

CMS-033 and 034 Review of the Enneagram Types

NOTE:

It is important, nay, imperative, to be aware that the DSM-IV and the Enneagram, as well as all other psychological or philosophical systems are Man's Attempt to Understand Man, and are not God's Viewpoint of Man and his problems, nor God's Prescription for those problems. In studying these systems we are NOT endorsing them in any way; only using them as a starting point, as a commonly available source of terminology to describe Man and his problems, in order to transition to God's Viewpoint and Solution to the Human Nature Dilemma.

Ephesians 4:18 (AMP)

Their moral understanding is darkened and their reasoning is beclouded. [They are] alienated (estranged, self-banished) from the life of God [with no share in it; this is] because of the ignorance (the want of knowledge and perception, the willful blindness) that is deep-seated in them, due to their hardness of heart [to the insensitiveness of their moral nature].

Romans 8:6 (AMP)

Now the mind of the flesh is death [death that comprises all the miseries arising from sin, both here and hereafter]. But the mind of the [Holy] Spirit is life and [soul] peace [both now and forever].

Revelation 3:1-2 (AMP) AND TO the angel (messenger) of the assembly in Sardis write: These are the words of Him Who has the seven Spirits of God and the seven stars: I know your record and what you are doing; you are supposed to be alive, but [in reality] you are dead.

2 Rouse yourselves and keep awake, and strengthen and invigorate what remains and is on the point of dying; for I have not found a thing that you have done [any work of yours] meeting the requirements of My God or perfect in His sight.

Romans 6:13 (AMP) Do not continue offering or yielding your bodily members [and faculties] to sin as instruments (tools) of wickedness. But offer and yield yourselves to God as though you have been raised from the dead to [perpetual] life, and your bodily members [and faculties] to God, presenting them as implements of righteousness.

The Bible and Psychology
John H. Stoll, Ph.D.
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Today, as never before, people are interested in psychology and what it has to say to mankind. The study of psychology deals with the mind, its senses and human behavior. Since our mind controls our behavior and our behavior influences and is influenced in many ways, it becomes a challenging study.

Along with this are the ever-increasing problems of the mind, social relations in a complex world today, mental and moral break-downs, the increase of the occult (e.g. astrology, etc.), and the desire to know the future and the things of the non-physical world. Satanic influence is increasing as never before as I Timothy 4:1, and II Timothy 3:2 state: "Now the spirit speaketh plainly, that in the latter times some shall depart from the faith giving heed to deceiving spirits and doctrines of demons" and "evil men and deceivers shall wax worse and worse, deceiving and being deceived."

Since man is constantly trying to explore the mind in human behavior, it seems logical to the Christian that his source of knowledge can best come through an understanding of the One who created the mind of mankind, as well as looking at the textbook He has written on the mind and human behavior. The most authoritative textbook on the subject of human behavior is the Bible. Not only is it authoritative, it is objective, and is the final word on the subject.

And whether people accept the principles of God's Word and agree with them or not, all are subject to the principles found in the Bible. Therefore, it behooves us to consider seriously what God has to say on this matter of Biblical psychology. The Bible is not a textbook on psychology, rather it is a text on God and His relationship to mankind, whom He has created. However, in the context there is much stated in the Bible on human behavior, and where the Bible speaks on the subject of psychology it speaks with final authority." [End Stoll]

In the past we have studied various approaches Man has used to understand Mankind, such as the Meyers-Briggs Type Index (MBTI), The Big Five, Carl Jung's Types and more recently, Jonathan Haidt's Moral Foundations; and the description system we found that was most elaborate was the Enneagram Types.

As we conclude our study of the Dysfunctional Strategy of the Human Nature (known as Personality Disorders) and transition into the study of the Moral and Immoral Strategies, we will return to the Enneagram, beginning with a review of the 9 Types, then look at these 9 Types and the Dysfunctional Strategies known as "Personality Disorder", before finally looking at them in terms of the Human Morality - Human Immorality Continuum.

Here is a paper about that very subject, from the Human Viewpoint perspective:

Applications of the Enneagram to Psychological Assessment

by Marlene Cresci Cohen, PhD

Introduction

The Enneagram, as a model of human perception encompasses both the human and transpersonal dimensions of our experience. The concepts span normal and higher functioning as well as dysfunction.

The core issues of the types integrate with our traditional system of categorizing patterns of persistent personal dysfunction for which we commonly and professionally use the term, personality disorder.

This Enneagram model parallels and integrates definitions of pathologically-oriented definitions of personality, thereby reinforcing an understanding of a vast spectrum of human functioning that ranges from poorly adaptive to life circumstances and severely impaired, to highly and creatively functioning, the kind that we have termed “self-actualizing”. It connects the ancient notions of vices to associated virtues, and supports self acceptance of one’s patterns as a starting place for personal growth.

The DSM and the Enneagram

The Diagnostic and Statistical Manual of Mental Disorders (DSM)(1), in all of its revisions, focuses on human impairment as a function of perception, thoughts, feelings and behaviors. Description of dysfunction is the purpose of the text. The features consistently emphasized in describing personality disorders are that they are: deeply ingrained and have an inflexible nature; are maladaptive to life situations, especially in interpersonal contexts; and are relatively stable over time. Such patterns significantly impair a person's ability to function socially and occupationally and cause distress to those who are close to the person.

The concept of enduring patterns of perceiving, thinking, feeling and behaving that remain consistent through the majority of social situations also characterize the Enneagram model.

However, in personality disorders, patterns not only result in social and occupational dysfunction, but they are egosyntonic; an individual is not distressed by his or her behavior; it is others who interact with the individual that feel the impact of the maladaptive behaviors. In higher functioning individuals, subjective distress develops as one becomes aware of the sense of limitation created by inflexible patterns.

The beginning of self-awareness of patterns and their limitations are the lynchpins that connect the Enneagram types to the DSM categories.

The Enneagram, like the DSM, is a categorical classification that divides personality characteristics into types based on criteria sets with defining features. This naming of categories is the traditional method of organizing and transmitting information in everyday life and has been the fundamental approach used in all systems of medical diagnosis. As noted in the DSM, a categorical classification system works best when all members of a diagnostic class are homogeneous; there are clear boundaries between classes; and the different classes are mutually exclusive.

However, authors of the DSM-IV make no assumptions that each category of personality or other mental disorder is a completely discrete entity with absolute boundaries dividing it from other mental disorders or from no mental disorder. There is also no assumption that all individuals described as having the same mental disorder are alike in all important ways. The clinician using the DSM IV should therefore consider that individuals sharing a diagnosis are likely to be heterogeneous even in regard to the defining features of the diagnosis.

This outlook allows greater flexibility in the use of the DSM, encourages more attention to boundary cases, and emphasizes the need to capture additional clinical information that goes beyond diagnosis. (In recognition of the heterogeneity of clinical presentations the DSM also often includes polythetic criteria sets, in which the individual need only present with a subset of items from a longer list, e.g. the diagnosis of Borderline personality requires only five of nine items). Finally, the DSM reminds us that it is important that descriptions not be applied mechanically by untrained individuals. The specific diagnostic criteria included in the DSM-IV are meant to serve as guidelines to be further informed by clinical judgment and are not meant to be used in a cookbook fashion. Lastly, Personality Disorders are clustered by some predominate feature such as eccentric thinking or anxiety; and there is always the category of “not determinable” or NOS.

The above named principles have parallel in the clinical application of the Enneagram to clients who seek treatment for myriad reasons, but function well enough to evade the diagnosis of personality disorder. Higher functioning patients seeking psychotherapy can be more mysterious to understand, to appreciate in depth, and often to assist. The Enneagram gives touchpoints to all the activities of brief and in-depth therapies, whether cognitively, emotionally or somatically focused.

Erikson's Developmental Framework for Naming the Problem

Clients and colleagues often laugh aloud when we remind each other that “problems are normal” and “common problems are common”; human adaptation is conflicted; and the expectation of life without the biopsychosocial- environmental press to adapt and evolve is a sweet delusion.

Clinical uses of Enneagram Knowledge

The Enneagram's first and most powerful use has traditionally been as a heuristic device, that is, to stimulate one's interest for further self-investigation and to encourage a person to learn and discover on their own. The basic goal and strategy of the Enneagram, at the level of the personality, is greater self-awareness. The self awareness process, when engaged in a context of nonjudgement, is the ancient and practical "perennial philosophy" which becomes a perennial psychotherapy.

How Man Attempts to Understand Mankind: The Enneagram

The Enneagram - History

The word 'Enneagram' comes from two Greek words *Ennea* meaning 'nine' and *Grammos* meaning 'point'. The Enneagram consists of a system that holds that there are nine approaches to the perception and response to reality.

The Enneagram - Types

1. Reformers. (Perfectionist) The underlying motivation of the 1 is to be RIGHT, and to avoid being WRONG.

The Achiever

2. Helpers. Helpers focus their lives on giving and receiving love. The Giver.

3. Motivators (The Performer) admire success, and want others to admire their successes. Threes are often impressive people with impressive credentials, accomplishments. The Succeeder.

4. Romantics - Fours combine emotional intensity, sensitivity, and intuition all in one person. Romantics don't settle for the ordinary. The Individualist

The Enneagram - Types

5. Thinkers. Type five is the most mentally intense, making maximum use of their intellectual capacities.

They think before they act, thinkers are excellent investigators, sharp observers. The Observer

6. The Skeptic. The Devil's Advocate - Sixes are both affectionate and skeptical. They like people, they value trust, and when they trust someone they are extremely loyal to that individual. The Guardian.

The Enneagram - Types

7. Adventurers. (The Epicure) Sevens hate boredom and love stimulating activity. Hence they are adventurous, and accumulate wider and wider experiences, as they get older. The Dreamer.

8. Leaders. (The Boss) assertive, blunt and fearless; they speak their minds, independent. The Confronter

9. Mediator. (Peacemaker) The underlying motivation of type 9 is achieving peace of mind. They are problem-solvers and impartial judges. Essentially a peace-maker. The Preservationist

The Levels of Development

Healthy :

Level 1 The Level of Liberation

Level 2 The Level of Psychological Capacity

Level 3 The Level of Social Value

Average

Level 4 The Level of Imbalance/ Social Role

Level 5 The Level of Interpersonal Control

Level 6 The Level of Overcompensation

Unhealthy

Level 7 The Level of Violation

Level 8 The Level of Obsession and Compulsion

Level 9 The Level of Pathological Destructiveness

The Enneagram - The 1

1. the Achiever - an intense, hard working, focused perfectionist.

Style One has a chief characteristic of trying to make everything better.

In Human Good, they are morally heroic, making sacrifices for the greater good, balanced in their judgments, uncompromising in their principles.

They are concerned about what is right in morals, sometimes in esthetics and sometimes in other things like literary or movie criticism or even manners.

They are objective in the judgments and utterly clear about what is right and wrong.

Personality Disorder Tendencies For Type 1:

Obsessive-Compulsive Personality Disorder may begin at Level 6.

The Enneagram - The 1

They tend to moralize, they can get picky about little rules and they always go by the book regardless of consequence or circumstance.

They develop either/or thinking and pay little attention to anyone else's needs.

Seeks perfection internally and externally.

Sees imperfections and tries to right them.

Holds in anger, becoming tense.

A chief characteristic of the One fixation is being judgmental.

People don't realize that the One is more judgmental of themselves than others.

They tend to be self righteous and have an idealistic view of what it means to be perfect.

The Enneagram - The 1

Ones feel a lot of anger, whether it is anger at themselves, others, or the world.

They see this as an imperfection in themselves and are constantly keeping it in check.

Sometimes it seeps out as resentment, complaining, or making snide remarks.

They can also have a sarcastic sense of humor.

Being Right

The One fixation tries to avoid being wrong.

Even when they are wrong they will try to convince others that it was either not their fault, or that they are really right.

The talking style of the One is long winded and preaching.

The Enneagram - The 1

World View

They can be optimists in that they truly do believe in perfection.

There can be a utopian world, is the world view for the One.

Coping Mechanism

Ones have a unique way of diverting unwanted urges into more acceptable behaviors.

In Defense mechanism terms this is referred to as reaction formation.

Doing well at their job is of prime importance, and is a way of coping with their hyper critical super ego.

The Enneagram - The 1

Thinking Style

Ones like to think of themselves as being independent thinkers.

They will often reject something someone else wants them to try.

Later they may come to it themselves, and act as if they thought of it.

“I know the right way to do things”

Ones you may know: Judge Judy on TV, Laura Schlesinger (Dr. Laura on talk radio), Hilary Clinton, Ross Perot, Ralph Nadar, St Paul, Martin Luther, Harrison Ford, Tom Brokaw, Pope John Paul II, The Lone Ranger, Martha Stewart and Miss Manners.

The Enneagram - The 2

The Helper - an empathetic, service-oriented, flattering rescuer.

Style Two is emphatically about people.

Their primary concern is giving and getting love, their life's focus is on the needs of other people, often ignoring their own.

Pleaser

Seeks love by being pleasing, self sacrificing.

Becomes prideful and resentful, angry.

“if I don't do it no one else will”

Personality Disorder Tendencies For Type 2

Histrionic Personality Disorder may begin at Levels 4-5.

Somatization Disorder may begin at Level 6.

Hypochondriasis may begin at Level 7.

The Enneagram - The 2

Helpful, giving

The chief characteristics of the Two are helpful and giving.

This is how they are perceived by most people.

Only people who get very close to the two will find out about the rage that is underneath.

When it does come out it is usually shocking. It seems so out of character, since they are usually so helpful.

People believe they don't even have it in them to get angry.

When the Two crosses over their giving limit and shifts into rage there is a cold edge to them.

Talking Style

The talking style of the Two is advice giving.

It is nearly impossible for the Two to refrain from giving advice when a friend has a problem.

The Enneagram - The 2

Hidden Pride

The primary emotion is hidden pride.

Twos are often unaware of this feeling.

They convince themselves that their giving is just what is necessary.

They may even complain about how much they give, and actually believe that they wish someone else would take over.

Under the hidden pride are feelings of shame, and being unworthy of love.

World view

No one will take care of my needs and there is no higher power that cares about me, I must manipulate the environment to get what I want. **Primary Fear**

Their primary fear is being found out.

Keeping up the image of being nice, kind, giving, feels necessary for survival.

The Enneagram - The 2

Coping Mechanism

The main coping mechanism of the Two is repressing the awareness of having needs.

Relationships

Twos have to be in a relationship.

They are usually the ones that leave.

When they no longer feel special, or they have burned themselves out on giving, they start looking around for someone else to please.

The Enneagram - The 2

In Human Good, they are altruistic, giving without counting the cost.

They have an advanced ability to know what the people they love need and spend a great deal of effort and energy to meet those needs.

The model of Christian sainthood is implicitly a healthy Two.

They do whatever they do in the name of love.

They are the helpers of the world and believe that all people are brothers and sisters.

As they get less healthy, they do less noble things still in the name of love.

The Enneagram - The 2

They give, but the gift is an investment their loved ones better return - or else.

They become possessive and co-dependent.

Instead of being a behind-the-scenes helper, they become pushy and demanding, ultimately they can become stalkers.

Stage mothers and people who flock around powerful people to live vicariously through them are often unhealthy Twos.

Twos you may know: Nancy Reagan, Monica Lewinski, Leona Helmsly, Barbara Bush, Alan Alda, John Travolta, Madonna, Mr. Rogers.

The Enneagram - The 3

The Succeeder - an image-oriented, accomplished, efficient performer

Threes have their eyes on the goal.

These are people who love success and inwardly fear failure.

They do whatever it takes to succeed.

Healthy Threes are hard working, ambitious, highly successful, charismatic, fast learners, efficient, productive and they make the business world go round.

Personality Disorder Tendencies For Type 3

Narcissistic Personality Disorder may begin at Level 6.

The Enneagram - The 3

They will do whatever they are asked, their work is exemplary, often extraordinary, and they are usually found on the fast track and in high places.

They set and meet goals with a flourish and they energize any group or staff.

If they become unhealthy they slip from being a success to appearing to be successful.

This may entail some cutting of corners, viewing failures merely as learning experiences, telling the story with a few adjustments.

Threes may take credit for others' work, hog the spotlight and over identify with their roles.

They may also see themselves as an efficient machine and take little time for emotional and spiritual realities.

The Enneagram - The 3

Primary emotion

The primary emotion is deceit; the process of hiding all emotion except what is needed to be successful in each situation.

The Three will fabricate emotion when it is needed.

Chief characteristic

The chief characteristic of the Three is efficiency.

They keep active and productive to avoid feeling any emotions.

Emotions are just sticky impediments to success.

Their need for success overrides all else, because that is how they feel lovable, valuable, and worthy.

The Enneagram - The 3

Talking style

Sharp, abrasive, brittle.

They love to talk about their accomplishments and successes.

They seem to be selling themselves.

World view

There is no unity, my actions are separate from others, and therefore don't really effect them.

Primary fear

Threes' primary fear is not being worthy of being loved.

This is so terrifying that they cover it with doing.

If they stop doing they lose their whole sense of self and become terrified.

The Enneagram - The 3

Coping Mechanism

Identifying their value with their job description, credentials, what they've done, is how they cope with the underlying feelings of being unlovable.

Avoidance

Failure is perceived as the worst possible thing that could happen.

Even when a loved one has difficulty they may see this as getting in the way of their success.

They may be more concerned with how it will make them look than how the other person is effected.

"I must keep striving for success"

Threes you may know: Tom Cruise, Arnold Swarzenegger, Demi Moore, Elizabeth Dole, Cindy Crawford, Johnnie Cochran, O. J. Simpson, The CEO's of half the corporations in America, Oliver North, Sharon Stone, Oprah Winfrey, Tiger Woods.

The Enneagram - The 4

4. the Individualist - a self-absorbed, sensitive, creative overanalyzer.

If Threes are about success, Fours are about authenticity.

Fours have a deep and wide range of emotions and trust their subjective experience to make their life-decisions.

They are frequently highly esthetic (not in talent, necessarily, but in concern), because they have a highly developed ability to think symbolically.

This coupled with their emotional richness cries out for artistic expression.

Personality Disorder Tendencies For Type 4

Avoidant Personality Disorder may begin at Level 5.

Narcissistic Personality Disorder may begin at Level 6.

Borderline Personality Disorder may begin at Level 7.

The Enneagram - The 4

Fours make a personal statement in many things they do, from the way they dress to their choice of Impressionist paintings.

They rather enjoy not being part of the crowd and have a natural sense of aristocracy.

Taste, they maintain, is not determined by votes.

When they are less healthy, their speech becomes lamentation as they claim their uniqueness because of their suffering.

They often develop a spirit of entitlement to compensate for a feeling that somehow they are defective.

The Enneagram - The 4

This defect, paradoxically, is the basis for their claim that they deserve love.

They make a claim on their friends' love because they have suffered and this suffering has made them more authentic - and so more lovable.

Dramatic Individualist

Seeks acceptance with their unique expression and dramatic story.

Holds onto tragedy.

Melancholy is the chief characteristic of the Four fixation.

The Enneagram - The 4

This deep resonant emotional demeanor flavors their expression.

They often exude a feeling of tragedy, even when they are quite happy.

They can be upbeat positive and fun to be around, yet there is always a sadness just below the surface.

Primary emotion

Sadness is the primary emotion.

Even when they are angry, their anger seems to be channeled through sadness.

They will cry faster than they will yell.

The Enneagram - The 4

Appearance

Fours are the best dressed of the Enneagram.

They take time to pick out their clothes, and for women, to put on their makeup.

The goal is to look natural, like they just threw their clothes on, even when they actually spent hours.

They try to look unique but natural

Talking style

The Four talking style is dramatic, and deep with resonant emotion.

They love to share their tragic story.

The Enneagram - The 4

Distorted Personal belief

There is something tragically wrong with me.

Primary fear

The fear of not belonging, of being an outsider is dreaded.

When it comes up it is devastating.

They feel left out and abandoned easily.

Avoidance

Fours avoid being ordinary; they have an unusual style of dress, and unique way of presenting themselves.

They also want to do something out of the ordinary.

Coping Mechanism

Feeling all emotion as if it was theirs.

This enables them to perpetuate the drama of emotions.

The Enneagram - The 4

“My painful tragic life makes me special”

Fours you may know: Shakespeare, Dennis Rodman, Nicholas Cage, Marlon Brando, Ann Rice, (Vampires are depicted as Fours), Kate Winslet, Vincent van Gogh, Eric Clapton, Michael Jackson, John Malkovich, Thomas Merton, and Allen Watts.

The Enneagram - The 5

The Observer - a noncommittal, deliberate, reflective loner.

The life of the style Five centers on their thinking.

Healthy Fives are both highly intellectual and involved in activity.

They can be, if not geniuses, then extraordinarily accomplished.

As the most intellectual of the nine types, they are often superb teachers and/or researchers.

Many healthy Fives are fine writers because of their acute observational skills and a developed idealism.

They are highly objective and able to see all sides of a question and understand them.

Personality Disorder Tendencies For Type 5

Schizotypal Personality Disorder may begin at Level 7, as may Schizoid Personality Disorder.

The Enneagram - The 5

When Fives become less healthy, they tend to withdraw.

Instead of dealing with their sensitivity by being emotionally detached from results, they split off from reality, living in worlds of their own creating and not answering the demands of active living.

Their natural independence as a thinker degenerates into arrogance.

They can become quite arrogant or eccentric.

In the movies, Fives are the "mad professors."

Observer

Seeks peace by avoiding life.

Isolates and lives in their fantasies.

The Enneagram - The 5

Chief characteristic

The chief characteristic of the Five fixation is invisibility. They like to sink into the background and not be noticed.

They have the ability to be so unobtrusive that people often don't even notice they are in the room.

Human contact is so overwhelming, and life itself is so terrifying that they try to stay removed.

Fives can be stingy with sharing themselves, their emotions, and their energy.

This gives people the mistaken impression that they are cold and unfeeling.

This is far from the truth, they are actually overly sensitive.

The Enneagram - The 5

Primary emotion

Fear is the primary emotion.

Fives find so much of life frightening; relationships, working in the world, attending classes, being able to handle the responsibilities of life.

They tend to try to do with less, to not need much, then they can participate less.

Talking style

Soft spoken, timid, yet when engaged speak in the form of a treatise.

The Enneagram - The 5

Distorted Personal belief

I am too inadequate to deal with reality.

The Enneagram - The 5

World view

The world is overwhelming

Primary fear

Fear of intrusion, of being consumed.

The Five lives on the edge of the fear of being consumed if they open up and let people in, and falling into a dark hole if they stay too closed off inside themselves.

The Enneagram - The 5

Avoidance

Fives avoid emptiness, or the void.

If they let go of their precious mental activities their mind can be empty.

This can be terrifying to the Five and feel like death.

So they keep their minds full of thoughts, fantasies, and intellectual projects.

Coping Mechanism

Fives cope with their fear and the feeling of being overwhelmed by life by isolating themselves.

Childhood

In their childhood they felt overwhelmed and intruded upon.

The Enneagram - The 5

“I have a special relationship with my mind”

Fives you may know: Bill Gates, Scrooge, Buddha, T. S. Eliot, John Paul Sartre, Rene Descartes, Timothy McVeigh, Joe DiMaggio, Albert Einstein, H. R. Haldeman, Ted Kaczynski, Jacqueline Onassis and Vladimir Lenin.

The Enneagram - The 6

The Guardian - a responsible, opinionated, community-oriented moralist.

Sixes live in a world filled with danger.

They either run from it or toward it.

Many people who perform great feats of bravery are trying desperately to ward off an inner fear.

We call those Sixes who go toward danger

"counterphobic" Sixes.

Counterphobic Sixes look quite different from phobic Sixes who run away from danger.

Personality Disorder Tendencies For Type 6

Passive-Aggressive Personality Disorder may begin at Level 5.

Dependent Personality Disorder may begin at Level 7.

Paranoid Personality Disorder may begin at Level 8.

Borderline Personality Disorder may begin at Level 9.

The Enneagram - The 6

Healthy Sixes are the glue of an office, family or community.

They are charming and diplomatic, always concerned about the common good.

They are often funny and imaginative.

They are loyal, hard-working, and usually protective of a tradition.

They make and keep lots of friends.

They love win/win situations.

Sixes make our bureaucracy run smoothly.

They have the patience and charm and are willing to do the drudgery work.

The Enneagram - The 6

More unhealthy Sixes become excessively devoted to a tradition or community (church, party, company) and become blind followers.

They give away their power to the authorities, all the time not trusting the authorities.

They become suspicious and begin to worry a lot.

This can prevent them from taking appropriate action in their life.

They control others by doubts and second-guessing each decision.

The Enneagram - The 6

Chief characteristic

Doubt and confusion are the chief characteristics of the Six.

When they are doubting or confused they are avoiding fear.

They tend to stay stuck in their thinking, this seems like the only safe place to be.

It is the only way to figure out what might go wrong and think of a plan to avoid disaster.

The Enneagram - The 6

Primary emotion

Fear is the primary emotion.

They spend a great deal of energy and time trying not to be afraid.

There is also the counter-phobic Six that so successfully avoids fear that they are unaware of being afraid.

They are the dare devil types.

Talking style

The Six talking style is fast, they try to get all the thoughts out at the same time.

When they can't get all the thoughts out at once they can stutter.

They also jump from subject to subject.

The Enneagram - The 6

Distorted Personal belief

I cannot trust others or myself.

World view

The world is not safe so I must be very vigilant to perceive danger before it occurs.

Primary fear

Not knowing what to do, they must always have a plan for every possible situation.

Avoidance

While Sixes hate to be controlled by others they also avoid deviance as much as possible.

The Enneagram - The 6

Coping Mechanism

Sixes project the story of their fear, which often has only occurred in their minds, onto the main character in their story, usually their partner or boss.

Resemble other Fixations

Sixes more than any other fixation tend to resemble several other fixations, and doubt that they are Sixes.

“I must be vigilant to be safe”

Sixes you may know: Woody Allen, George Bush, Candace Bergen, Julia Roberts, Mel Gibson, Bruce Willis, Bob Newhart, Richard Nixon, Adolph Hitler, Robert Redford, Bruce Springsteen.

The Enneagram - The 7

The Dreamer - an analytical, entertaining, self-indulgent fantasizer.

Sevens are the eternal children of the enneagram.

They can have the healthy side: exuberance, joy, energy, optimism, creativity and curiosity.

They are natural storytellers, entrepreneurs, animators and cheerleaders.

When healthy they are the Renaissance people, displaying a wide range of interests and competencies.

They are hard to keep down.

They are resilient and resourceful.

Personality Disorder Tendencies For Type 7

Histrionic Personality Disorder may begin at Level 5.

Hypomanic Episode may begin at Level 7.

Manic Episode may begin at Level 8.

Bipolar Disorders may begin at Level 9.

The Enneagram - The 7

But as they get unhealthy, they become childish instead of childlike.

They don't control their appetites, they are easily addicted to pleasures of all kinds: sugar, alcohol, sex, excitement, novelty and variety.

They don't stick to anything very long and can become fickle in relationships.

They become trapped in a routine of change and end up with what they hate most -- boredom.

Experience Seeker

Seeks the sense of inner guidance and support through outside experience.

They avoid introspection.

The Enneagram - The 7

Chief characteristic

The chief feature of the Seven fixation is enthusiasm.

Sevens love new experiences of all sorts.

They avoid getting deeply involved in life by keeping themselves busy with new involvements.

Everything they explore is exciting to them.

This enthusiasm makes them seem like they live in the moment fully.

This is not actually the case, they are always planning the next event.

The Enneagram - The 7

Primary emotion

The primary emotion of the Seven is anxiety.

They cover their anxiety with their plans for the future, and by always staying on the move.

However they are never very relaxed, since they are really never fully present.

They have one foot in their next activity.

Talking style

The talking style of the Seven is self absorbed story telling.

Sevens can be very entertaining, they have many stories they can tell about their adventures.

However their talking style can be self absorbed.

They are often not interested in listening to what is going on with others

The Enneagram - The 7

Distorted Personal belief

I have to keep planning my future to take care of my needs.

World view

There is no real order, no Divine Plan. I have to make my own.

Primary fear

The primary fear of the Seven is missing out.

This can make it difficult for the Seven to choose what to do next.

Whatever they choose they have to let go of some other option.

Avoidance

All this doing and planning is to avoid pain. If you get too involved in a situation or with people you may feel pain. Pain is terrifying for them.

The Enneagram - The 7

Coping Mechanism

Sevens always have a good reason for their actions. They can justify anything with a twist of the truth. Even they believe their stories.

“Hey man don’t bring me down”

Sevens you may know: Robin Williams, Mozart, Barbra Streisand, John F. Kennedy, George W. Bush III, Richard Feynman, the physicist, Babe Ruth, Magic Johnson and sportscaster Dick Vitale.

The Enneagram - The 8

The Confronter - a competitive, blunt, passionate maneuverer.

Eights have a preoccupation with power.

In Human Good, they are natural leaders, protectors of the weak and filled with a gusto for life.

They are in the forefront of fights for justice, they are fierce friends and loyal comrades.

You can count on them to the bitter end.

They see life as a battlefield and those are the virtues of a good soldier.

Healthy Eights are honest, direct, touchingly gentle with the weak and often display an unguarded innocence, especially in a context of nature.

The Enneagram - The 8

When Eights become unhealthy, their energy changes. They become more vengeful instead of seeking justice. They pump up their power and can't acknowledge vulnerability.

Their war metaphor for life leads them to think in black and white, dividing the world into us and them.

They attack to see how strong you are and they are without mercy in battle.

Aggressive challenger

Seeks power by bullying others.

Avoids feeling weak, denies being wrong.

The Eight can get into a fight in an instant, and there is no convincing them to back down.

Eights are always willing to escalate when they are in an argument.

So, often a verbal dispute can turn physical.

The Enneagram - The 8

Chief characteristic

Revenge is the chief characteristic of the Eight fixation.

They are always looking for who to blame for the feeling they have that something has gone wrong.

Since they don't want to blame themselves, they try to find someone else to blame.

Once they believe you have wronged them or someone they love they take revenge.

Primary emotion

The Eight fixations primary emotion is anger.

They get angry so much and for so little, it seems that they enjoy getting angry.

It is their knee jerk response to the short comings of life.

The Enneagram - The 8

Talking style

The talking style is boastful, grandiose, gruff, and coarse

Distorted Personal belief

I must be strong and ready to defend myself.

World view

There is something wrong with the world.

It is up to me to find what is wrong, who did it, and punish them.

Personality Disorder Tendencies For Type 8

Antisocial Personality Disorder may begin at Level 7.

The Enneagram - The 8

Primary fear

The primary fear of the Eight is being controlled, or harmed.

Eights don't want to have to answer to anyone.

This makes it difficult for them to work for someone else.

They don't want to be told what to do.

Even giving an Eight advice that they seem to be asking for can be interpreted as telling them what to do.

Avoidance

Eights avoid weakness and being blamed.

Even when they have clearly done something wrong they will blame their behavior on others before taking responsibility.

The Enneagram - The 8

Coping Mechanism

Denial is the Eight's coping mechanism.

They must figure out who or what is to blame.

“I can handle more than most people”

Eights you may know: Mike Tyson, Rush Limbaugh, John Wayne, F. Lee Bailey, Bob Dole, Mark McGwire, Saddam Hussein, Grace Slick and Debra Winger.

The Enneagram - The 9

The Preservationist - a secretive, unemotional, affable problem solver for others.

Nines' anger differs dramatically from the anger of an Eight.

They turn their anger inward and tamp it down.

Nines delete their own agenda to be a peacemaker.

In Human Good, they are serene, peaceful, gently assertive, great group leaders and solid friends.

Nines have no hard edges and are often extremely popular - and fun to tease because they are so easy-going.

They assert themselves without ruffling anyone's feathers and are often able to get everyone to work together.

The Enneagram - The 9

But if they become unhealthy, their inner self goes to sleep.

They put themselves to sleep with food, sex, drugs or television.

They can easily become couch potatoes.

They develop an inner grief at an unlived life because they merge with someone else's agenda and don't assert themselves.

Comfortable indolence

Seeks comfort by avoiding conflict and dynamic situations.

Pleasant to be around, but passive aggressive.

The Enneagram - The 9

Talking style

Their talking style is the saga; long winded, tangential stories.

Chief characteristic

The chief characteristic of the Nine fixation is passivity. The Nine was overwhelmed by the dynamics present in their childhood.

In order to survive they became passive, numb, and comfortable.

When life gets tough they get sleepy, or lazy, as a way of avoiding difficulty.

Nines seem to be very relaxed and easy going.

People often feel comfortable around Nines

The Enneagram - The 9

Primary emotion

The primary emotion of the Nine fixation is numbness. Rather than feeling intense emotions of any kind, they go numb.

It is like they can suddenly become unplugged from the energy source.

When this occurs their eyes can glaze over.

Distorted Personal belief

I am inferior. I can't handle the world. If I can get comfortable and make others comfortable maybe I can get by. Getting angry or having needs is not safe.

Personality Disorder Tendencies For Type 9

Passive-Aggressive Personality Disorder may begin at Level 5.

Dependent Personality Disorder may begin at Level 6.

Schizoid Personality Disorder may begin at Level 7.

Dissociative Disorders may begin at Level 8.

The Enneagram - The 9

World view

The world is not loving, I must not get involved or I will be annihilated.

Primary fear

The Nine fixation is afraid of expressing anger. They fear they may become homicidal if they let their anger out.

Avoidance

Nines avoid conflict, even disagreement. They would rather say yes and then not show up than say no.

Nines anesthetize themselves becoming dull, and numb; they veg out to cope with life.

They use TV, drugs, alcohol, food, reading, any habitual activity, to avoid feeling the intensity of being alive.

The Enneagram - The 9

“Oh, it doesn't really matter to me, whatever you want”

Nines you may know: Bill Clinton, Ronald Reagan, Cal Ripkin, Gloria Steinem, Dan Quayle, Loni Anderson, Yogi Berra, Sandra Bullock, Kevin Costner, the Dalai Lama.

NOTE:

It is important, nay, imperative, to be aware that the DSM-IV and the Enneagram, as well as all other psychological or philosophical systems are Man's Attempt to Understand Man, and are not God's Viewpoint of Man and his problems, nor God's Prescription for those problems.

In studying these systems we are NOT endorsing them in any way; only using them as a starting point, as a commonly available source of terminology to describe Man and his problems, in order to transition to God's Viewpoint and Solution to the Human Nature Dilemma.