scholarly than popular, and I’m more likely to teach at an advanced than an elementary level. I appreciate getting formal recognition for my work, both because it gives me a recognized role to play in the larger culture, as well as a means for establishing relationships with professional colleagues.

Enneatype Six - Which Subtype is Dominant for You?

From *Archetypes of the Enneagram* by Susan Rhodes (2010)

**One.** Home and family mean a lot to me. So, it’s a priority to find a family-friendly place to live that’s both safe and affordable. I also like to host friends and family at my place, especially people I’ve known for a long time, so I’m often more willing to spend my savings on my home than on consumer goods or travel. When meeting new people, I like to go through family, friends, or organizations in which I’m involved. I tend to defer to authority, although I can feel a little rebellious if I think I’m not being treated fairly, especially at work. But all in all, I’m a conscientious employee who’s able to comply with the requirements of the workplace. Although I can worry too much about things going wrong, when a real crisis strikes I’m often surprisingly calm and collected: now that the worst has happened I can channel all my nervous energy into putting things back in order. Despite my anxiety, I also seem to have an inner reservoir of courage that’s there for me at times when I really need it. I just need to find a way to tune into that part of myself more often, so my nerves don’t overcome my common sense.

**Two.** I’m very committed to overcoming my fears, whether they’re personal, social, or physical in nature; I find it easier to face them head-on than pretend they don’t exist. As a result, I often find myself involved in situations that test my courage in some way. Although the courage I cultivate is real, it’s based more on sheer determination than innate strength. I have to keep pushing myself forward in order to avoid falling into a state of fearful paralysis – at least that’s how it seems to me. My attitude towards love is similar: companionship is something for which I yearn, and I’m willing to muster up the courage to seek out the partner I desire. Once I’m in a romantic relationship, it’s easy for me to over- idealize my partner (because of my determination to avoid uncertainty and to ensure the success of the relationship). I’m attracted to work that is mentally-absorbing (like research, technology, or other work requiring a logical approach); and I seek out hobbies that allow me to overcome fear while having a little fun. Spiritually, I’m drawn to forms of worship that allow me to gain a semblance of inner peace, despite my own anxieties and the chaos of life.

**Three.** I’m a responsible, dependable person who enjoys being active in civic affairs. I understand the value of tradition and enjoy participating in service organizations of people who share my beliefs and values. I especially admire selfless servers like firefighters, police officers, or military personnel, so I try in my own way to make some sort of contribution to the larger community, even when it requires some kind of sacrifice on my part. Although I don’t necessarily strive for a leadership role, my commitment and diligence often earn me more responsibility than I bargained for. While I sometimes wonder whether I’m up to the task, once I take it on, I’m often surprised to find that I have more executive ability than I imagined. While I don’t really think if myself as charismatic, I’m a conscientious organizer who knows how to enlist support and get things done. Whether as a leader or participant, it’s satisfying to be involved in efforts that make a genuine contribution to society while also allowing me to develop supportive ties with other participants.

Enneatype Seven - Which Subtype is Dominant for You?

From *Archetypes of the Enneagram* by Susan Rhodes (2010)

**One.** I thoroughly appreciate the finer things in life – things like gourmet food, fine clothes, exquisite wines, and other pleasures that give life its zest. So, I employ my diverse talents to seek out work that allows me to indulge my passion for The Good Life. I particularly value my home environment, because home and family give me a place to “ground” my busy life full of stimulating activities. To me, home isn’t just a place I live, but an environment designed to feel the senses – a space that’s not only comfortable but artistically stimulating. And family isn’t just my blood relatives, but the friends and acquaintances who share my interests. It’s fun to make my house a gathering place where people can eat, hang out, and share ideas. While I appreciate my ability to enjoy the good things in life, I realize that it’s possible to become over-attached to sensuous and psychological pleasures in a way that makes me feel somehow entitled to the latest gadget, best wine, trendiest jeans, etc. My challenge is to develop the discernment to tell the difference between wants and needs, so I can better appreciate the good things I already have.

**Two.** I want to experience everything the world has to offer – especially peak experiences in life and love. I tend to be “lucky in love”, and seldom lack for companionship. When I meet someone new, that person totally fascinates me; I want to know everything about him or her. But this intense fascination usually doesn’t last forever: once the novelty of the relationship wears off, I tend to find my interest waning. The same thing can happen in other areas of my life, making it hard to do anything long-term, even pursue a career path. I love to travel and can adapt to uncertainty pretty easily. I also have a talent for overcoming language barriers and finding help wherever I go. So, it’s easy for me to fall into the life of a wanderer, always seeking out new experiences in new places, especially those off the beaten path. But sometimes I feel that I’m missing out on something in life and would like to know what it’s like to “go deep” instead of always “going broad”. Spiritually, I seem to slip into altered states more easily than most people. But I can find it more difficult to cope with the demands of a regular religious or spiritual practice.

**Three.** Ideals matter a lot to me, especially ideals in service of some great vision for the future. I’m always thinking about the possibilities for a better life, a better environment, a better world. When these ideas blend together into a single, powerful vision, I can be completely swept up by it, which is why I’m sometimes able to sacrifice everything – even my freedom – to make my vision materialize. It’s because of this optimistic faith in my dreams that I’m capable of attracting others to them, although I don’t often seek out a leadership position because of my egalitarian nature. When my dreams actually begin to materialize, I tend to find myself looking beyond them, imagining what lies over the next hill. I enjoy being the “point” person on any project, always looking ahead, allowing others to work out the practical details of the current plan. This approach gives me the freedom to constantly stretch my imagination, which I thoroughly enjoy. But as I mature, I’m beginning to understand how satisfying it can be to carry out my plans in a more systematic fashion, translating them step by step from vague imaginings into concrete realities.

Enneatype Eight - Which Subtype is Dominant for You?

From *Archetypes of the Enneagram* by Susan Rhodes (2010)

**One.** I’m self-reliant, independent, and protective of those I love. I keep my personal business to myself and make sure that my family has what it needs to be strong and independent. That’s how I show my love – by being a good provider and protector. It’s easier to show my love that way than with words. Words are cheap; I don’t really trust them. It’s actions that matter. All the same, I sometimes wish I could let down my guard a little, but that’s tough to manage because I need my private space. If I give it up, I might not be able to get it back. At least that’s how it seems. To me, it’s common sense to stock up on supplies and find ways to safeguard them, in case of emergency. It also makes sense to buy based on practicality, not image or fashion. So, I don’t understand people who can be suckered into buying things just to maintain appearances. Although I’m generally calm, don’t mistake my calmness for weakness; I have the strength of will to take actions against those who try my patience. But I generally don’t seek out trouble; I’m a good neighbor and dependable friend, just so long as you respect my boundaries.

**Two.** I’m a powerful “warrior” type with a fiery temper and full-bodies appetites. I love taking on a new challenge that pushes me to the limit, just so I can test my strength and indulge my appetite for adventure. But although I can definitely be a tough customer, when it comes to love, I have another side of me that I don’t show most people – a tender, vulnerable side that just melts when I see a lost child or people victimized due to no fault of their own. I’d secretly like to find a partner who can appreciate this tender part of me – someone truly worthy of my love, who I can honor and cherish forever. I’m rather like a knight errant in the old stories; the books about courtly love must have been written for people like me, because for all my intensity and focus on the physical senses, there’s something inside me that aspires to an image of love that is completely idealistic. I secretly long to embody the purity and deep sense of honor that I feel inside. Spiritually I’m drawn to strenuous paths that test my resolve and demand my respect.

**Three.** As a natural leader with good social skills, I can create calm in the midst of chaos and get things organized and moving in the right direction. It’s nothing I learned in school, just something I know – an instinctive ability I have to size up people and take command in dicey situations. Because I “walk the talk” I can inspire people to follow me even when the situation is really tough; some of my best moments have been during accidents, emergencies, or on the battlefield. I’m capable of making hard decisions that require strength of character. Because of my resolve, I always have allies to help me out of jams. And because I know how to watch my back, I don’t often get blind-sided by opponents. But I make enemies sometimes, because I’m not always good at pulling my punches, especially in situations requiring a lot of tact and diplomacy. I’m not good at working for leaders that I don’t respect or carrying out orders that don’t make sense. So, my challenge is to know when to be quiet and be patient, rather than losing the chance to change the situation over time.

Enneatype Nine - Which Subtype is Dominant for You?

From *Archetypes of the Enneagram* by Susan Rhodes (2010)

**One.** I’m a real homebody who enjoys puttering around and organizing my stuff, although I sometimes spend more time just shifting things around than really getting organized. I’m attracted to collecting things, so clutter can be a problem, although it may bother other people more than it bothers me. I also feel at home in the natural world, so I enjoy activities like gardening, walking, or being with animals. And I can also enjoy indulging myself with small pleasures, like tasty snacks. So, I have to be careful to take care of myself, so I don’t slip into bad habits that may be hard to break. My steadiness and patience make me a good parent; I instinctively know how to relate to small children and to allow them to do things in their own way. On the other hand, it’s easy to allow my family to completely define my life and to somehow forget my personal needs in the process. As far as work goes, I’m good at jobs that require a steady hand, but I can find deadlines, office politics, or direct criticism stressful, so I seek out work situations that are harmonious and try to ignore conflict situations whenever possible. I enjoy life more when I get myself moving, eat the right things, and block out regular periods for self-development.

**Two.** I’m a bit of a dreamer who enjoys getting lost in the depths of my own imagination. I have an innate sense of oneness with life, and often feel a spontaneous sense of connectedness with everything around me. I have a childlike sense of romance, and love to be inspired by stories that others might call silly or sentimental. I also enjoy fantasy or magic and like to bring magic into the world in some way, through stories, songs, poetry, or dance. If I don’t create it myself, I can at least appreciate it in the books I read or the films I watch. When I fall in love, I fall completely - and this makes me vulnerable, because it’s so easy for me to see my partner as some sort of fairy tale prince or princess. It can come as a shock to discover that real-life partners can be both more wonderful and terrible than I ever could have imagined! While it’s not easy to wake up to this kind of reality, it helps me to see the difference between the kind of magic that is sheer fantasy and the kind that can survive my real-life experiences. Spiritually, I have a mystical streak and sometimes tune into dimensions beyond the five senses. I’m attracted to paths that provide a natural bridge between my ordinary life and the worlds beyond it.

**Three.** I enjoy participating in groups, doing things that bring people together like hiking, singing, or working on group projects. When conflicts arise, I initially try to look the other way, even though my impartial nature makes me a natural mediator. I find it less stressful to play the role of participant, without the pressure of having to take the lead, sort things out, or help the group make decisions. It’s such a pleasure to simply blend in, especially when things are running smoothly. However, when they’re not, I can eventually get annoyed and decide to step out of the ranks and actively help people resolve their differences. If necessary, I might even take charge, especially if I’m the obvious person for the job. Although I don’t see myself as a natural leader, people tell me they like the way I organize things, probably because I’m not very egocentric and like to enlist the talents of everybody involved. It’s the sort of approach that usually creates a harmonious group. My success in this arena may encourage me to take the initiative more often and help me overcome my natural aversion to assuming a role that requires a lot of assertiveness or decision making.

Key for All Subtypes (Enneatype + Instinct = Subtype):

1. Self-Preservation
2. One to One (a.k.a. Sexual)
3. Social