



Enneagram.rc in a snapshot

By Riso & Hudson. Adapted by Melanie Raimundo

Click on the Enneatype number & Centre of Intelligence to read more.

	<u>One</u>	<u>Two</u>	<u>Three</u>	<u>Four</u>	<u>Five</u>	<u>Six</u>	<u>Seven</u>	<u>Eight</u>	<u>Nine</u>
Centre of intelligence	(Gut)	(Heart)	(Heart)	(Heart)	(Head)	(Head)	(Head)	(Gut)	(Gut)
Basic Fear <i>Linked to triggers</i>	Being a bad person	Being unloved	Being worthless	Having no significance	Being helpless	Being unsafe	Being trapped in emotional pain	Being harmed & controlled	Loss, separation
Basic Desire	<i>To be good, to have integrity</i>	<i>To feel loved</i>	<i>To feel valued</i>	<i>To be themselves</i>	<i>To be knowledgeable</i>	<i>To feel supported and guided</i>	<i>To be satisfied & content</i>	<i>To protect themselves & others</i>	<i>To have peace of mind</i>
Triggers <i>Note: this is broad and based on perception.</i>	- Failure - Being ignored - Criticism - Others "stubbornness" - Others not following the rules	Feeling... - Disrespected - Undervalued - Forgotten - Taken advantage	Feeling/ Hearing... - Rigid rules - Being told what to do with no flexibility - Being criticised with no constructive notes	Feeling... - Ignored - Unnecessary - Unappreciated - Not special	- Too many emotions - Strong opinions - Waffle - "Unnecessary" social interaction	Feeling... - Controlled - Pushed - Bullied - Accused - Being told what to do	Hearing/feeling... - A lot of negativity - Not having an outlet or distraction - Forced to do something	Hearing/feeling... - Injustice - lack of congruence - Powerlessness - Others "sensitivity"	Feeling... - Confronted - Others anger - Cornered - Any conflict
Under Pressure Fight Flight/Freeze LSI Red & Green (Reactive)	- Rigid - Righteous - Controlling - Critical - Irrational & moody	- Resentful over lack of gratitude - Need of approval from others - Dominating & aggressive	- Impatient - Don't fully listen - Competitive - Conflict Avoidant - Disengage & withdraw - "Frustrated Fake Acceptor"	- Melodramatic - Overinvolved - Dramatically scattered - Irrational - Self-Absorbed	- Distant - Detached - Overly private - Insensitive to others' feelings - Withholding of information	- Accusational - Sees hidden motives in others - Overly doubtful - Competitive - Sabotaging - Lack of accountability	- Conflict avoidant - Critical - Hyperactive - Makes plans/conclusions others can't follow - Opportunistic	- Intimidating - Domineering - Overly impactful - Overly analytical - Insensitive to other's feelings	- Conflict avoidant - Indecisive - Ambivalent - Passive-aggressive - Stubborn - Anxious or worried
At Peace LSI Blue (Responsive)	- Practical & fair - Industrious - Dedicated to work & causes - Ethical	- Giving - Appreciative - Supportive of others - Energetic	- Efficient - Commitment to complete - Realistic solutions - Practical	- Passionate - Idealistic - Emotionally understanding - Creative	- Thoughtful - Resourceful - Calm in crisis - Dependable	- Insightful - Thoughtful - Problem-solver - Loyal & reliable	- Playful - Inventive - Inspiring - See possibilities	- Just & fair - Truthful - Generous - Determined	- Understanding - Steadfast - Empathetic & caring - Mediators
Tips for relating	- Respect deadlines - Provide reasons for doing things differently - Don't take their criticism personally	- Give approval and appreciation - Ask them for their opinions - Let them share their thoughts in meetings	- Appreciate their work - Ask them for their opinion - Send them an email after each meeting to summarise - Be succinct	- Appreciate their creativity - Avoid insisting them to be rational or unemotional - Don't take their moodiness personally	- Be succinct - Give them a heads-up on the meeting points - Ask them for direct communication - Give them space to talk	- Keep them informed of changes - Don't be ambiguous - Help them feel safe to take responsibility for their actions	- Don't let them take over a meeting with their talking - Ask them for their opinions on how to liven up the office - Acknowledge some positives before the negatives	- Don't waffle - Make direct contact - Don't beat around the bush - Be truthful - Don't take their "direct nature" personally	- Listen to them - Stay calm - Let them talk - Help them feel safe to share and take responsibility - Give them time to respond - Check-in with them