



*Through Personality to Spirit ~ Enneagram Studies with Karen Webb*

*Synopsis of Psychological Enneagram Types*

The names for the types vary slightly from teacher to teacher. They are simply shorthand ways of describing the overall personality. Some people prefer to refer to the types by number, and others find that impersonal, so names are given.

**TYPE ONE                      THE PERFECTIONIST**

Critical of themselves and others, Type Ones have an internal list of shoulds and should nots. They take responsibility seriously and wish whatever they do to be done absolutely correctly. They find it difficult to allow themselves pleasure for its own sake, as they monitor their behaviour against very high standards, and feel there is always more to do. They may procrastinate for fear of not 'getting it perfect'. Feeling morally superior, Type Ones may also be resentful of others who don't follow the rules, especially if they get away with it. Excellent organisers, they can spot just what's wrong and what needs to be done to get it right.

**TYPE TWO                      THE GIVER**

Type Twos are active, helpful, generally optimistic and generous with time, energy and things. Since they do not find it easy to recognise their own needs or ask for help, they are unconsciously drawn to having their needs met through relationships, and are happiest when indispensable. Very sensitive to others' needs and feelings, they are able to show just that part of their personality which will draw a person to them. Better at giving than receiving, they can at times be manipulative, giving to get, and at others genuinely caring and supportive. With their natural empathy, Type Twos are able to give what is truly needed for another's success and well-being.

**TYPE THREE                    THE PERFORMER**

High energy workaholics, Type Threes strive for success to gain status and approval. They are competitive, though view it as loving challenge more than a desire to beat others. Aiming to succeed in whatever arena they are in - the successful parent, spouse, businessperson, playmate, hippy, therapist - they change their image to suit the people they are with. Though out of touch with their real feelings as these interfere with achievement, they can display appropriate feelings if called for. Type Threes are tireless and single-minded in pursuit of a goal. They make excellent team leaders, motivating others to believe anything is possible.

**TYPE FOUR                    THE ROMANTIC**

Artistic, passionate, searching for the ideal partner or life's work, Type Fours live with a sense of something essential missing in their lives. Feeling they would be complete if they could find true partnership, they tend to idealise the distant and find fault with the available and mundane. They are drawn to the heights and depths of emotional experience, and to expressing themselves as unique. In whatever field, their lives reflect a search for the significant and meaningful. Though easily caught up in their own emotions, they can be supremely empathic with and supportive of others in emotionally painful situations.

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### **TYPE FIVE                    THE OBSERVER**

Avoiding emotional involvement, Type Fives experience life from a distance, observing rather than engaging. They are very private people, and feel drained and anxious if not allowed sufficient time to themselves, which they use to review events and experience in safety emotions they do not feel whilst in the thick of things. The life of the mind is very important to them, and they have a love of knowledge and information, often quite specialised. Type Fives compartmentalise their lives and, though they do not like predictable routine, like to know in advance what is expected of them both in work and leisure. They can be excellent decision-makers and creative intellectuals.

### **TYPE SIX                    THE QUESTIONER**

Though possibly unaware of being fearful, Type Sixes view the world as threatening. They scan for sources of threat and imagine worst possible outcomes, to be fore-armed. Their doubting frame of mind may produce procrastination and suspicion of others' motives. They dislike or fear authority, align themselves with under-dog causes, and are not at ease in authority or with continued success. Some Type Sixes tend to withdraw and protect themselves from threat; others pre-empt it by going forward to confront it, and may appear quite aggressive. Having given their trust, Type Sixes are loyal and committed friends and team members.

### **TYPE SEVEN                THE EPICURE**

Type Sevens are optimistic, energetic, charming and elusive. They have a Peter Pan quality, hating to feel trapped or coerced, and keep as many pleasant options open as possible. In an unpleasant situation they can mentally escape to pleasant fantasies. Type Sevens are future-oriented, and have an internal plan that includes everything they want to achieve, and update it as new options arise. Their need to keep life pleasant leads to 're-framing' reality to exclude negative emotions and potential blows to their self-image. They enjoy new experiences, new people and new ideas, and can be creative networkers, synthesisers and theoreticians.

### **TYPE EIGHT                THE PROTECTOR**

Assertive, sometimes aggressive, Type Eights have an all-or-nothing approach to life. Often the leader, or fiercely independent, they can be very protective of friends and people in their care. They know what they think, are concerned about justice and fairness, and are willing to fight for them. Type Eights can be excessive in the pursuit of pleasure, which may involve anything from drinking with friends to intellectual discussion. Aware of where power lies, they will not let themselves be controlled by others, and can be dominating. Type Eights can use their power in loyal and tireless support of a worthy cause.

### **TYPE NINE                THE MEDIATOR**

Type Nines are peace-makers. Excellent at understanding everyone else's point of view, they are not so good at knowing what they themselves think or want. They like life to be harmonious and comfortable, and will go along with others' agendas rather than create a conflict. However, they can be stubborn and sometimes angry if pressurised. They are usually very active, with many interests, but put off their highest priorities till the last minute. They also tend to narcotise themselves with low priority activities such as reading, hanging out with friends, watching videos. Type Nines make good arbitrators, negotiators and can focus a team project.