The Enneagram
PERSONALITY TYPE TEST

1 SECTION ONE

☐ I learn from observing or reading as opposed to doing.
☐ It's hard to express my feelings in the moment.
☐ I dislike most social events. I'd rather be alone or with a few people I know well.
☐ Conforming is distasteful to me.
☐ I usually experience my feelings more deeply when I'm by myself.
☐ Sometimes I feel guilty that I'm not generous enough.
☐ I try to conceal my sensitivity to criticism and judgment.
☐ Brash, loud people offend me.
☐ I like to associate with others who have expertise in my field.
☐ I like having a title (doctor, professor, administrator) to feel proud of.
☐ I have been accused of being negative, cynical, and suspicious.
☐ When I feel socially uncomfortable, I often wish I could disappear.
☐ I am often reluctant to be assertive or aggressive.
☐ I get lost in my interests and like to be alone with them for hours.
☐ I sometimes feel shy or awkward.
☐ I get tired when I'm with people for too long.
☐ I feel invisible. It surprises me when anyone notices anything about me.
☐ I feel different from most people.
☐ I don't look for material possessions to make me happy.
☐ Acting calm is a defense. It makes me feel stronger.

2 SECTION TWO

☐ I believe in doing things as expediently as possible.
☐ I generally feel pretty good about myself.
☐ I have an optimistic attitude.
☐ I can't understand people who are bored. I never run out of things to do.
☐ I go full force until I get the job done.
☐ I try not to let illness stop me from doing anything.
☐ I try to present myself well and make a good first impression.
☐ I hate to see jobs undone.
□ It is sometimes difficult for me to get in touch with my feelings.
□ People often look to me to run the show.
□ It is important for people to better themselves and live up to their potential.
□ I like to make to-do lists, progress charts, and schedules for myself.
□ I’m almost always busy.
□ I don’t mind being asked to work overtime.
□ I work very hard to take care of and provide for my family.
□ I tend to put work before other things.
□ Financial security is extremely important to me.
□ I like identifying with competent groups or important people.
□ I like to stand out in some way.
□ I’m not interested in talking a lot about my personal life.

3 SECTION THREE

□ I work hard to overcome all obstacles in a relationship.
□ When I’m alone I know what I want, but when I am with others I am not sure.
□ I am very sensitive to criticism.
□ It is very important that others feel comfortable and welcome in my home.
□ If I don’t get the closeness I need, I feel sad, hurt, and unimportant.
□ I try to be as sensitive and tactful as possible.
□ Relationships are more important to me than almost anything.
□ I want people to feel comfortable coming to me for guidance and advice.
□ I crave, yet sometimes fear, intimacy.
□ I often figure out what others would like in a person, then act that way.
□ I am more comfortable giving than receiving.
□ Sometimes I feel overburdened by people’s dependence on me.
□ I enjoy giving compliments and telling people that they are special to me.
□ I have trouble asking for what I need.
□ Watching violence on television and seeing people suffer is unbearable.
□ Sometimes I feel a deep sense of loneliness.
□ Sometimes I get physically ill and emotionally drained from taking care of everyone else.
□ People have said I exaggerate too much and am overly emotional.
□ I don’t want my dependence to show.
□ I am attracted to being with important or powerful people.
SECTION FOUR

☐ I enjoy life. I am generally uninhibited and optimistic.
☐ My style is to go back and forth from one task to another. I like to keep moving.
☐ I often take verbal or physical risks.
☐ Sometimes I feel inferior and sometimes I feel superior to others.
☐ I value quick wit.
☐ I am busy and energetic. I seldom get bored if left to do what I want.
☐ I like myself and I’m good to myself.
☐ I vacillate between feeling committed and wanting my freedom and independence.
☐ I don’t like being made to feel obligated or beholden.
☐ I can make great sacrifices to help people.
☐ I’m not an expert in any one thing, but I can do many things well.
☐ When people are unhappy, I usually try to get them to lighten up and see the bright side.
☐ I am often at ease in groups.
☐ I am idealistic. I want to contribute something to the world.
☐ I usually manage to get what I want.
☐ I usually pick upbeat friends who have similar goals.
☐ I seem to let go of grievances and recover from loss faster than most people I know.
☐ I love the excitement of travel.
☐ I usually say whatever is on my mind. Sometimes it gets me into trouble.
☐ I like people and they usually like me.

SECTION FIVE

☐ Others see me as peaceful, but inside I often feel anxious.
☐ Instead of tackling what I really need to do, I sometimes do little, unimportant things.
☐ I often feel in union with nature and people.
☐ Making choices can be very difficult. I can see the advantages and disadvantages of every option.
☐ When people try to tell me what to do or try to control me, I get stubborn.
☐ I focus more on the positive than on the negative.
☐ Supportive and harmonious relationships are very important to me.
☐ I have trouble getting rid of things.
☐ It is sometimes hard for me to know what I want when I’m with other people.
☐ Sometimes I feel shy and unsure of myself.
☐ When there is unpleasantness going on around me, I just try to think about something else.
☐ I usually prefer walking away from a disagreement to confronting someone.
I enjoy just hanging out with my partner or friends.
I like to be calm and unhurried, but sometimes I overextend myself.
I like to listen and give people support.
If I don’t have some routine and structure in my day, I get almost nothing done.
I like to be sure to have time in my day for relaxing.
I am very sensitive about being judged and take criticism personally.
I operate under the principal of inertia: If I’m going, it’s easy to keep going but sometimes I have a hard time getting started.

6 SECTION SIX

I have spent years longing for the greatest love of my life to come along.
I place great importance on my intuition.
My melancholy moods are real and important. I don’t necessarily want to get out of them.
I focus on what is wrong with me rather than what is right.
I often long for what others have.
It really affects me emotionally when I read upsetting stories in the newspaper.
I am always searching for my true self.
I live in the past and in the future more than in present-day reality.
Sometimes I feel very uncomfortable and different, like an outsider, even with my friends.
Being understood is very important to me.
I cry easily. Beauty, love, sorrow, and pain really touch me.
I try to control people at times.
I am very sensitive to critical remarks and feel hurt at the tiniest slight.
My ideals are very important to me.
My friends say that they enjoy my warmth and my different way of looking at life.
I hate insincerity and lack of integrity in others.
I can become nonfunctional for hours, days, or weeks when I’m depressed.
I like to be seen as one of a kind.
When people tell me what to do, I often become rebellious and do, or wish I could do the opposite.
I try to support my friends, especially when they are in crisis.

7 SECTION SEVEN

I don’t like it when people break the rules.
I often feel that time is running out and there is too much left to do.
I often compare myself with others.
I am idealistic. I want to make the world a better place.
I hold on to resentment for a long time.
I analyze major purchases very thoughtfully before I make them.
Incorrect grammar and spelling bother me a lot.
I am almost always on time.
I think of myself as being practical, responsible, and realistic.
Truth and justice are very important to me.
I like to be organized and orderly.
It is difficult for me to be spontaneous.
I often feel guilty about not getting enough accomplished.
I worry almost constantly.
When jealous, I become fearful and competitive.
Either I don’t have enough time to relax or I think I shouldn’t relax.
I dread being criticized or judged by others.
I love making every detail perfect.
I tend to see things in terms of right and wrong, good or bad.
I almost always do what I say I will do.

8 SECTION EIGHT

I am nervous around certain authority figures.
My friends think of me as loyal, supportive, and compassionate.
I am often plagued by doubt.
I tend to either procrastinate or plunge headlong, even into dangerous situations.
I can be a very hard worker.
I constantly question myself about what might go wrong.
I am always on the alert for danger.
I am very aware of people trying to manipulate me with flattery.
I’ve been told I have a good sense of humor.
I take things too seriously.
I follow rules closely (a phobic trait), or I often break rules (a counter phobic trait).
I dislike pretension in people.
I often experience often experience criticism as an attack.
I have sabotaged my own success.
Being neat and orderly helps me feel more in control of my life.
I can support people through thick and thin.
I like to have clear-cut guidelines and to know where I stand.
I like predictability.
The more vulnerable I am in my intimate relationship, the more anxious and testy I become.
I often obsess about what my partner is thinking.

9 SECTION NINE

Some people take offense at my bluntness.
When I enter a new group, I know immediately who the most powerful person is.
I like excitement and stimulation.
I respect people who stand up for themselves.
Sometimes I like to spar with people, especially when I feel safe.
Making decisions is not difficult for me.
I am vulnerable and loving when I really trust someone.
In a group I am sometimes an observer rather than a participant.
I will go to any lengths to protect those I love.
I fight for what is right.
Pretense is particularly distasteful to me.
I can be assertive and aggressive when I need to be.
I can't stand being manipulated.
I am an individualist and nonconformist.
I work hard and know how to get things done.
Self-reliance and independence are important.
I support the underdog.
I have overindulged in food or drugs.
I value being direct and honest; I put my cards on the table.
Overly nice or flattering people bother me.
1 Type One: THE REFORMER
The Principled, Idealistic Type: Ones are conscientious and ethical, with a strong sense of right and wrong. They are teachers, crusaders, and advocates for change: always striving to improve things, but afraid of making a mistake. Well-organized, orderly, and fastidious, they try to maintain high standards, but can slip into being critical and perfectionistic. They typically have problems with resentment and impatience. At their Best: wise, discerning, realistic, and noble. Can be morally heroic.

2 Type Two: THE HELPER
The Caring, Interpersonal Type: Twos are empathetic, sincere, and warm-hearted. They are friendly, generous, and self-sacrificing, but can also be sentimental, flattering, and people-pleasing. They are well-meaning and driven to be close to others, but can slip into doing things for others in order to be needed. They typically have problems with possessiveness and with acknowledging their own needs. At their Best: unselfish and altruistic. They have unconditional love for others.

3 Type Three: THE ACHIEVER
The Adaptable, Success-Oriented Type: Threes are self-assured, attractive, and charming. Ambitious, competent, and energetic, they can also be status-conscious and highly driven for advancement. They are diplomatic and poised, but can also be overly concerned with their image and what others think of them. They typically have problems with workaholism and competitiveness. At their Best: self-accepting, authentic, everything they seem to be role models who inspire others.

4 Type Four: THE INDIVIDUALIST
The Introspective, Romantic Type: Fours are self-aware, sensitive, and reserved. They are emotionally honest, creative, and personal, but can also be moody and self-conscious. Withholding themselves from others due to feeling vulnerable and defective, they can also feel disdainful and exempt from ordinary ways of living. They typically have problems with melancholy, self-indulgence, and self-pity. At their Best: inspired and highly creative, they are able to renew themselves and transform their experiences.

5 Type Five: THE INVESTIGATOR
The Perceptive, Cerebral Type: Fives are alert, insightful, and curious. They are able to concentrate and focus on developing complex ideas and skills. Independent, innovative, and inventive, they can also become preoccupied with their thoughts and imaginary constructs. They become detached, yet high-strung and intense. They typically have problems with eccentricity, nihilism, and isolation. At their Best: visionary pioneers, often ahead of their time, and able to see the world in an entirely new way.

6 Type Six: THE LOYALIST
The Committed, Security-Oriented Type: Sixes are reliable, hard-working, responsible, and trustworthy. Excellent “troubleshooters”, they foresee problems and foster cooperation, but can also become defensive, evasive, and anxious—running on stress while complaining about it. They can be cautious and indecisive, but also reactive, defiant and rebellious. They typically have problems with self-doubt and suspicion. At their Best: internally stable and self-reliant, courageously championing themselves and others.
7 Type Seven: THE ENTHUSIAST

The Busy, Productive Type: Sevens are extroverted, optimistic, versatile, and spontaneous. Playful, high-spirited, and practical, they can also misapply their many talents, becoming over-extended, scattered, and undisciplined. They constantly seek new and exciting experiences, but can become distracted and exhausted by staying on the go. They typically have problems with impatience and impulsiveness. At their Best: they focus their talents on worthwhile goals, becoming appreciative, joyous, and satisfied.

8 Type Eight: THE CHALLENGER

The Powerful, Aggressive Type: Eights are self-confident, strong, and assertive. Protective, resourceful, straight-talking, and decisive, but can also be ego-centric and domineering. Eights feel they must control their environment, especially people, sometimes becoming confrontational and intimidating. Eights typically have problems with their tempers and allowing themselves to be vulnerable. At their Best: self-mastering, they use their strength to improve others’ lives, becoming heroic, magnanimous, and inspiring.

9 Type Nine: THE PEACEMAKER

The Easygoing, Self-Effacing Type: Nines are accepting, trusting, and stable. They are usually grounded, supportive, and often creative, but can also be too willing to go along with others to keep the peace. They want everything to go smoothly and be without conflict, but they can also tend to be complacent and emotionally distant, simplifying problems and ignoring anything upsetting. They typically have problems with inertia and stubbornness. At their Best: indomitable and all-embracing, they are able to bring people together and heal conflicts.